

# ATKINS 100<sup>®</sup>

## Standard Menu Plan

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1/2 cup cooked rolled oats 1 cup plain unsweetened Greek yogurt 1 cup cubed cantaloupe Net Carbs 34g • FV 0g	1 serving Garden Frittata* 1 slice Ezekiel bread 1 tsp butter Net Carbs 20g • FV 8g	1 serving Garden Frittata* 1 slice whole wheat toast Net Carbs 28g • FV 8g	1 serving Baked Oatmeal with Blueberries* Net Carbs 19g • FV 0g	Overnight oats with: <b>Atkins Chocolate Banana Shake</b> 1/2 cup quick rolled oats 2 tbsp slivered almonds Net Carbs 30g • FV 0g	1 serving Tomato, Mozzarella and Turkey Sausage Stack* 1 slice whole wheat toast 1 tbsp butter Net Carbs 24g • FV 3g	1 serving Sweet Potato Toast* Net Carbs 14g • FV 14g
SNACK	<b>Atkins Vanilla Latte Shake</b> Net Carbs 4g • FV 0g	<b>Atkins Lemon Bar</b> 1 cup cubed cantaloupe Net Carbs 15g • FV 0g	<b>Atkins Creamy Caramel Shake</b> 1 cup cubed cantaloupe Net Carbs 14g • FV 0g	<b>Atkins Strawberry Shake</b> 1 oz roasted cashews Net Carbs 10g • FV 0g	<b>Atkins Brownie Delight Layered Bar</b> Net Carbs 4g • FV 0g	<b>Atkins Vanilla Latte Shake</b> 3/4 cup seedless grapes Net Carbs 25g • FV 0g	<b>Atkins Lemon Bar</b> 1/2 cup plain Greek yogurt Net Carbs 8g • FV 0g
LUNCH	1 serving Bibi Tan's Chicken Lettuce Wraps with Peanut Sauce* 1 cup sliced cucumber 1 cup sliced red bell pepper 1 oz sweet potato chips Net Carbs 28g • FV 12g	1 serving Low Carb Thai Turkey "Rice" Bowl* 1/2 cup cooked brown rice Net Carbs 30g • FV 6g	1 serving Quick Italian Chicken Skillet* 1/2 cup cooked whole wheat macaroni Net Carbs 24g • FV 4g	1 serving Italian Pasta and Bean Soup* 1 cup sliced cucumber Net Carbs 18g • FV 5g	1 serving Keto Double Mustard Chicken Skewers* & 1 serving Baby Spinach, Pickled Beets and Tomato Salad* 2 tbsp vinaigrette 1/2 cup cooked quinoa Net Carbs 29g • FV 8g	1 serving Macaroni and Cauliflower Salad* 3 oz rotisserie chicken breast Net Carbs 13g • FV 3g	1 serving Low Carb Air Fryer Eggplant Parmesan* 3/4 cup cooked whole wheat macaroni 1 tbsp pesto Net Carbs 38g • FV 6g
SNACK	<b>Atkins Chocolate Crème Wafer Crisp Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Chocolate Banana Shake</b> Net Carbs 4g • FV 0g	<b>Atkins Blueberry Soft Baked Bar</b> Net Carbs 4g • FV 10g	<b>Atkins Chocolate Crème Wafer Crisp Bar</b> 1 cup seedless grapes Net Carbs 31g • FV 0g	1 serving Keto Zucchini Pizza Bites* 1/4 cup blueberries Net Carbs 12g • FV 2g	<b>Atkins Blueberry Soft Baked Bar</b> Net Carbs 4g • FV 0g	<b>Atkins Creamy Caramel Shake</b> 1 large red Anjou pear Net Carbs 29g • FV 0g
DINNER	1 serving Low Carb Philly Cheesesteak Casserole* 1/2 cup cooked whole wheat macaroni 1 serving Mixed Greens with Roasted Red Peppers* 2 tbsp vinaigrette Net Carbs 29g • FV 8g	1 serving Italian Chicken Cacciatore* 1/2 cup cooked whole wheat spaghetti Net Carbs 27g • FV 9g	1 serving Greek Peasant Salad with Chicken* 1/2 cup cooked quinoa Net Carbs 29g • FV 8g	1 serving Roasted Ginger-Tamari Salmon Steaks* & 1 serving Snow Pea and Water Chestnut Stir Fry* Net Carbs 19g • FV 9g	1 serving Pork Tenderloin Medallions with Mustard Sauce* 1/2 cup mashed sweet potato 1 tbsp butter Net Carbs 26g • FV 7g	1 serving Shredded Salsa Chicken Cauliflower Rice Bowl* 1/2 cup cooked brown rice Net Carbs 32g • FV 11g	1 serving Macaroni and Cauliflower Salad* 6 oz grilled chicken breast Net Carbs 13g • FV 3g
	Total Net Carbs: 98g Foundation Vegetables: 20g	Total Net Carbs: 97g Foundation Vegetables: 23g	Total Net Carbs: 98g Foundation Vegetables: 19g	Total Net Carbs: 97g Foundation Vegetables: 14g	Total Net Carbs: 101g Foundation Vegetables: 18g	Total Net Carbs: 98g Foundation Vegetables: 17g	Total Net Carbs: 101g Foundation Vegetables: 22g

Enjoy Atkins Indulge treats for dessert if net carb consumption allows!

