

# ATKINS 100<sup>®</sup>

## Quick Start Menu Plan

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Atkins Blueberry Soft Baked Bar</b> ½ cup cooked rolled oats 1 cup plain Greek yogurt Net Carbs 26g • FV 0g	1 serving Garden Frittata* Net Carbs 8g • FV 8g	<b>Atkins Vanilla Latte Shake</b> & 1 serving Garden Frittata* 1 slice whole wheat toast Net Carbs 32g • FV 8g	<b>Atkins Strong Milk Chocolate Shake</b> & 1 serving Rolled Oats and Pecans with Strawberries* Net Carbs 17g • FV 0g	Overnight oats with: <b>Atkins Strong Milk Chocolate Shake</b> 1/2 cup quick rolled oats 2 tbsp slivered almonds Net Carbs 28g • FV 0g	1 serving Tomato, Mozzarella and Turkey Sausage Stack* 1 slice whole wheat toast 1 tbsp butter Net Carbs 24g • FV 3g	<b>Atkins Chocolate Banana Shake</b> & 1 serving Sweet Potato Toast* Net Carbs 18g • 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 Strawberry Shake</b> 1 cup cubed cantaloupe Net Carbs 14g • FV 0g	<b>Atkins Lemon Bar</b> 9 large strawberries Net Carbs 12g • FV 0g	<b>Atkins Blueberry Soft Baked Bar</b> 1/2 cup blueberries Net Carbs 13g • 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 Mediterranean Turkey Sausage Stew* 1 oz canned chickpeas Net Carbs 20g • FV 7g	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 quinoa Net Carbs 25g • FV 4g	1 serving Italian Pasta and Bean Soup* 1 cup sliced cucumber Net Carbs 18g • FV 5g	1 serving Baby Spinach, Pickled Beets and Tomato Salad* 2 tbsp balsamic vinaigrette 1/2 cup cooked quinoa 1 tbsp butter Net Carbs 29g • FV 8g	1 serving Macaroni and Cauliflower Salad* 3 oz rotisserie chicken breast Net Carbs 13g • FV 3g	1 serving Keto Zucchini Pizza Bites* 3/4 cup cooked whole wheat macaroni 1 tbsp pesto Net Carbs 29g • FV 3g
SNACK	<b>Atkins Creamy Caramel Shake</b> 1 cup cubed cantaloupe Net Carbs 14g • FV 0g	<b>Atkins Chocolate Banana Shake</b> 1 cup cubed cantaloupe Net Carbs 16g • FV 0g	<b>Atkins Chocolate Chip Granola Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Cookie Fusion Layered Bar</b> 1 cup seedless grapes Net Carbs 32g • FV 0g	<b>Atkins Creamy Caramel Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Chocolate Chip Granola Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Creamy Caramel Shake</b> 1 cup seedless grapes Net Carbs 30g • FV 0g
DINNER	1 serving Cauliflower Gnocchi with Pesto and Veggies* 1/2 cup cooked whole wheat macaroni 1 tbsp olive oil Net Carbs 31g • FV 7g	1 serving Italian Chicken Cacciatore* 1/2 cup cooked whole wheat spaghetti <b>Atkins Chocolate Crème Wafer Crisp Bar</b> Net Carbs 30g • FV 9g	1 serving Creamy Mushrooms and Canned Tuna over Zucchini Noodles* 1/2 cup cooked whole wheat macaroni Net Carbs 26g • FV 6g	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 Low Carb Squash Noodles in Peanut Sauce* 1/2 cup cooked whole wheat macaroni Net Carbs 31g • FV 10g	1 serving Macaroni and Cauliflower Salad* 6 oz grilled chicken breast Net Carbs 13g • FV 3g
	<b>Total Net Carbs: 94g</b> <b>Foundation Vegetables: 14g</b>	<b>Total Net Carbs: 99g</b> <b>Foundation Vegetables: 23g</b>	<b>Total Net Carbs: 99g</b> <b>Foundation Vegetables: 18g</b>	<b>Total Net Carbs: 98g</b> <b>Foundation Vegetables: 14g</b>	<b>Total Net Carbs: 97g</b> <b>Foundation Vegetables: 15g</b>	<b>Total Net Carbs: 95g</b> <b>Foundation Vegetables: 15g</b>	<b>Total Net Carbs: 97g</b> <b>Foundation Vegetables: 19g</b>

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
- 3 Atkins Creamy Caramel Shakes
- 1 Atkins Strawberry Shake
- 2 Atkins Strong Milk Chocolate Shakes
- 3 Atkins Vanilla Latte Shakes
- 2 Atkins Blueberry Soft Baked Bars
- 2 Atkins Chocolate Chip Granola Bars
- 1 Atkins Cookie Fusion Layered Bar
- 2 Atkins Chocolate Crème Wafer Crisp Bars
- 3 Atkins Lemon Bars

## **Meat/Protein**

- Chicken breast: raw (9-ounces), cooked (9-ounces)
- Pancetta (1-ounce)
- Pepperoni (1-ounce)
- Pork: tenderloin (7-ounces)
- Salmon (7-ounces)
- Tuna, canned in water (3-ounces)
- Turkey: kielbasa (3-ounces), ground (4-ounces), breakfast sausage (4-ounces)

