

# Nutrisystem<sup>®</sup> FOR MEN

1500–1599 CALORIES

## Sample Daily Meal Plan

Delicious Ideas for Your First 28 Days

If you're ready to start your first month on Nutrisystem<sup>®</sup>, you've come to the right place! This Meal Plan provides detailed, day-to-day examples of meals, snacks, add-ins and recipes you can enjoy during your first 28 days on the program.

Feel free to make this Meal Plan your own—just be sure to follow the Nutrisystem program guidelines. As you begin to explore the following meal suggestions, please be sure to keep a couple things in mind:

**You can always mix-and-match your Nutrisystem meals.**

For example, any Nutrisystem lunch listed in this guide can be swapped for any other Nutrisystem lunch you like. These are just some suggestions!

**Extra add-ins are required if you have 100+ lbs to lose.**

Stick to these guidelines:

**Days 1-7:** Add **2 PowerFuels** each day.

**Days 8+:** Follow personalized plan as outlined.

The **Uniquely Yours Max+ plan with "Most Days Covered"** delivers enough Nutrisystem breakfasts, lunches, dinners and snacks to fuel your weight loss **5 days a week**. However, we recommend spreading your Nutrisystem meals throughout each week, and rounding out each week with your own healthy meals.

### Food Categories



Here's a taste of what your first 28 days on Nutrisystem<sup>®</sup> might look like:

\*Week 1 is around 1,000 calories per day.

# DAY 1

## Breakfast

- Nutrisystem Double Chocolate Muffin
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 16 oz. water

## Morning Snack

- Nutrisystem Shake
- 1 cup baby carrots **1V**

## Lunch

- Nutrisystem Cheddar Broccoli Rice
- 1 cup cooked broccoli **2V**
- 16 oz. water

## Afternoon Snack

- Nutrisystem Chocolate Chunk Cookie
- 16 oz. water

## Dinner

- Nutrisystem Mediterranean Flatbread
- 2 cups salad served with low (< 10 calories) or no-calorie salad dressing **2V 1FF**
- 16 oz. water

## DAY 2

### Breakfast

- Nutrisystem Granola Cereal with 4 oz. fat-free milk
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake

### Lunch

- Nutrisystem Chicken Mozzarella Melt
- 1 cup cooked green beans **2V**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Popcorn
- 16 oz. water

### Dinner

- Nutrisystem Chili with Beans
- 1 cup cooked broccoli **2V**
- 16 oz. water

## DAY 3

### Breakfast

- Nutrisystem Cinnamon Roll
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake

### Lunch

- Nutrisystem Spinach and Cheese Pretzel Melt
- 2 cups salad served with low (< 10 calories) or no-calorie salad dressing **2V** **1FF**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Cheese Puffs
- 1 cup bell pepper slices **1V**
- 16 oz. water

### Dinner

- Nutrisystem Hearty Beef Stew
- 1 cup cooked carrots **2V**
- 16 oz. water

## DAY 4

### Breakfast

- Nutrisystem Harvest Nut Oat Bar
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake
- 1 cup baby carrots **1V**

### Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 1 cup roasted broccoli & red bell peppers **2V**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Red Velvet Cupcake
- 16 oz. water

### Dinner

- Nutrisystem Chicken Parmesan
- 1 cup cooked green beans **2V**
- 16 oz. water

## DAY 5

### Breakfast

- Nutrisystem Apple Strudel Bar
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake
- 1 cup cucumber slices **1V**

### Lunch

- Nutrisystem Southwest Fiesta Melt
- 1 cup baby carrots **1V**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Chocolate Caramel Bar
- 16 oz. water

### Dinner

- Nutrisystem BBQ Seasoned Chicken served with 1 small whole grain roll
- 2 cups salad served with low (< 10 calories) or no-calorie salad dressing **2V 1FF**
- 16 oz. water

## DAY 6

### Breakfast

- Nutrisystem Turkey Sausage and Egg Muffin
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake

### Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 cups salad served with low (< 10 calories) or no-calorie salad dressing **2V** **1FF**
- 16 oz. water

