



1200-1299 CALORIES

Sample Daily Meal Plan

Delicious Ideas for Your First 28 Days

If you're ready to start your first month on Nutrisystem,[®] 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[®] 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 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 & 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
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

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

Lunch

- Nutrisystem Steak & Cheese Melt
- 2 cups salad **2 V** served with 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 Fettucine Alfredo
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked broccoli **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**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

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

Lunch

- Nutrisystem Beans & Ham Soup
- 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 Cheese Puffs
- 8 oz. water

DAY 10

Breakfast

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

Morning Snack

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

Lunch

- Nutrisystem White Cheddar Mac & Cheese
- 1 cup cooked broccoli **2 V**
- 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

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

Morning Snack

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

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- ½ cup cooked asparagus **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 oz. grilled chicken **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

DAY 12

Breakfast

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

Morning Snack

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

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** with 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 Salisbury Steak and Mac & Cheese
- 1 cup cooked asparagus **2 V** topped with ¼ cup shredded cheese, melted **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**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

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

Lunch

- Nutrisystem White Bean Chicken Chili
- ½ cup cooked asparagus **1 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 Chicken Pot Sticker Stir-Fry
- 16 oz. water

Evening Snack

- Nutrisystem Strawberry Shortcake Cupcake
- 8 oz. water

DAY 14

Breakfast

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

Morning Snack

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

Lunch

- Nutrisystem Chewy Trail Mix Bar
- 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, 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**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

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

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 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 Mac & Cheese
- 2 oz. grilled chicken **1 PF**
- 1 cup sautéed zucchini & garlic **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

DAY 16

Breakfast

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

Morning Snack

- 1 large hard-boiled egg **1 PF**
- 1 cup baby carrots **1 V**
- 8 oz. water

Lunch

- Nutrisystem Broccoli & Cheese Melt
- 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

- Nutrisystem Vanilla Ice Cream Sandwich
- 8 oz. water

DAY 17

Breakfast

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

Morning Snack

- 1 String cheese **1 PF**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 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 Cranberry Orange Muffin
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- 1 large hard-boiled egg **1 PF**
- 1 cup baby carrots **1 V**
- 8 oz. water

Lunch

- Nutrisystem Grilled Chicken Sandwich served with lettuce and tomato slices **FF**
- 2 cups salad **2 V** with 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 & Chicken with Spinach
- 16 oz. water

Evening Snack

- Nutrisystem Zesty Herb Snack Mix
- 8 oz. water

DAY 19

Breakfast

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

Morning Snack

- 1 String cheese **1 PF**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

Lunch

- Nutrisystem Cheddar Broccoli Rice
- 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 BBQ Seasoned Chicken served with a small whole grain roll (per the package instructions)
- 1 string cheese **1 PF**
- 1 cup cooked carrots **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**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- 1 large hard-boiled egg **1 PF**
- 8 oz. water

Lunch

- Nutrisystem Chicken Noodle Soup
- 1 cup sugar snap peas **1 V**
- 1 cup red bell pepper slices **1 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 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 Granola with 4 oz. fat-free milk
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- 1 String cheese **1 PF**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

Lunch

- Nutrisystem Fudge Graham Bar
- 2 cups salad **2 V** with 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 Apple Strudel Bar
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

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

Lunch

- Nutrisystem White Cheddar Mac & Cheese
- 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 Margherita Pizza
- 2 oz. cooked lean ground turkey **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Sweet & Salty Snack Mix
- 8 oz. water

DAY 23

Breakfast

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

Morning Snack

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

Lunch

- Nutrisystem Chewy Trail Mix Bar
- 1 cup red bell pepper slices **1 V**
- 1 cup cucumber 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

- Nutrisystem Chocolate Chip Cookies
- 8 oz. water

DAY 24

Breakfast

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

Morning Snack

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

Lunch

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

Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

DAY 25

Breakfast

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

Morning Snack

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

Lunch

- Nutrisystem Hamburger served with 1 Tbsp. ketchup **1 Ex** and 1 tsp. mustard **FF**
- 2 cups salad **2 V** with 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. cooked lean ground turkey **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Honey Mustard Pretzels
- 8 oz. water

DAY 26

Breakfast

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

Morning Snack

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

Lunch

- Nutrisystem Beans & Ham Soup
- 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 Chicken Enchiladas
- 1 cup cooked carrots **2 V** tossed with ½ cup shelled, cooked edamame **1 PF**
- 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
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

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

Lunch

- Nutrisystem Steak & Cheese Melt
- 1 cup cooked carrots **2 V**
- 16 oz. water

Afternoon Snack

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

Dinner

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

Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

DAY 28

Breakfast

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

Morning Snack

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

Lunch

- Nutrisystem Spinach & Cheese Pretzel Melt
- 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 Red Velvet Cupcake
- 8 oz. water