**\*Visit [Atkins.com/recipes](https://www.atkins.com/recipes) for recipes!**

## **Atkins Products**

- 2 Atkins Chocolate Banana Shakes
- 2 Atkins Creamy Caramel Shakes
- 1 Atkins Strawberry Shake
- 2 Atkins Vanilla Latte Shakes
- 2 Atkins Blueberry Soft Baked Bars
- 1 Atkins Brownie Delight Layered Bar
- 2 Atkins Chocolate Crème Wafer Crisp Bars
- 2 Atkins Lemon Bars

## **Meat/Protein**

- Beef, 90% lean ground (4-ounces)
- Chicken: breast (21-ounces raw; 3-ounces rotisserie; 6-ounces grilled), ground (4-ounces)
- Pancetta (1-ounce)
- Pepperoni (1-ounce)
- Pork: tenderloin (7-ounces)
- Salmon (7-ounces)
- Turkey: ground (4-ounces), breakfast sausage (4-ounces)

## **Cheese/Dairy**

- Cream cheese (1-ounce)
- Eggs (6)
- Feta (2-ounces)
- Greek yogurt, plain whole milk (14-ounces)
- Mexican blend cheese (1-ounce)
- Mozzarella (3-ounces), ciliegine balls (2-ounces)
- Parmesan cheese (1-ounce)
- Provolone cheese (1-ounce)
- Sour Cream (3 tablespoons)

## **Produce**

- Avocado (1)
- Bell pepper: red (6-ounces), green (1-ounce)
- Berries: blueberries (4-ounces)
- Broccoli, frozen (3-ounces)
- Cabbage: red (2-ounces)
- Cantaloupe (17-ounces)
- Carrot (1-ounce)
- Cauliflower: fresh (8-ounces), frozen riced (7-ounces)
- Celery (1-ounce)
- Cucumber (11-ounces)
- Eggplant (1)
- Garlic (6 cloves)
- Ginger root (1-ounce)
- Grapes, seedless (10-ounces)
- Green beans (6-ounces)
- Leek (2-ounces)
- Lemon (1)
- Lettuce: arugula (2-ounces), butterhead (2-ounces), spring mix (2-ounces)
- Lime (1)
- Mushrooms, button (4-ounces)
- Onion: yellow (3-ounces), scallions (1-ounce), red (1-ounce)
- Orange (1)
- Pear, red de Anjou (1 large)
- Radishes (2)
- Shallots (1-ounce)
- Snow peas (2-ounces)
- Spinach, baby (3-ounces)
- Sweet potato (9-ounces)
- Tomato: cherry (12), medium (5-ounces), heirloom (3-ounces)
- Zucchini (8-ounces)

## **Other**

- Artichoke hearts, canned
- Almond flour
- Almond milk, plain unsweetened
- Almonds, slivered
- Balsamic vinaigrette, no sugar added
- Bread, whole wheat
- Cannellini beans, canned
- Cashews, roasted
- Chia seeds
- Chicken broth
- Chicken bouillon cubes
- Chili sauce, Thai style
- Ezekiel bread
- Hemp hearts
- Marinara sauce, no sugar added
- Olives: green, kalamata
- Peanut butter, creamy no sugar added
- Pecans
- Pesto
- Pickled beets
- Red curry paste, Thai
- Roasted red peppers, jarred
- Salsa, red
- Sambal oelek chili paste
- Sweet potato chips
- Tomatoes: canned diced, canned stewed, paste
- Waterchestnuts
- Whey protein powder, plain unsweetened
- Wine, white cooking

## **Herbs/Spices**

- Fresh basil
- Fresh dill
- Fresh parsley
- Fresh rosemary

## **Pantry**

- Avocado oil spray
- Baking powder
- Black pepper
- Brown rice
- Brown rice pasta
- Butter
- Cinnamon, ground
- Cumin
- Dried oregano
- Dried rosemary
- Garlic powder
- Hot sauce, like Tabasco
- Italian seasoning
- Maccaroni, whole wheat
- Maple syrup, sugar free
- Mayonnaise
- Mustard: stoneground, Dijon
- Oats, rolled
- Olive oil
- Paprika, smoked
- Penne pasta, whole wheat
- Pumpkin pie spice blend
- Quinoa
- Red pepper flakes, crushed
- Salt
- Sesame oil, plain & toasted
- Spaghetti, whole wheat
- Sucralose: granulated, packets
- Tamari soy sauce
- Vanilla extract
- Vinegar: unseasoned rice, balsamic, red wine, apple cider
- Worcestershire sauce