### Afternoon Snack

- Nutrisystem White Cheddar Popcorn
- 1 cup cucumber slices **1V**
- 16 oz. water

### Dinner

- Nutrisystem Cheesy Chicken Casserole
- 1 cup cooked carrots **2V**
- 16 oz. water

## DAY 7

### Breakfast

- Nutrisystem Cinnamon Bun Bar
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake
- 1 cup sugar snap peas **1V**

### Lunch

- Nutrisystem White Cheddar Mac and Cheese
- 1 cup cooked broccoli **2V**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Chocolate Cupcake
- 16 oz. water

### Dinner

- Nutrisystem Chicken Pasta Parmesan
- 1 cup sautéed zucchini with garlic **2V**
- 16 oz. water



## DAY 8

### Breakfast

- Nutrisystem Double Chocolate Muffin
- 2 Tbsp. almonds **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

#### *Flex Snack*

- 1 string cheese **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

### Lunch

- Nutrisystem Steak and Cheese Melt
- 2 cups salad **2 V** with ½ cup chickpeas **1 SC** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

### Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

### Dinner

#### *Flex Dinner:*

- Turkey Burger made with 4 oz. turkey burger **2 PF** with 1 slice cheese **1 PF** on a small whole grain roll **1 SC** topped with 1 tsp. mustard, lettuce and tomato slices **FF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Milk Chocolate Flavored Pretzels
- 8 oz. water

## DAY 9

### Breakfast

- Nutrisystem Granola Cereal with 4 oz. fat-free milk
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

### Lunch

- Nutrisystem Beans & Ham Soup
- ½ cup corn **1 SC**
- 1 cup cooked carrots **2 V**
- 16 oz. water

### Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup strawberries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations Bourbon-Style Chicken
- 16 oz. water

### Evening Snack

#### *Flex Snack*

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

## DAY 10

### Breakfast

- Nutrisystem Canadian Style Turkey Bacon, Egg and Cheese Muffin
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Zesty Snack Mix
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- Grilled Chicken Salad: Toss together, 4 oz. grilled chicken **2 PF**, ½ cup whole wheat pasta **1 SC**, 2 cups lettuce & non-starchy vegetables such as cucumbers, bell peppers, cherry tomatoes **2 V**, and 1 Tbsp. reduced fat Balsamic dressing **1 Ex**
- 16 oz. water

### Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Meatballs in Marinara served with a small whole grain roll and topped with 1 slice cheese **1 PF**
- 1 cup roasted asparagus **2 V** with a spritz of lemon juice **FF**
- 16 oz. water

*Leaf Video for Roasted Asparagus*

<https://leaf.nutrisystem.com/recipes/video-roasted-asparagus/>

### Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

# DAY 11

## Breakfast

### *Flex Breakfast:*

- 2 large scrambled eggs **2 PF** with ½ cup sautéed spinach, mushrooms, and tomatoes **1 V**
- 1 slice whole wheat toast **1 SC** with ½ Tbsp. margarine **1 Ex**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

- Nutrisystem Peanut Butter Cookie
- 8 oz. water

## Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 1 cup strawberries **1 SC**
- 2 cups salad served with 1 Tbsp. reduced-fat salad dressing **2 V** **1 Ex**
- 16 oz. water

## Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup strawberries **1 SC**
- 8 oz. water

## Dinner

- Nutrisystem Thick Crust Pizza topped with ¼ cup sautéed mushrooms **½ V**
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

## Evening Snack

### *Flex Snack*

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

# DAY 12

## Breakfast

- Nutrisystem Buttermilk Waffles with 2 tsp. maple syrup **2 Ex**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

### *Flex Snack*

- 1 string cheese **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

## Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** with ½ cup chickpeas **1 SC** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

## Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

## Dinner

### *Flex Dinner:*

- 6 oz. baked salmon **3 PF**
- 1 small sweet potato **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Ice Cream Sandwich
- 8 oz. water

