



1900-1999 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 Pepperoni Pizza 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 Carrot Cake 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 & 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 & 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. peanut butter **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- ¼ cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Steak and Cheese Melt
- 2 cups salad **2 V** served with 1 Tbsp. reduced fat salad dressing **1 Ex**, ½ cup shelled edamame **1 PF** and ¼ cup raisins **1 SC**
- 1 medium apple **1 SC**
- 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 High Protein Pancake Mix served with 2 tsp. maple syrup **2 Ex**
- 1 cup fat-free cottage cheese **2 PF**
- 1 cup pineapple chunks **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 2 Tbsp. almonds **1 PF**
- 1 medium apple **1 SC**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Beans & Ham Soup served with ¼ cup whole grain crackers **1 SC**
- 1 string cheese **1 PF**
- 1 small whole-grain roll **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 & Cheese Muffin
- 1 cup low-fat yogurt **1 PF**, 1 cup berries **1 SC** and 2 Tbsp. almonds **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- Grilled Chicken Salad: Toss together, 6 oz. grilled chicken **3 PF** and 2 cups lettuce & non-starchy vegetables such as cucumbers, bell peppers, cherry tomatoes **2 V**, ¼ cup raisins **1 SC** and 1 Tbsp. reduced fat Balsamic dressing **1 Ex**; serve with 1 toasted whole grain slim bagel **1 SC**
- 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 1 slice cheese **1 PF** and a small whole grain roll
- 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:*

- Egg sandwich with 2 large eggs **2 PF** with ¼ cup low-fat shredded cheese **1 PF**, ½ cup sautéed spinach, mushrooms, and tomatoes **1 V** and 2 slices whole wheat toast **2 SC** with ½ Tbsp. margarine **1 Ex**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

- 2 Tbsp. almonds **1 PF**
- ¼ cup hummus **1 SC**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

## Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 3 oz. cooked shrimp **1 PF**
- ½ cup cooked asparagus **1 V**
- 2 cups grapes **2 SC**
- 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 oz. grilled chicken **1 PF**
- 1 cup cooked broccoli **2 V**
- 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** and 2 Tbsp. chopped walnuts **1 PF**, 1 cup fat-free yogurt **1 PF**, and 1 cup pineapple chunks **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- 1 medium apple **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** with 1 sliced boiled egg **1 PF**, ¼ cup raisins **1 SC**, and 1 Tbsp. reduced fat salad dressing **1 Ex**
- ¼ cup whole grain crackers **1 SC**
- 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**
- ½ large 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 2 Tbsp. peanut butter **2 PF**, 1 medium sliced banana **1 SC** and a sprinkle of cinnamon **FF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 2 Tbsp. almonds **1 PF**
- 1 medium apple **1 SC**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- Turkey & Cheese Bagel Sandwich made with 4 oz. turkey deli meat **2 PF** and 1 slice cheese **1 PF** on a whole grain thin bagel **1 SC** with lettuce & tomato slices **FF**
- 2 cups salad **2 V** with ¼ cup raisins **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 strawberries **1 SC**
- 8 oz. water

### Dinner

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

### 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**, 1 cup berries **1 SC** and ¼ cup low-fat granola **1 SC**
- 1 hard-boiled egg **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

## Lunch

- Nutrisystem Chewy Trail Mix Bar
- 3 oz. cooked shrimp **1 PF**
- 1 cup red and orange bell pepper slices **1 V**
- 1 cup cucumber slices **1 V**
- ¼ cup whole grain crackers **1 SC**
- ¼ cup hummus **1 SC**
- 16 oz. water

## Afternoon Snack

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

## Dinner

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

## Evening Snack

- Nutrisystem Chocolate Caramel Bar
- 8 oz. water

## DAY 15

### Breakfast

- Nutrisystem Homestyle Pancakes served with 2 tsp. maple syrup **2 Ex**, 1 medium sliced banana **1 SC** and 2 Tbsp. walnuts **1 PF** on top
- 4 slices reduced sodium turkey bacon **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF** spread onto 1 toasted whole grain english muffin **1 SC**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 1 string cheese **1 PF**
- ¼ cup raisins **1 SC**
- 1 medium apple **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 White Cheddar Popcorn
- 8 oz. water



## DAY 16

### Breakfast

- Nutrisystem Cinnamon Bun Bar
- 1 slice whole grain toast **1 SC** with 2 Tbsp. peanut butter **2 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 large boiled egg **1 PF**
- ¼ cup whole grain crackers **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Broccoli and Cheese Melt
- Salad made with 2 cups of lettuce **2 V**, 2 oz. chicken **1 PF**, ½ cup corn **1 SC** and 1 cup chopped apple **1 SC** with 1 Tbsp. reduced fat salad dressing **1 Ex**
- 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 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 cup low-fat yogurt **1 PF**, 2 Tbsp. cashews **1 PF** & 1 cup pineapple chunks **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

- 1 string cheese **1 PF**
- 1 medium banana **1 SC**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

## Lunch

### *Flex Lunch:*

- 1 serving Easy Spicy Tuna Salad **1 PF** **2 Ex**  
- see link to recipe below.
- 2 oz. cheddar cheese **2 PF**
- 1 small whole grain roll **1 SC**
- 1 cup baby carrots **1 V**
- 1 cup grapes **1 SC**
- 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**, ¼ cup low-fat granola **1 SC**, 2 Tbsp. cashews **1 PF**, 1 Tbsp. almond butter **1 PF**, and dash of cinnamon **FF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 large egg **1 PF** cooked in zero calorie cooking spray
- 1 toasted whole-grain english muffin **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Grilled Chicken Sandwich served with 1 oz. cheddar cheese **1 PF**, lettuce and tomato slices **FF**
- 2 cups salad **2 V** with ¼ cup chickpeas **1 SC**, ¼ cup dried cranberries **1 SC** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 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 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 NutriFlakes Cereal with 4 oz. fat-free milk, 1 medium sliced banana **1SC** and 2 Tbsp. cashews **1PF** sprinkled on top
- 1 hard-boiled egg **1PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 string cheese **1PF**
- ¼ cup whole grain crackers **1SC**
- 1 cup sugar snap peas **1V**
- 8 oz. water

