

# ATKINS 20<sup>®</sup>

## Quick Start Menu

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Frozen Farmhouse-Style Sausage Scramble 1/4 avocado Net Carbs 6g • FV 3g	1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* Net Carbs 3g • FV 3g	1/2 cup chopped zucchini 1/2 cup sliced mushrooms 2 eggs 2 tbsp butter Net Carbs 3g • FV 2g	Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs 5g • FV 2g	<b>Atkins Chai Tea Latte Shake</b> Blended with: 1/2 avocado 2 tbsp heavy cream Net Carbs 5g • FV 1g	1 serving Poached Eggs over Tomato, Avocado and Muenster* Net Carbs 4g • FV 3g	1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar* Net Carbs 6g • FV 5g
SNACK	<b>Atkins Creamy Vanilla Shake</b> Net Carbs 1g • FV 0g	<b>Atkins Blueberry Soft Baked Bar</b> Net Carbs 4g • FV 0g	<b>Atkins Creamy Caramel Shake</b> Net Carbs 2g • FV 1g	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g	1/2 cup sliced red bell pepper 5 radishes 2 tbsp Keto Creamy Italian Dressing* Net Carbs 3g • FV 3g	<b>Atkins Blueberry Soft Baked Bar</b> Net Carbs 4g • FV 0g	<b>Atkins Strawberry Shake</b> Net Carbs 2g • FV 0g
LUNCH	1 serving Cucumber Dill Salad* 5 oz salmon 16 large green olives Net Carbs 5g • FV 5g	Atkins Frozen Chicken and Broccoli Alfredo 1 cup sliced mushrooms 1 tbsp butter Net Carbs 7g • FV 5g	1 serving Keto Canned Tuna and Artichoke Salad* 1 oz gruyere cheese Net Carbs 6g • FV 6g	1 serving Keto Chicken Salad Wraps* 1 cup sliced cucumber 2 cups romaine lettuce 2 tbsp Keto Creamy Italian Dressing* Net Carbs 5g • FV 5g	Atkins Frozen Cheesy Chicken Risotto Net Carbs 6g • FV 4g	1 serving Keto Lemon-Herb Grilled Chicken Thighs* & 1 serving Green Bean and Mushroom Salad* Net Carbs 5g • FV 4g	Atkins Frozen Chili Con Carne Net Carbs 7g • FV 3g
SNACK	<b>Atkins Chocolate Crème Wafer Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Strawberry Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Brownie Delight Layer Bar</b> Net Carbs 4g • FV 0g	<b>Atkins Creamy Vanilla Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Chocolate Crème Wafer Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Creamy Caramel Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g
DINNER	1 serving Keto Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa* Net Carbs 5g • FV 5g	1 rotisserie chicken thigh with skin 1 oz Monterey jack cheese 1 serving Cucumber Dill Salad* 1 tbsp olive oil Net Carbs 5g • FV 5g	Atkins Frozen Mongolian-Style Beef Cauliflower Bowl Net Carbs 7g • FV 4g	1 serving Grilled Bell Peppers and Onions* 5 oz grilled pork loin 3/4 cup frozen cauliflower rice 2 tbsp butter Net Carbs 8g • FV 7g	1 serving Keto Lemon-Herb Grilled Chicken Thighs* & 1 serving Asparagus with Sun Dried Tomato Vinaigrette* Net Carbs 5g • FV 5g	Atkins Frozen Beef Merlot 1/2 cup sliced red bell pepper Net Carbs 8g • FV 5g	1 serving Green Bean and Mushroom Salad* 6 oz lamb chops Net Carbs 5g • FV 4g
	Total Net Carbs: 20g Foundation Vegetables: 13g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 13g

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## Atkins Products

- 1 Atkins Frozen Beef Merlot
- 1 Atkins Frozen Cheesy Chicken Risotto
- 1 Atkins Frozen Chicken and Broccoli Alfredo
- 1 Atkins Frozen Chili con Carne
- 2 Atkins Frozen Farmhouse-Style Sausage Scramble
- 1 Atkins Frozen Mongolian-Style Beef Cauliflower Bowl
- 1 Atkins Chai Tea Latte Shake
- 2 Atkins Creamy Caramel Shake
- 2 Atkins Creamy Vanilla Shake
- 2 Atkins Strawberry Shake
- 2 Atkins Blueberry Soft Baked Protein Bar
- 1 Atkins Brownie Delight Protein Bar
- 2 Atkins Chocolate Crème Wafer Protein Bar
- 2 Atkins Lemon Bar

