

# Nutrisystem<sup>®</sup> FOR MEN

## 2100-2199 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

- V** Vegetable
- PF** PowerFuel
- SC** SmartCarb
- Ex** Extra
- FF** Free Food

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

- Nutrisystem Chocolate Chip Cookies
- 1 cup skim milk **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Steak & Cheese Melt
- 2 cups salad **2 V** served with 1 Tbsp. reduced fat salad dressing **1 Ex**, 1 cup shelled edamame **2 PF** and ¼ cup raisins **1 SC**
- 1 medium apple **1 SC**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Mac & Cheese with Turkey Sausage
- 1 cup cooked green beans **2 V** with 2 Tbsp. chopped almonds **1 PF**
- 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

- Nutrisystem Cheese Puffs
- 2 Tbsp. cashews **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Beans & Ham Soup served with ¼ cup whole grain crackers **1 SC**
- 2 string cheese **2 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 Tbsp. almond butter **1 PF** and 1 cup strawberries **1 SC**
- 8 oz. water

### Dinner

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

### Evening Snack

- Nutrisystem Pretzels
- 1 cup cherry tomatoes **1 V**
- 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

- Nutrisystem Zesty Snack Mix
- 1 string cheese **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Three Cheese Chicken
- Salad made with 4 oz. grilled chicken **2 PF** and 2 cups lettuce & non-starchy vegetables such as cucumbers, bell peppers, cherry tomatoes **2 V**, ½ 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

- 4 oz. turkey deli meat **2 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

- Nutrisystem Cinnamon Streusel Muffin with 1 Tbsp. peanut butter **1 PF**
- 1 cup fat-free milk **1 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

- Nutrisystem Peanut butter Cookie
- ½ cup fat-free cottage cheese **1 PF** with a sprinkle of cinnamon
- 8 oz. water

## Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 6 oz. cooked shrimp **2 PF**
- 1 cup cooked asparagus **2 V**
- 2 cups grapes **2 SC**
- 16 oz. water

## Afternoon Snack

- 1 cup low-fat yogurt **1 PF** and 2 Tbsp. cashews **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

- Nutrisystem Chocolatey Pretzel Bar
- 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

- Nutrisystem Chocolate Caramel Bar
- 2 Tbsp. walnuts **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** with 2 sliced boiled eggs **2 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

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

### Dinner

- Nutrisystem Roasted Turkey Medallions
- 1 cup cooked green beans **2 V** with ¼ cup low-fat shredded cheese **1 PF**
- 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 sliced banana **1 SC** and a sprinkle of cinnamon **FF** on top
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Oatmeal Raisin Cookie
- 1 cup fat-free milk **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Sweet Ginger Veggie & Grain Blend
- 2 cups salad **2 V** with 2 oz. chicken **1 PF**, ¼ cup low-fat cheese **1 PF**, ¼ cup raisins **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** and 2 Tbsp. cashews **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
- 1 cup sugar snap peas **1 V**
- 8 oz. water

## DAY 14

### Breakfast

- Nutrisystem Granola with ½ cup fat-free milk, 2 Tbsp. almonds **1 PF** and 1 cup berries **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

- Nutrisystem Popcorn
- 1 Tbsp. peanut butter **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Chewy Trail Mix Bar
- 6 oz. cooked shrimp **2 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

- 4 oz. turkey deli meat **2 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

- Nutrisystem Coconut Almond Bar
- 1 boiled egg **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Vegetable Frittata
- 2 string cheese **2 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**, 2 Tbsp. cashews **1 PF** and 1 cup grapes **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Mac & Cheese
- 3 oz. shrimp **1 PF**
- 2 cups salad **2 V** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

### Evening Snack

- Nutrisystem White Cheddar Popcorn
- 1 cup sliced peppers **1 V**
- 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

- Nutrisystem Chocolaty Pretzel Bar
- 1 string cheese **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Broccoli & Cheese Melt
- Salad made with 2 cups of lettuce **2 V**, 4 oz. chicken **2 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 with:*

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

### Dinner

- Nutrisystem Hearty Inspirations Sesame Beef & Broccoli
- ½ cup cooked broccoli **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Peanut butter Chocolaty Square
- 8 oz. water

# DAY 17

## Breakfast

- Nutrisystem Harvest Nut Oat Bar
- 1 cup low-fat yogurt (1 PF), 2 Tbsp. cashews (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

- Nutrisystem Pretzels
- 2 Tbsp. cashews (1 PF)
- 1 cup baby carrots (1 V)
- 8 oz. water

## Lunch

- Nutrisystem White Bean Chicken Chili
- 1 oz. cheddar cheese (1 PF)
- 1 small whole grain roll (1 SC)
- ½ cup shelled edamame (1 PF)
- 1 cup baby carrots (1 V)
- 1 cup grapes (1 SC)
- 16 oz. water

## Afternoon Snack

- 1 cup low-fat yogurt (1 PF), 2 Tbsp. cashews (1 PF) and 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 Cinnamon Streusel Muffin
- 1 cup low-fat cottage cheese **2 PF** with 1 cup cherries **1 SC** 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
- 1 cup low-fat yogurt **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Grilled Chicken Sandwich served with 2 oz. cheddar cheese **2 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 with:*