### Lunch

- Nutrisystem Cheddar Broccoli Rice with 2 oz. grilled chicken **1PF** mixed in
- 1 small whole grain roll **1SC**
- 1 cup cooked broccoli **2V** and ½ cup corn **1SC**
- 16 oz. water

### Afternoon Snack

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

### Dinner

#### *Flex Dinner:*

- 6 oz. baked pork tenderloin **3PF**
- ½ large baked sweet potato **1SC**
- 1 cup cooked green beans **2V**
- 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** and 1 Tbsp. almond butter **1 PF**
- 1 cup berries **1 SC**
- 4 slices reduced fat turkey bacon **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 large boiled egg **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- Turkey & Cheese Bagel Sandwich made with 4 oz. turkey deli meat **2 PF** and 1 slice cheese **1 PF** on a whole grain thin bagel **1 SC** with lettuce & tomato slices **FF**
- 1 cup sugar snap peas **1 V**
- 1 cup red bell pepper slices **1 V**
- ¼ cup hummus **1 SC**
- 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
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked carrots **2 V**
- 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**, ¼ cup low-fat granola **1 SC**, 2 Tbsp. peanut butter **2 PF** and dash of cinnamon **FF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

- 1 string cheese **1 PF**
- ¼ cup whole grain crackers **1 SC**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

## Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** with ½ cup shelled edamame **1 PF**, ¼ cup dried cranberries **1 SC**, and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 1 medium apple **1 SC**
- 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 Apple Strudel Bar
- ¼ cup almonds **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- ¼ cup whole grain crackers **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

- Nutrisystem White Cheddar Mac & Cheese with 2 oz. chicken **1 PF** mixed in
- 1 whole grain roll **1 SC**
- 1 cup cooked broccoli **2 V** 1 medium orange **1 SC**
- 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** topped with 1 Tbsp. peanut butter **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 1 cup berries **1 SC**, 2 Tbsp. almonds **1 PF** and 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

- 1 Tbsp. peanut butter **1 PF**
- 1 medium banana **1 SC**
- 2 medium stalks celery **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Chewy Trail Mix Bar
- 1 Tbsp. peanut butter **1 PF**
- 1 cup red bell pepper slices **1 V**
- 1 cup cucumber slices **1 V**
- ½ cup hummus **2 SC**
- 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 medium sliced banana **1 SC**, and ¼ cup cashews **2 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- 1 cup cherries **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- 6 oz. Rotisserie chicken **3 PF**
- 1 cup baked potato **2 SC** with ½ Tbsp. low-calorie buttery spread (such as Benecol Light) **1 Ex**
- 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 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 2 large eggs **2 PF**, 1 slice low-fat cheese **1 PF** and 1 whole-grain thin bagel **1 SC**
- 1 medium orange **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

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 2 medium stalks celery **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Hamburger served with 1 slice low-fat cheese **1 PF**, 1 Tbsp. ketchup **1 Ex** and 1 tsp. mustard **FF**
- 2 cups salad **2 V** with ¼ cup dried cranberries **1 SC** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 1 medium orange **1 SC**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Harvest Grain Bowl
- 2 oz. cooked lean ground turkey **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

### Evening Snack

#### *Flex Snack:*

- 1 oz. string cheese **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 cherries **1 SC**, and 2 Tbsp. chopped almonds **1 PF**
- 4 slices reduced sodium turkey bacon **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- ¼ cup hummus **1 SC**
- 1 cup raw broccoli **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Beans & Ham Soup with ¼ cup whole grain crackers **1 SC**
- 2 oz. grilled chicken **1 PF**
- 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 pear **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 6 oz. salmon for tomorrow's Flex Lunch!*

### Evening Snack

- Nutrisystem Lemon Zest Cake
- 8 oz. water

## DAY 27

### Breakfast

- Nutrisystem Granola Cereal served with 4 oz. fat-free milk
- 1 boiled egg **1 PF**
- 1 oz. cheddar cheese **1 PF**
- 1 medium orange **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF** spread on 1 whole-grain thin bagel **1 SC**
- 2 medium stalks celery **1 V**
- 8 oz. water

### Lunch

#### Flex Lunch:

- Large salad made with 6 oz. cooked salmon **3 PF** on top of 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**
- 1 small whole grain roll **1 SC**
- 1 cup grapes **1 SC**
- 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 cherries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Beef Stew
- 1 cup cooked carrots **2 V** tossed with ½ cup shelled, cooked edamame **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

## DAY 28

### Breakfast

#### *Flex Breakfast:*

- Berry Parfait made with 1 cup cherries **1 SC**, 1 cup low-fat yogurt **1 PF**, ¼ cup low-fat granola **1 SC** & ¼ cup almonds **2 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- 1 cup cherries **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Spinach and Cheese Pretzel Melt
- 1 cup cooked broccoli **2 V** with 1 oz. cheddar cheese, melted on top **1 PF**
- 1 medium apple **1 SC**
- 1 cup cherries **1 SC**
- 16 oz. water

### Afternoon Snack

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

### Dinner

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

### Evening Snack

- Nutrisystem Red Velvet Cupcake
- 8 oz. water