## DAY 13

### Breakfast

- Nutrisystem Honey Wheat Bagel with 1 Tbsp. reduced fat cream cheese **1 Ex**
- 1 large scrambled egg **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Chocolate Chip Cookies
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF**, 1 whole-wheat sandwich thin **1 SC**, 1 Tbsp. reduced fat mayonnaise **1 Ex**, lettuce & tomato slices **FF**
- 1 cup baby carrots **1 V**
- 16 oz. water

### Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup strawberries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Supreme Pasta Bowl
- 2 cups salad **2 V** with ½ cup shelled edamame **1 PF** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

*Tip: Buy shelled edamame in the freezer section of the grocery store for a quick PowerFuel add-in.*

### Evening Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

## DAY 14

### Breakfast

#### *Flex Breakfast:*

- Berry Parfait made with 1 cup low-fat yogurt **1 PF**, 2 Tbsp. almonds **1 PF**, and 1 cup berries **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Popcorn
- 8 oz. water

### Lunch

- Nutrisystem Chewy Trail Mix Bar
- 1 medium apple **1 SC**
- 1 cup red and orange bell pepper slices **1 V**
- 1 cup cucumber slices **1 V**
- 1 Tbsp. hummus **1 Ex**
- 16 oz. water

### Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Italian Sausage and Turkey Pepperoni Pizza
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem Oatmeal Raisin Cookie
- 8 oz. water

## DAY 15

### Breakfast

- Nutrisystem Homestyle Pancakes served with 2 tsp. maple syrup **2 Ex**
- 1 large scrambled egg **1 PF** with ¼ cup veggies of choice (ex. spinach, tomatoes, mushrooms) **FF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

*Flex Snack: Homemade Trail Mix with:*

- 2 Tbsp. walnuts **1 PF**
- ¼ cup dried cranberries **1 SC**
- 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

### Lunch

- Nutrisystem Spicy Kung Pao Noodles
- ½ cup corn **1 SC**
- 1 cup baby carrots **1 V**
- 16 oz. water

### Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup grapes **1 SC**
- 8 oz. water

### Dinner

*Flex Dinner*

- 1 serving Marinated Grilled Chicken Thighs **2 PF**  
- see link to recipe below.
- ½ cup cooked quinoa **1 SC**
- 2 cups salad **2 V** with ½ cup shelled edamame **1 PF**  
and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

*Leaf Recipe for Marinated Grilled Chicken Thighs*

<https://leaf.nutrisystem.com/recipes/chicken-thighs-marinated/>

### Evening Snack

- Nutrisystem Sweet and Salty Nut Bar
- 8 oz. water



## DAY 16

### Breakfast

- Nutrisystem High Protein Pancake Mix served with 2 tsp. maple syrup **2 Ex**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Chocolaty Pretzel Bar
- 8 oz. water

### Lunch

- Nutrisystem Broccoli and Cheese Melt
- 1 medium apple **1 SC**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Afternoon Snack

- Homemade Trail Mix with:
  - 2 Tbsp. walnuts **1 PF**
  - ¼ cup dried cranberries **1 SC**
  - 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations Sesame Beef & Broccoli
- 16 oz. water

### Evening Snack

#### *Flex Snack*

- 1 oz. cheddar cheese (1 oz. = about size of 4 dice) **1 PF**
- 1 cup strawberries **1 SC**
- 1 cup cucumber slices **1 V**
- 8 oz. water

## DAY 17

### Breakfast

- Nutrisystem Harvest Nut Oat Bar
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Pretzels
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- 1 serving Easy Spicy Tuna Salad **1 PF** **2 Ex**  
- see link to recipe below.
- 1 small whole grain roll **1 SC**
- 2 Tbsp. almonds **1 PF**
- 1 cup baby carrots **1 V**
- 16 oz. water

*Leaf Recipe for Easy Spicy Tuna Salad:*

<https://leaf.nutrisystem.com/recipes/spicy-tuna-salad-recipe/>

### Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup grapes **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Supreme Pasta Bowl
- 2 oz. grilled chicken **1 PF**
- 1 cup sautéed zucchini & garlic **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