- ¼ cup walnuts **2 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 Honey Mustard Pretzels
- 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 **1 SC** and 2 Tbsp. cashews **1 PF** sprinkled on top
- 1 hard-boiled egg **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Lemon Cooler Cookie
- 1 cup fat-free milk **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Cheddar Broccoli Rice with 4 oz. grilled chicken **2 PF**
- 1 small whole grain roll **1 SC**
- 1 cup cooked broccoli **2 V** and ½ cup corn **1 SC**
- 16 oz. water

### Afternoon Snack

- 1 cup low-fat yogurt **1 PF**, 2 Tbsp. cashews **1 PF** and 1 cup grapes **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Salisbury Steak with Mac & Cheese
- 1 cup cooked green beans **2 V** with 2 Tbsp. chopped 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** 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

- Nutrisystem Zesty Snack Mix
- 1 string cheese **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Yellow Rice and Black Beans
- 2 oz. cheddar cheese **2 PF**
- 1 cup sugar snap peas **1 V**
- 1 cup red bell pepper slices **1 V**
- ½ cup hummus **2 SC**
- 16 oz. water

### Afternoon Snack

*Homemade Trail Mix with:*

- ¼ cup walnuts **2 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

- Nutrisystem Turkey Ham & Cheese Omelet with 1 medium banana
- 4 slices of turkey bacon **1 PF**
- 1 cup low-fat yogurt **1 PF** with 1 cup of cherries **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Snickerdoodle Cookie
- 1 cup low-fat yogurt **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** with ½ cup shelled edamame **1 PF**, 2 oz. chicken **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**, 2 Tbsp. cashews **1 PF** and 1 cup grapes **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations Bourbon-Style Chicken
- ½ cup cooked broccoli **1 V**
- 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

- Nutrisystem Cream Filled Chocolate Cupcake
- 1 cup fat-free milk **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem White Cheddar Mac & Cheese with  
4 oz. chicken **2 PF**
- 1 whole grain roll **1 SC**
- 1 cup cooked broccoli **2 V**
- 1 medium orange **1 SC**
- 16 oz. water

### Afternoon Snack

- 2 Tbsp. peanut butter **2 PF**
- 1 medium pear **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Mac & Cheese with Turkey Sausage
- ¼ cup edamame **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### 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

- Nutrisystem Chocolatey Pretzel Bar
- 1 string cheese **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Chewy Trail Mix Bar
- 2 Tbsp. peanut butter **2 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**, 2 Tbsp. walnuts **1 PF** and 1 cup cherries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations Grain-Crusted Pollock with Vegetables
- ½ cup cooked sugar snap peas **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Sweet Jalapeno Crisps
- 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

- Nutrisystem Pretzels
- 2 Tbsp. cashews **1 PF**
- 1 cup cherry tomatoes **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- Sandwich made with 2 slices whole grain bread **2 SC**, 1 slice low-fat cheese **1 PF** and 2 oz. deli turkey **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Afternoon Snack

- 2 Tbsp. peanut butter **2 PF**
- 1 medium apple **1 SC**
- 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 Harvest Nut Oat Bar
- Egg sandwich made with 1 large egg **1 PF**, 1 slice low-fat 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 White Cheddar Popcorn
- 2 Tbsp. almonds **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Hamburger served with 2 slices low-fat cheese **2 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**, 2 Tbsp. walnuts **1 PF** and 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

- Nutrisystem Chocolatey Pretzel Bar
- 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

- Nutrisystem Lemon Zest Cake
- 1 cup fat-free milk **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Beans & Ham Soup with ¼ cup whole grain crackers **1 SC**
- 4 oz. grilled chicken **2 PF**
- ½ cup corn **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Afternoon Snack

- 2 Tbsp. peanut butter **2 PF**
- 1 medium pear **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Bistro-Style Toasted Ravioli
- 3 oz. shrimp **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Lemon Zest Cake
- 8 oz. water

## DAY 27

### Breakfast

- Nutrisystem Granola Cereal served with 4 oz. fat-free milk
- 1 hard-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

- Nutrisystem Red Velvet Cupcake
- 1 cup fat-free milk **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Garlic Cheese Flatbread with 3 oz. grilled shrimp **1 PF** on top
- 2 cups salad mix and non-starchy veggies of your choice (ex. cherry tomatoes, cucumbers, carrots) **2 V**, ¼ cup low-fat shredded cheese **1 PF**, ¼ cup dried cranberries **1 SC** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 1 cup grapes **1 SC**
- 16 oz. water

### Afternoon Snack

- 1 cup low-fat yogurt **1 PF**, 2 Tbsp. walnuts **1 PF** and 1 cup cherries **1 SC**
- 8 oz. water

### Dinner

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

### Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

## DAY 28

### Breakfast

- Nutrisystem Chocolate Chip Baked Bar
- Berry Parfait made with 1 cup cherries **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 Pretzels
- 1 string cheese **1 PF**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

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

### Afternoon Snack

- 2 Tbsp. peanut butter **2 PF**
- 1 medium pear **1 SC**
- 8 oz. water

### Dinner

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

### Evening Snack

- Nutrisystem Red Velvet Cupcake
- 8 oz. water