

Just the Right Amount of Atkins

Notes: _____

	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 Atkins Chocolate Banana Shake 1/2 cup quick rolled oats 2 tbsp slivered almonds Net Carbs 19g • FV 0g	Overnight oats with: Atkins Chocolate Banana Shake 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	Atkins Vanilla Latte Shake Net Carbs 4g • FV 0g	Atkins Lemon Bar 1 cup cubed cantaloupe Net Carbs 15g • FV 0g	Atkins Creamy Caramel Shake 1 cup cubed cantaloupe Net Carbs 14g • FV 0g	Atkins Strawberry Shake 1 oz roasted cashews Net Carbs 10g • FV 0g	Atkins Brownie Delight Layered Bar Net Carbs 4g • FV 0g	Atkins Vanilla Latte Shake 3/4 cup seedless grapes Net Carbs 25g • FV 0g	Atkins Lemon Bar 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	Atkins Chocolate Crème Wafer Crisp Bar Net Carbs 3g • FV 0g	Atkins Chocolate Banana Shake Net Carbs 4g • FV 0g	Atkins Blueberry Soft Baked Bar Net Carbs 4g • FV 10g	Atkins Chocolate Crème Wafer Crisp Bar 1 cup seedless grapes Net Carbs 31g • FV 0g	1 serving Keto Zucchini Pizza Bites* 1/4 cup blueberries Net Carbs 12g • FV 2g	Atkins Blueberry Soft Baked Bar Net Carbs 4g • FV 0g	Atkins Creamy Caramel Shake 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)

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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Notes: _____

	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	Atkins Creamy Caramel Shake & 1 serving Brown Rice Porridge* Net Carbs 23g • FV 0g	1 serving Atkins Mediterranean Raspberry and Cinnamon Bread* 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	Atkins Strawberry Shake 1/2 cup cooked and cooled oatmeal Net Carbs 14g • FV 0g	Atkins Vanilla Latte Shake 1/2 cup blueberries Net Carbs 13g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g	Atkins Chocolate Banana Shake 1 1/3 cup cubed cantaloupe Net Carbs 20g • FV 0g	Atkins Strawberry Shake 1 oz roasted cashews Net Carbs 10g • FV 0g	Atkins Vanilla Latte Shake 3/4 cup cubed cantaloupe Net Carbs 13g • FV 0g	Atkins Creamy Caramel Shake 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 13g • FV 0g	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	Atkins Chocolate Crème Wafer Crisp Bar Net Carbs 3g • FV 0g	Atkins Brownie Delight Layer Bar Net Carbs 4g • FV 0g	1 cup cubed cantaloupe 1 oz roasted almonds Net Carbs 14g • FV 0g	Atkins Chocolate Crème Wafer Crisp Bar Net Carbs 3g • FV 0g	Atkins Lemon Bar 1 cup cubed cantaloupe Net Carbs 15g • FV 0g	Atkins Blueberry Soft Baked Bar 1/2 cup blueberries Net Carbs 13g • FV 0g	Atkins Brownie Delight Layer Bar 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 Chocolate Crème Wafer Crisp Bars
- ☐ 2 Atkins Lemon Bars

Cheese/Dair y

- ☐ 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.