# DAY 18

## Breakfast

### *Flex Breakfast:*

- Berry Parfait made with 1 cup berries **1 SC**, ½ cup low-fat cottage cheese **1 PF**, 2 Tbsp. walnuts **1 PF** and dash of cinnamon **FF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

## Lunch

- Nutrisystem Grilled Chicken Sandwich served with lettuce and tomato slices **FF**
- 2 cups salad **2 V** with ½ cup chickpeas **1 SC** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

## Afternoon Snack

- Homemade Trail Mix with:
  - 2 Tbsp. walnuts **1 PF**
  - ¼ cup dried cranberries **1 SC**
  - 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

## Dinner

- Nutrisystem Hearty Inspirations Manicotti and Chicken with Spinach
- 16 oz. water

## Evening Snack

### *Flex Snack*

- 1 oz. cheddar cheese (1 oz. = about size of 4 dice) **1 PF**
- 1 cup strawberries **1 SC**
- 1 cup cucumber slices **1 V**
- 8 oz. water

## DAY 19

### Breakfast

- Nutrisystem Cinnamon Bun Bar
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

*Flex Snack:*

*Homemade Trail Mix with:*

- 2 Tbsp. walnuts **1 PF**
- ¼ cup dried cranberries **1 SC**
- 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

### Lunch

- Nutrisystem Cheddar Broccoli Rice
- 1 medium apple **1 SC**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup grapes **1 SC**
- 8 oz. water

### Dinner

*Flex Dinner*

- 6 oz. baked pork tenderloin **3 PF**
- 1 small baked sweet potato **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Fudge Bar
- 8 oz. water

## DAY 20

### Breakfast

- Nutrisystem High Protein Pancake Mix served with 2 tsp. maple syrup **2 Ex**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Zesty Snack Mix
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF**, 1 thin sandwich roll **1 SC**, tomato slice, lettuce, and 1 tsp. mustard **FF**
- 1 cup sugar snap peas **1 V**
- 1 cup red bell pepper slices **1 V**
- 16 oz. water

### Afternoon Snack

#### *Homemade Trail Mix:*

- 2 Tbsp. walnuts **1 PF**
- ¼ cup dried cranberries **1 SC**
- 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

### Dinner

- Nutrisystem Chicken Bacon Ranch Pizza
- 1 cup cooked carrots **2 V**
- 1 string cheese **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem Popcorn
- 8 oz. water

# DAY 21

## Breakfast

### *Flex Breakfast:*

- Berry Parfait made with 1 cup berries **1 SC**, ½ cup low-fat cottage cheese **1 PF**, 2 Tbsp. walnuts **1 PF** and dash of cinnamon **FF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

- Nutrisystem Pretzels
- 8 oz. water

## Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** with ½ cup corn **1 SC** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

## Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup grapes **1 SC**
- 8 oz. water

## Dinner

- Nutrisystem Hearty Inspirations Bourbon-Style Chicken
- 16 oz. water

## Evening Snack

- Nutrisystem Strawberry Shortcake Cupcake
- 8 oz. water

## DAY 22

### Breakfast

- Nutrisystem Peanut Butter Oat Bar
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

#### *Flex Snack:*

- 1 string cheese **1 PF**
- Whole Grain Crackers with 80 - 120 calories and at least 1 g fiber per serving **1 SC**
- 8 oz. water

### Lunch

- Nutrisystem White Cheddar Mac and Cheese
- 1 medium apple **1 SC**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Afternoon Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

### Dinner

#### *Flex Dinner:*

- Breakfast for Dinner! 1 serving Superfood Veggie Omelet **2 PF** **1 V** - see link to recipe below
- 1 whole grain thin bagel **1 SC** with ½ Tbsp. butter substitute **1 Ex**
- 1 cup low-fat yogurt **1 PF**
- 16 oz. water

*Leaf Recipe for Superfood Veggie Omelet*

<https://leaf.nutrisystem.com/recipes/veggie-omelet/>

### Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

## DAY 23

### Breakfast

- Nutrisystem Buttermilk Waffles served with 2 tsp. maple syrup **2 Ex**
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Sweet Jalapeno Crisps
- 8 oz. water