## Meat/Protein

- Chicken: thigh (1 rotisserie cooked, 12-ounces raw), leg quarter (1 raw), breast (4-ounces cooked)
- Lamb chops (6-ounces)
- Pork: loin (5-ounces grilled), breakfast sausage (3-ounces)
- Salmon, cooked (5-ounces)
- Tuna, canned in water (4-ounces)
- Turkey, breakfast sausage (4 links)

## Herbs/Spices

- Fresh cilantro
- Fresh dill
- Fresh parsley

## Produce

- Asparagus (5 medium spears)
- Avocado (2)
- Bell pepper: red (10-ounces), green (7-ounces)
- Cauliflower: frozen riced (1 cup)
- Celery (1 medium stalk)
- Cucumber (15-ounces)
- Garlic (4 cloves)
- Green beans (3-ounces)
- Lemon (1 teaspoon zest)
- Lettuce: Romaine (7-ounces), butterhead (5-ounces), arugula (1 cup), radicchio (1-ounce)
- Mushrooms, button (8-ounces)
- Onion: red (1-ounces), yellow (2-ounces)
- Peppers: Serrano (1)
- Radishes (7)
- Tomatillos (2-ounces)
- Tomato: medium (1)
- Zucchini (3-ounces)

## Cheese/Dairy

- Cheddar cheese (1-ounce)
- Eggs (4)
- Gruyere cheese (1-ounce)
- Heavy cream (2 tablespoons)
- Monterey Jack cheese (2-ounces)
- Muenster cheese (1-ounce)
- Parmesan cheese (1 tablespoon)

## Pantry

- Butter
- Canola oil
- Dijon mustard
- Dried parsley
- Dried tarragon
- Italian seasoning
- Mayonnaise
- Olive oil
- Pepper: black and white
- Red pepper flakes, crushed
- Salt
- Sucralose: granulated
- Vinegar: white wine, red wine, balsamic
- Xylitol

## Other

- Artichoke hearts, marinated
- Capers
- Olives: black large canned, Kalamata, large green
- Sun dried tomatoes

Notes: Make 2 servings of Cucumber Dill Salad, 2 servings of Keto Lemon-Herb Grilled Chicken Thighs, 2 servings of Green Bean and Mushroom Salad, and 2 servings of Creamy Italian Dressing to use throughout the week.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs 5g • FV 2g	3 oz breakfast sausage 1 cup sliced mushrooms 1/2 cup sliced red bell peppers 1 medium slice red onion 1 tbsp olive oil Net Carbs 5g • FV 5g	1 serving Keto Yellow Squash and Gruyere Frittata* Net Carbs 1g • FV 0g	Atkins Frozen Farmhouse-Style Sausage Scramble 1/4 avocado Net Carbs 6g • FV 3g	1 serving Broccolini and Bacon Egg Bites* 1/2 avocado Net Carbs 5g • FV 2g	1 serving Tomato, Mozzarella and Turkey Sausage Stack* 1/2 avocado Net Carbs 6g • FV 5g	1 serving Poached Eggs with Cheddar and Tomato* Net Carbs 2g • FV 1g
SNACK	Atkins Creamy Vanilla Shake Net Carbs 1g • FV 0g	Atkins Creamy Caramel Shake Net Carbs 2g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g	Atkins Chai Tea Latte Shake Net Carbs 3g • FV 0g	Atkins Blueberry Soft Baked Bar Net Carbs 4g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g	Atkins Chai Tea Latte Shake Net Carbs 3g • FV 0g
LUNCH	1 serving Keto Chicken Salad* 3 leaves Romaine lettuce 1/2 cup sliced red bell pepper 1/4 avocado 8 large green olives Net Carbs 5g • FV 4g	1 serving Keto Chicken Salad* 2 leaves Romaine lettuce 10 cherry tomatoes Net Carbs 6g • FV 6g	Atkins Frozen Chicken Margherita 2 leaves Romaine lettuce 5 cherry tomatoes 1 tbsp olive oil 1 tsp red wine vinegar Net Carbs 9g • FV 5g	1 serving Keto Fresh Mozzarella Salad with Basil Pesto* 3/4 cup sliced red bell pepper Net Carbs 5g • FV 5g	Atkins Frozen Chicken and Broccoli Alfredo Net Carbs 5g • FV 3g	1 serving Keto Canned Tuna and Celery Salad on Baby Spinach* 1/2 cup sliced cucumber 4 cherry tomatoes 1 1/2 tbsp olive oil Net Carbs 5g • FV 5g	Atkins Frozen Beef Merlot Net Carbs 6g • FV 3g
SNACK	Atkins Chocolate Crème Wafer Bar Net Carbs 3g • FV 0g	Atkins Blueberry Soft Baked Bar Net Carbs 4g • FV 0g	Atkins Strawberry Shake Net Carbs 2g • FV 0g	Atkins Chocolate Crème Wafer Bar Net Carbs 3g • FV 0g	Atkins Creamy Vanilla Shake Blended with: 1 1/4 cup baby spinach 1 tbsp heavy cream Net Carbs 2g • FV 0g	Atkins Creamy Caramel Shake Net Carbs 2g • FV 0g	Atkins Brownie Delight Layered Bar Net Carbs 4g • FV 0g
DINNER	1 serving Keto Grilled Chicken Chimichurri* 1 large zucchini, grilled Net Carbs 8g • FV 8g	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower Net Carbs 6g • FV 2g	1 serving Cauliflower Salmon Saute* Net Carbs 7g • FV 7g	1 serving Keto Warm Chicken and Radish Salad with Wilted Romaine* Net Carbs 6g • FV 5g	1 serving Grilled Burger with Avocado and Tomato* 2 leaves Romaine lettuce 2 dill pickles 1 tbsp mayonnaise Net Carbs 5g • FV 5g	Atkins Frozen Crustless Chicken Pot Pie Net Carbs 6g • FV 3g	1 serving Cheddar Burger with Sautéed Mushrooms and Onions* 1/2 cup sliced red bell pepper Net Carbs 8g • FV 7g
	Total Net Carbs: 21g Foundation Vegetables: 14g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 23g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 23g Foundation Vegetables: 12g