**Menu Notes:** Make 2 servings of Garden Frittata, and 2 servings of Macaroni and Cauliflower salad to eat through the week.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Keto Pumpkin Latte Protein Muffins* 1/2 cup plain Greek yogurt 1 cup cubed cantaloupe Net Carbs 19g • FV 1g	1 serving Mediterranean Egg Bites* 1 slice whole wheat toast Net Carbs 24g • FV 2g	<b>Atkins Creamy Caramel Shake &amp;</b> 1 serving Brown Rice Porridge* Net Carbs 23g • FV 0g	1 serving Mediterranean Egg Bites* 1 slice whole wheat toast Net Carbs 24g • FV 2g	1 serving Keto Pumpkin Latte Protein Muffins* 2 tbsp cream cheese 1/2 cup plain Greek yogurt Net Carbs 9g • FV 1g	1 serving Eggs Scrambled with Sautéed Mushrooms and Zucchini* 1 slice whole wheat toast Net Carbs 22g • FV 2g	1 serving Orange-Sour Cream Waffles with Fresh Blueberry Sauce* Net Carbs 14g • FV 0g
SNACK	<b>Atkins Strawberry Shake</b> 1/2 cup cooked and cooled oatmeal Net Carbs 14g • FV 0g	<b>Atkins Vanilla Latte Shake</b> 1/2 cup blueberries Net Carbs 13g • FV 0g	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Chocolate Banana Shake</b> 1 1/3 cup cubed cantaloupe Net Carbs 20g • FV 0g	<b>Atkins Strawberry Shake</b> 1 oz roasted cashews Net Carbs 10g • FV 0g	<b>Atkins Vanilla Latte Shake</b> 3/4 cup cubed cantaloupe Net Carbs 13g • FV 0g	<b>Atkins Creamy Caramel Shake</b> 3/4 cup cubed cantaloupe Net Carbs 11g • FV 0g
LUNCH	1 serving Mediterranean Vegetable and Egg Salad* 1 small (4-inch diameter) whole wheat pita Net Carbs 23g • FV 9g	1 serving Grilled Lime Chicken over Spinach Salad with Feta-Ranch Dressing* 1 medium ear corn on the cob Net Carbs 29g • FV 6g	1 serving Atkins Mediterranean Bowl* 1 small (4-inch diameter) whole wheat pita Net Carbs 25g • FV 7g	1 serving Keto Green Goddess Grilled Chicken* & 1 serving Cucumber, Tomato and Green Onion Salad* 1/2 cup cooked quinoa Net Carbs 26g • FV 7g	1 serving Keto Canned Tuna and Artichoke Salad* 1 slice whole wheat bread Net Carbs 25g • FV 6g	1 serving Simple Marinated Kale* 5 oz roasted chicken breast 15 cherry tomatoes 1/2 cup cooked quinoa Net Carbs 28g • FV 11g	1 serving Keto Summer Chicken Salad* 1 cup sliced cucumber 1/2 cup sliced red bell pepper 1/2 cup cooked brown rice Net Carbs 31g • FV 8g
SNACK	<b>Atkins Chocolate Crème Wafer Crisp Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Brownie Delight Layer Bar</b> Net Carbs 4g • FV 0g	1 cup cubed cantaloupe 1 oz roasted almonds Net Carbs 14g • FV 0g	<b>Atkins Chocolate Crème Wafer Crisp Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Lemon Bar</b> 1 cup cubed cantaloupe Net Carbs 15g • FV 0g	<b>Atkins Blueberry Soft Baked Bar</b> 1/2 cup blueberries Net Carbs 13g • FV 0g	<b>Atkins Brownie Delight Layer Bar</b> 1/2 cup blueberries Net Carbs 13g • FV 0g
DINNER	1 serving Salmon en Papillote with Tomato-Basil Relish* & 1 serving Spaghetti Squash with Romesco Sauce* 3/4 cup cooked whole wheat pasta Net Carbs 40g • FV 9g	1 serving Broccoli, Ham & Swiss Casserole* 1 medium baked sweet potato 1 tbsp butter Net Carbs 29g • FV 5g	1 serving Mexican Shrimp and Vegetable Salad* 1/2 cup sliced red bell pepper 1/4 cup cooked brown rice 1 tbsp butter Net Carbs 33g • FV 9g	1 serving Indian Tikka Chicken with Sautéed Broccoli* 1/3 cup cooked brown rice Net Carbs 27g • FV 8g	1 serving Quick Keto Barbecued Pork* & 1 serving Cucumber, Tomato and Green Onion Salad* 1 medium ear corn on the cob Net Carbs 36g • FV 7g	1 serving Stuffed Acorn Squash* 1/3 cup cooked brown rice Net Carbs 25g • FV 2g	1 serving Keto Chicken with Tomatoes and Capers* 3/4 cup cooked whole wheat pasta 1/3 cup marinara sauce Net Carbs 31g • FV 5g
	Total Net Carbs: 99g Foundation Vegetables: 19g	Total Net Carbs: 99g Foundation Vegetables: 13g	Total Net Carbs: 97g Foundation Vegetables: 16g	Total Net Carbs: 100g Foundation Vegetables: 17g	Total Net Carbs: 95g Foundation Vegetables: 14g	Total Net Carbs: 101g Foundation Vegetables: 14g	Total Net Carbs: 100g Foundation Vegetables: 13g