### Lunch

- Nutrisystem Chewy Trail Mix Bar
- 1 medium banana **1 SC**
- 1 cup red bell pepper slices **1 V**
- 1 Tbsp. hummus **1 Ex**
- 16 oz. water

### Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup berries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations Grain-Crusted Pollock with Vegetables
- 16 oz. water

### Evening Snack

#### *Flex Snack*

- 1 oz. cheddar cheese (1 oz. = about size of 4 dice) **1 PF**
- 1 medium pear **1 SC**
- 8 oz. water



## DAY 24

### Breakfast

- Nutrisystem NutriFlakes Cereal served with 4 oz. fat-free milk
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Oatmeal Raisin Cookie
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- 1 serving Spring Sausage and Herb Pasta **1 SC** **1 PF**  
**1 Ex** - see link to recipe below
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

*Leaf Recipe for Spring Sausage and Herb Pasta*

<https://leaf.nutrisystem.com/recipes/spring-sausage-and-herb-pasta/>

### Afternoon Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations Red Pepper Chicken and Pasta Sauté
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

## DAY 25

### Breakfast

#### Flex Breakfast

- Egg sandwich made with 1 large scrambled egg **1 PF**, 1 slice cheese **1 PF**, and 1 whole-grain thin bagel **1 SC**

*Optional: Scramble egg or top sandwich with veggies of your choice for a heartier sandwich*

- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Popcorn
- 8 oz. water

### Lunch

- Nutrisystem Hamburger served with 1 Tbsp. ketchup **1 Ex** and 1 tsp. mustard **FF**
- 2 cups salad **2 V** with ½ cup chickpeas **1 SC** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

### Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup berries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Harvest Grain Bowl
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

### Evening Snack

#### Flex Snack:

- 1 oz. cheddar cheese (1 oz. = about size of 4 dice) **1 PF**
- 1 medium pear **1 SC**
- 8 oz. water

## DAY 26

### Breakfast

- Nutrisystem Homestyle Pancakes served with 2 tsp. maple syrup **2 Ex**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

#### *Flex Snack:*

- 1 string cheese **1 PF**
- Whole Grain Crackers with 80 - 120 calories and at least 1 g fiber per serving **1 SC**
- 8 oz. water

### Lunch

- Nutrisystem Beans & Ham Soup
- ½ cup corn **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Afternoon Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

### Dinner

#### *Flex Dinner:*

- 6 oz. baked salmon **3 PF**
- ½ cup cooked quinoa **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

*Tip: Prepare an extra 4 oz. salmon for tomorrow's flex lunch!*

### Evening Snack

- Nutrisystem Carrot Cake Cupcake
- 8 oz. water

## DAY 27

### Breakfast

- Nutrisystem Granola Cereal served with 4 oz. fat-free milk
- 2 Tbsp. almonds **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Peanut Butter Cookie
- 8 oz. water

### Lunch

#### Flex Lunch

- Large salad made with 4 oz. cooked salmon **2 PF**, ½ cup canned white beans (rinsed) **1 SC**, tossed with 2 cups salad mix and non-starchy veggies of your choice (ex. cherry tomatoes, cucumbers, carrots) **2 V** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

*Tip: Prepackaged pouches of cooked salmon can also make an easy add-on for a salad!*

### Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup berries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations Chicken Pot Sticker Stir-Fry
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

# DAY 28

## Breakfast

### *Flex Breakfast:*

- Berry Parfait made with 1 cup berries **1 SC**, 1 cup low-fat yogurt **1 PF** and 2 Tbsp. almonds **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

## Lunch

- Nutrisystem Pepperoni Pizza Melt
- 1 medium apple **1 SC**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

## Afternoon Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

## Dinner

- Nutrisystem Hearty Inspirations Cajun-Style Chicken & Shrimp Sauté
- 16 oz. water

## Evening Snack

- Nutrisystem Lemon Zest Cake
- 8 oz. water