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## Atkins Products

- 1 Atkins Frozen Beef Merlot
- 1 Atkins Chicken and Broccoli Alfredo
- 1 Atkins Frozen Chicken Margherita
- 1 Atkins Frozen Crustless Chicken Pot Pie
- 2 Atkins Frozen Farmhouse-Style Sausage Scramble
- 1 Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower
- 2 Atkins Chai Tea Latte Shake
- 2 Atkins Creamy Caramel Shake
- 2 Atkins Creamy Vanilla Shake
- 1 Atkins Strawberry Shake
- 2 Atkins Blueberry Soft Baked Protein Bar
- 1 Atkins Brownie Delight Protein Bar
- 2 Atkins Chocolate Crème Wafer Protein Bar
- 2 Atkins Lemon Bar

## Meat/Protein

- Beef, 90% lean ground (5-ounces), 80% lean (6-ounces)
- Chicken, breast (12-ounces cooked; 15-ounces raw)
- Pork: breakfast sausage (3-ounces), bacon (2 slices)
- Salmon, canned (4-ounces)
- Tuna, canned (5-ounces)
- Turkey, breakfast sausage (4-ounces)

## Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh parsley

## Produce

- Avocados (2)
- Bell peppers, red (9-ounces)
- Broccoli (2 stalks)
- Cauliflower (1 cup)
- Celery (2 medium stalks)
- Cucumber (5-ounces)
- Garlic (4 cloves)
- Lemon (1)
- Lettuce: Romaine (13-ounces), arugula (2 cups)
- Mushrooms (6-ounces)
- Onion: red (1-ounce), yellow (2-ounces), scallions (2 large)
- Radishes (6 large)
- Spinach, baby (3 cups)
- Tomatoes: cherry (18), small (1), medium (2), large (1)
- Squash: zucchini (1 large), baby zucchini (1 medium)

## Cheese/Dairy

- Cheddar cheese (2-ounce)
- Cream cheese (2 tablespoons)
- Eggs (6)
- Feta cheese (1-ounce)
- Gruyere cheese (1-ounce)
- Heavy cream (1 tablespoon)
- Mozzarella cheese: fresh (4-ounces), whole milk (1-ounce)
- Parmesan cheese, grated (4 teaspoons)

## Pantry

- Black pepper, ground
- Butter, unsalted
- Cayenne pepper
- Chili powder
- Cumin
- Dried basil
- Dried oregano
- Hot sauce (like Cholula)
- Mayonnaise
- Mustard: Dijon
- Olive oil: extra virgin, light, and spray
- Paprika
- Red pepper flakes, crushed
- Salt, iodized and kosher
- Sucralose, granulated
- Vinegar: white wine, red wine

## Other

- Dill pickles, whole
- Olives, green large
- Pine nuts
- Tomatoes, canned with green chilies

Notes: Make 2 servings keto chicken salad.