

# 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 **"Every Day Covered"** delivers Nutrisystem breakfasts, lunches, dinners and snacks to fuel your weight loss **7 days a week**. That means you get to enjoy our convenient meals every day, or make your own healthy recipes!

### 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 & 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. almonds **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Lemon Zest Cake
- 8 oz. water

### Lunch

- Nutrisystem Steak & Cheese Melt
- 2 cups salad **2V** with 2 oz. grilled chicken **1 PF** 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

- Nutrisystem Mac & Cheese with 3 oz. cooked shrimp **1 PF**
- 1 cup cooked green beans **2V**
- 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
- 1 cup sliced cucumbers **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Beans & Ham Soup
- ¼ cup reduced fat shredded cheese **1 PF**
- 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

- Nutrisystem Strawberry Shortcake Cupcake
- 8 oz. water

## DAY 10

### Breakfast

- Nutrisystem Canadian Style Turkey Bacon, Egg & 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

- Nutrisystem Three Cheese Chicken
- 2 cups lettuce & non-starchy vegetables such as cucumbers, bell peppers, cherry tomatoes **2 V**, ½ cup edamame **1 PF** 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

- Nutrisystem Cinnamon Streusel Muffin
- 1 Tbsp. almond butter **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

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 Tbsp. cashews **1 PF**
- 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

- Nutrisystem Sweet & Salty Nut Bar
- 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

- Nutrisystem Honey Mustard Pretzels
- 8 oz. water

### Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2V** with 2 oz. grilled chicken **1 PF** 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

- Nutrisystem Broccoli and Cheese Stuffed Chicken Breast
- 1 cup cooked green beans **2V** with 2 Tbsp. chopped almonds **1 PF**
- 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

- Nutrisystem Spicy Kung Pao Noodles and 3 oz. shrimp **1 PF**
- 2 cups snap peas **2 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 deshelled edamame **1 PF** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

*Tip: Buy deshelled 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

- Nutrisystem Cinnamon Brown Sugar Oat Square with 1 Tbsp. almond butter **1 PF**
- 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 string cheese **1 PF**
- 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 & 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

- Nutrisystem Lemon Cooler Cookie
- 8 oz. water

### Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 3 oz. cooked shrimp **1 PF**
- 1 cup baby carrots **1 V**
- 1 cup sugar snap peas **1 V**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Meatloaf Sandwich with 1 slice low-fat cheese **1 PF**
- 2 cups salad **2 V** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

### Evening Snack

- Nutrisystem Sweet & 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 & Cheese Melt
- 1 cup cooked broccoli **2 V**
- 1 cup low-fat yogurt **1 PF**
- 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

- Nutrisystem Sweet & Salty Snack Mix
- 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 Shortbread Cookies
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

- Tuna Melt: Nutrisystem Tuna Salad with 1 small whole grain roll and 1 slice of low-fat cheese **1 PF**, melted
- 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

- 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

- Nutrisystem NutriFlakes Cereal with ½ cup fat-free milk, 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 **2V** with ½ cup edamame **1 PF** 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 & Chicken with Spinach
- 16 oz. water

### Evening Snack

- Nutrisystem Cheese Puffs
- 1 cup cucumber slices **1V**
- 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

- Nutrisystem Walnut Chocolate Chip Cookies
- 8 oz. water

### Lunch

- Nutrisystem Cheddar Broccoli Rice
- 2 oz. grilled chicken **1 PF**
- 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

- Nutrisystem Turkey Sausage and Pepperoni Pizza
- 1 cup cooked green beans **2 V** with 2 Tbsp. almonds **1 PF**
- 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

- Nutrisystem White Bean Chicken Chili with ¼ cup low-fat shredded cheese **1 PF**
- 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

- Nutrisystem Brown Sugar Cinnamon Oat Square with 2 Tbsp. walnuts **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Pretzels
- 1 cup sugar snap peas **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** with 2 oz. chicken **1 PF** 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

- Nutrisystem Carrot Cake Cupcake
- 8 oz. water

### Lunch

- Nutrisystem White Cheddar Mac & Cheese
- 3 oz. cooked shrimp **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Salisbury Steak with Mac & Cheese
- 1 cup cooked broccoli **2 V**
- 1 cup low-fat yogurt **1 PF**
- 16 oz. water

### 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 boiled egg **1 PF**
- 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
- 1 cup cooked carrots **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Toffee Crunch Cookies
- 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

- Nutrisystem Garlic Flatbread
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Afternoon Snack

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

### Dinner

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

### Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

## DAY 25

### Breakfast

- Nutrisystem Blueberry Muffin and 1 Tbsp. almond butter **1 PF**
- 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** 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

- Nutrisystem Orange Cream Bar
- 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

- Nutrisystem Shortbread Cookies
- 8 oz. water

### Lunch

- Nutrisystem Beans & Ham Soup
- 1 string cheese **1 PF**
- 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

- Nutrisystem Artichoke & Spinach Stuffed Chicken Breast
- 1 cup cooked green beans **2 V** with 2 Tbsp. chopped almonds **1 PF**
- 16 oz. water

### 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

- Nutrisystem Chicken Sandwich with 4 slices turkey bacon **1 PF**
- 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

### 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
- ½ cup cooked sugar snap peas **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

## DAY 28

### Breakfast

- Nutrisystem Buttermilk Waffles with 2 tsp. maple syrup **2 Ex** 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
- 2 medium celery stalks **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Pepperoni Pizza Melt
- 1 boiled egg **1 PF**
- 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 And Shrimp Sauté
- 16 oz. water

### Evening Snack

- Nutrisystem Lemon Zest Cake
- 8 oz. water