## **Cheese/Dairy**

- Eggs (6)
- Greek yogurt, plain whole milk (14-ounces)
- Heavy cream (1 tablespoon)
- Mozzarella (3-ounces)
- Parmesan cheese (2-ounces)
- Sour Cream (2 tablespoons)

## **Produce**

- Avocado (1)
- Bell pepper, red (2-ounces)
- Berries: blueberries (3-ounces), strawberries (8-ounces)
- Broccoli, frozen (3-ounces)
- Butternut squash (2-ounces)
- Cantaloupe (23-ounces)
- Carrot (1-ounce)
- Cauliflower: fresh (8-ounces), frozen (5-ounces), frozen riced (3-ounces)
- Celery (3-ounces)
- Celeriac (1-ounce)
- Cucumber (5-ounces)
- Garlic (6 cloves)
- Ginger root (1-ounce)
- Grapes, seedless (15-ounces)
- Green beans (6-ounces)
- Kale (1-ounce)
- Leek (1)
- Lemon (2)
- Lettuce: arugula (2-ounces)
- Lime (1)
- Mushrooms: cremini (4-ounces), button (2-ounces)
- Onion: yellow (2-ounces), scallions (1-ounce)
- Orange (1)
- Radishes (1)
- Snow peas (3-ounces)
- Spinach, baby (2 cups)
- Sweet potato (7-ounces)
- Tomato: cherry (10), medium (2)
- Turnip (2-ounces)
- Zucchini (16-ounces)

## **Other**

- Artichoke hearts, canned
- Almonds, slivered
- Balsamic vinaigrette, no sugar added
- Bread, whole wheat
- Cannellini beans, canned
- Chicken broth: regular and bone broth
- Chicken bouillon cubes
- Chickpeas (garbanzo beans), canned
- Chickpea flour
- Hemp hearts
- Marinara sauce, no sugar added
- Olives: green
- Peanut butter, creamy no sugar added
- Peanuts, dry roasted
- Pecans
- Pesto
- Pickled beets
- Red curry paste, Thai
- Roasted red peppers, jarred
- Sambal oelek chili paste
- Tomatoes, canned diced, canned stewed, paste
- Waterchestnuts
- Wine, white cooking

## **Herbs/Spices**

- Fresh basil
- Fresh cilantro
- Fresh dill
- Fresh oregano
- Fresh parsley
- Fresh rosemary

## **Pantry**

- Black pepper
- Brown rice
- Brown rice pasta
- Butter
- Canola oil
- Cumin
- Dijon mustard
- Dried rosemary
- Ground ginger
- Italian seasoning
- Macaroni, whole wheat
- Maple syrup, sugar free
- Mayonnaise
- Oats, rolled
- Olive oil
- Paprika, smoked
- Penne pasta, whole wheat
- Quinoa
- Red pepper flakes, crushed
- Salt
- Sesame oil, plain & toasted
- Spaghetti, whole wheat
- Sucralose: granulated
- Tamari soy sauce
- Vinegar: unseasoned rice, balsamic