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- 2 Atkins Lemon Bars

## **Cheese/Dairy**

- Cream cheese (2T)
- Eggs (9)
- Feta cheese (2-ounces)
- Greek yogurt, plain (13-ounces)
- Heavy cream (2-fl ounces)
- Sour cream (2 tablespoons)
- Swiss cheese (1-ounce)

## **Meat/Protein**

- Chicken: breast (9-ounces roasted, 17-ounces raw), thighs (12-ounces)
- Pork: sausage (2-ounces), chops (4-ounces), ham (4-ounces)
- Salmon (6-ounces)
- Shrimp (6-ounces)
- Tuna, canned (4-ounces)
- Turkey: bacon (1 slice)

## **Produce**

- Avocado (1)
- Bell peppers: red (5-ounces)
- Berries: blueberries (11-ounces)
- Bok choy (3-ounces)
- Broccoli: frozen (5-ounces), florets (6-ounces)
- Cabbage: green (3-ounces)
- Cantaloupe (31-ounces)
- Carrot (1-ounce)
- Cauliflower, frozen riced (4-ounces)
- Celery (1-ounce)
- Corn (8-ounces)
- Cucumber (10-ounces)
- Garlic (5 cloves)
- Ginger (1-ounce)
- Kale (2-ounces)
- Lemon (1)
- Lettuce: Romaine (4-ounces), butterhead (2-ounces)
- Lime (2)
- Mushrooms: button (3-ounces), crimini (1-ounce)
- Onion: red (2-ounces), scallions (3-ounces), yellow (2-ounces)
- Orange (1)
- Shallot (1-ounce)
- Spinach, baby (6-ounces)
- Sweet potato (5-ounces)
- Squash: zucchini (3-ounces), spaghetti squash (6-ounces), acorn (3-ounces)
- Tomatoes: cherry (17-ounces), Italian/Roma (6-ounces), medium (1-ounce)
- Turnip (5-ounces)

## **Other**

- Almond milk, unsweetened
- Almonds
- Artichoke hearts, marinated
- Bread, whole wheat
- Barbecue sauce, no sugar added
- Capers
- Cashews
- Chicken broth
- Chili powder
- Coconut flour
- Flax seed meal
- Hummus
- Marinara sauce, no sugar added
- Olives: black, kalamata
- Peanuts, dry roasted
- Pineapple chunks, canned in water
- Pita, small whole wheat
- Pumpkin, canned
- Raspberry jam, sugar-free
- Soy flour
- Sun-dried tomatoes
- Tomatillo salsa (salsa verde)
- Walnuts
- Whey protein, plain
- Xanthan gum

## **Herbs/Spices**

- Fresh basil
- Fresh cilantro
- Fresh mint
- Fresh parsley
- Fresh rosemary
- Fresh tarragon
- Fresh thyme

## **Pantry**

- Baking powder
- Baking soda
- Black pepper, ground
- Brown rice
- Butter, unsalted
- Canola oil
- Cayenne pepper
- Cinnamon
- Chili powder
- Cumin
- Dried oregano
- Dried thyme
- Espresso powder
- Garlic powder
- Mayonnaise
- Mustard: Dijon
- Oats, rolled
- Olive oil: extra virgin
- Paprika
- Pasta, whole wheat
- Peanut oil
- Pumpkin pie spice blend
- Quinoa
- Sage, ground
- Salt, iodized
- Sesame oil, toasted
- Sucralose, granulated
- Truvia erythritol-stevia sweetener
- Turmeric
- Vanilla extract
- Vinegar: red wine, sherry, unseasoned rice, apple cider
- Xylitol

**Menu Notes:** make 2 servings of Keto Pumpkin Latte Protein Muffins, 2 servings of Keto Mediterranean Egg Bites, and 2 servings of Cucumber, Tomato, and Green Onion Salad to eat through the week.