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

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Atkins Strong Milk Chocolate Shake &amp;</b> 1 serving Keto Pumpkin Latte Protein Muffins* Net Carbs 5g • FV 1g	1 serving Mediterranean Egg Bites* 1 slice whole wheat toast Net Carbs 23g • FV 2g	<b>Atkins Chocolate Banana Shake &amp;</b> 1 serving Brown Rice Porridge* Net Carbs 25g • FV 0g	<b>Atkins Strawberry Shake</b> 1 serving Mediterranean Egg Bites* 1 slice whole wheat toast Net Carbs 26g • FV 2g	<b>Atkins Strawberry Shake</b> 1 serving Keto Pumpkin Latte Protein Muffins* 1 cup cubed cantaloupe 1/2 cup plain Greek yogurt Net Carbs 21g • FV 1g	<b>Atkins Chocolate Banana Shake</b> 1 serving Eggs Scrambled with Sautéed Mushrooms and Zucchini* 1 slice whole wheat toast Net Carbs 26g • FV 2g	1 serving Orange-Sour Cream Waffles with Fresh Blueberry Sauce* Net Carbs 14g • FV 0g
SNACK	<b>Atkins Strawberry Shake</b> blended with: 1/2 cup cooked and cooled oatmeal 4 large strawberries Net Carbs 18g • 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 Cookie Fusion Layered Bar</b> 1 1/3 cup cubed cantaloupe Net Carbs 20g • FV 0g	<b>Atkins Chocolate Chip Granola Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Blueberry Soft Baked Bar</b> 1 cup cubed cantaloupe Net Carbs 16g • FV 0g	<b>Atkins Creamy Caramel Shake</b> 6 large strawberries Net Carbs 8g • 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 Double Mustard Chicken Skewers* & 1 serving Cucumber, Tomato and Green Onion Salad* 1/2 cup cooked quinoa Net Carbs 25g • 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 Cookie Fusion Layered Bar</b> 1 cup cubed cantaloupe Net Carbs 16g • FV 0g	<b>Atkins Blueberry Soft Baked Bar</b> Net Carbs 4g • FV 0g	<b>Atkins Creamy Caramel Shake</b> 1 cup cubed cantaloupe Net Carbs 14g • FV 0g	<b>Atkins Chocolate Crème Wafer Crisp Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Strong Milk Chocolate Shake</b> 9 large strawberries Net Carbs 11g • FV 0g	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Cookie Fusion Layered Bar</b> 1/2 cup blueberries Net Carbs 13g • FV 0g
DINNER	2 servings Savory Keto Meatballs* & 1 serving Spaghetti Squash with Romesco Sauce* 3/4 cup cooked whole wheat pasta Net Carbs 37g • FV 9g	1 serving Low Carb Barbecue Meatball Bites* 3/4 cup cooked green beans 1 medium baked sweet potato 1 tbsp butter Net Carbs 31g • 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 Colorful Sweet Potato Taco Bowl* Net Carbs 26g • FV 7g	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 Vegetarian Ramen Zoodle Bowls* 1/3 cup cooked brown rice fettuccini noodles Net Carbs 27g • FV 3g	2 servings Savory Keto Meatballs* 3/4 cup cooked whole wheat pasta 1/3 cup marinara sauce <b>Atkins Chocolate Crème Wafer Crisp Bar</b> Net Carbs 35g • FV 5g
	<b>Total Net Carbs: 98g</b> <b>Foundation Vegetables: 19g</b>	<b>Total Net Carbs: 100g</b> <b>Foundation Vegetables: 13g</b>	<b>Total Net Carbs: 99g</b> <b>Foundation Vegetables: 16g</b>	<b>Total Net Carbs: 100g</b> <b>Foundation Vegetables: 17g</b>	<b>Total Net Carbs: 96g</b> <b>Foundation Vegetables: 14g</b>	<b>Total Net Carbs: 100g</b> <b>Foundation Vegetables: 16g</b>	<b>Total Net Carbs: 101g</b> <b>Foundation Vegetables: 13g</b>

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- 2 Atkins Lemon Bars

## **Cheese/Dairy**

- Eggs (11)
- Feta cheese (2-ounces)
- Greek yogurt, plain (7-ounces)
- Heavy cream (2 tablespoons)
- Mexican blend cheese (1-ounce)
- Parmesan cheese, grated (1-ounce)
- Sour cream (2 tablespoons)

## **Meat/Protein**

- Beef, 80% lean (6-ounces)
- Chicken: breast (9-ounces roasted, 15-ounces raw), ground (3-ounces)
- Pork: chorizo (1-ounce), chops (4-ounces)
- Shrimp (6-ounces)
- Tuna, canned (4-ounces)
- Turkey: bacon (1 slice), ground (2-ounces)

## **Produce**

- Avocado (1)
- Bell peppers: red (5-ounces)
- Berries: blueberries (8-ounces), strawberries (13-ounces)
- Bok choy (3-ounces)
- Broccoli florets (2-ounces)
- Cabbage: green (3-ounces), red (3-ounces)
- Cantaloupe (31-ounces)
- Carrot (1-ounce)
- Cauliflower, frozen riced (2 cups)
- Corn (2 medium ear)
- Cucumber (10-ounces)
- Garlic (2 cloves)
- Green beans (4-ounces)
- Kale (2-ounces)
- Lemon (1)
- Lettuce: Romaine (4-ounces), butterhead (2-ounces)
- Lime (2)
- Mung bean sprouts (2-ounces)
- Mushrooms (3-ounces)
- Onion: red (3-ounces), scallions (2-ounces), yellow (1-ounce)
- Orange (1)
- Spinach: baby (5 cups)
- Sweet potato (7-ounces)
- Squash: zucchini (7-ounces), spaghetti squash (6-ounces)
- Tomatoes: cherry (21-ounces), Italian/Roma (2), medium (1)
- Turnip (5-ounces)

## **Other**

- Almond milk, unsweetened
- Almonds
- Artichoke hearts, marinated
- Bread, whole wheat
- Barbecue flavored protein chips
- Barbecue sauce, no sugar added
- Capers
- Chili powder
- Coconut flour
- Flax seed meal
- Hummus
- Maple syrup, sugar free
- Marinara sauce, no sugar added
- Miso paste
- Olives: black, kalamata
- Peanuts, dry roasted
- Pita, small whole wheat
- Pumpkin, canned
- Raspberry jam, sugar-free
- Salsa, red
- Sambal oelek chili paste
- Soy flour
- Sun-dried tomatoes
- Tomatillo salsa (salsa verde)
- Vegetable broth
- Whey protein, plain
- Xanthan gum

## **Herbs/Spices**

- Fresh cilantro
- Fresh mint
- Fresh parsley
- Fresh thyme

## **Pantry**

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

**Menu Notes:** Make 2 servings Keto Pumpkin Latte Protein Muffins, 2 servings Cucumber, Tomato and Green Onion Salad, 4 servings Savory Meatballs to eat through the week.