



**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



**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 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
- 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 & Cheese Melt
- 2 cups salad **2 V** served with 1 Tbsp. reduced fat salad dressing **1 Ex** & ½ cup shelled edamame **1 PF**, 2 oz. chicken **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

- Nutrisystem Honey Garlic Butter Sauced Chicken with ½ cup edamame **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Milk Chocolate Flavored Pretzels
- 2 Tbsp. almonds **1 PF**
- 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**
- 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 cup strawberries **1 SC**
- 8 oz. water

### Dinner

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

### Evening Snack

- Nutrisystem Shortbread Cookies
- 2 Tbsp. cashews **1 PF**
- 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

- Nutrisystem Garlic Cheese Flatbread with 6 oz. shrimp **2 PF**
- Salad with 2 cups lettuce & non-starchy vegetables such as cucumbers, bell peppers, cherry tomatoes **2 V**, ¼ cup raisins **1 SC**, 1 cup chopped apples **1 SC** 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 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
- ½ cup reduced fat cottage cheese **1 PF** with a sprinkle of cinnamon **FF**
- 8 oz. water

# DAY 11

## Breakfast

- Nutrisystem Cranberry Orange Muffin with 1 Tbsp. almond 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

- 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
- 6 oz. cooked shrimp **2 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

- Nutrisystem Chocolate Brownie Sundae
- 2 Tbsp. cashews **1 PF**
- 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**, ¼ cup reduced fat cheese **1 PF**, 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

- Nutrisystem Mushroom Bolognese with ¼ cup parmesan cheese **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Ice Cream Sandwich
- 2 Tbsp. almonds **1 PF**
- 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

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

### Lunch

- Nutrisystem Homestyle Chicken
- Grilled Cheese Sandwich with 2 slices of cheese **2 PF**, 1 slice whole grain bread **1 SC**, & tomato slices **FF**
- Salad with 2 cups salad **2 V**, 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
- 2 Tbsp. cashews **1 PF**
- 8 oz. water

## DAY 14

### Breakfast

- Nutrisystem Cinnamon Roll
- 1 cup low-fat milk **1 PF**
- 1 cup strawberries **1 SC** with 1 Tbsp. almond butter **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
- 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

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

## Dinner

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

## Evening Snack

- Nutrisystem White Cheddar Popcorn
- 2 Tbsp. almonds **1 PF**
- 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 hard-boiled egg **1 PF**
- ¼ cup whole grain crackers **1 SC**
- 1 cup baby carrots **1 V**
- 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:*

- 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 Zesty Herb Snack Mix
- 1 cup cucumber slices **1 V**
- 1 cup low-fat yogurt **1 PF**
- 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

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

## Lunch

- Nutrisystem Steak & Cheese Melt
- 1 cup baby carrots (1 V)
- 1 cup grapes (1 SC)
- 1 cup low-fat yogurt (1 PF) with 2 Tbsp. almonds (1 PF) and ¼ cup low-fat granola (1 SC)
- 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
- 1 string cheese (1 PF)
- 8 oz. water

## DAY 18

### Breakfast

- Nutrisystem Buttermilk Waffles with 2 Tbsp. peanut butter **2 PF** and 1 medium sliced banana **1 SC** (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**
- 1 cup fat-free milk **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 Manicotti & Chicken with Spinach
- 16 oz. water

### Evening Snack

- Nutrisystem Sweet & Salty Snack Mix
- 1 cup low-fat yogurt **1 PF**
- 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 4 oz. grilled chicken **1PF**
- 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

- Nutrisystem Roasted Red Pepper Pesto & Chicken Flatbread
- ¼ cup parmesan cheese **1PF**
- 1 cup cooked green beans **2V**
- 16 oz. water

### Evening Snack

- Nutrisystem Fudge Bar
- 2 Tbsp. almonds **1PF**
- 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 hard-boiled egg **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

### Lunch

- Nutrisystem Sweet Ginger & Veggie Grain Blend
- 6 oz. grilled shrimp **2 PF**
- 1 cup sugar snap peas **1 V**
- 1 cup red bell pepper slices **1 V**
- ¼ cup hummus **1 SC**
- 1 medium orange **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
- 2 Tbsp. cashews **1 PF**
- 8 oz. water

## DAY 21

### Breakfast

- Nutrisystem Maple Brown Sugar Oatmeal and 1 medium sliced banana **1 SC**
- 2 medium boiled eggs **2 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 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 1 cup shelled edamame **2 PF**, ¼ cup dried cranberries, 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
- ½ cup reduced fat cottage cheese **1 PF**
- 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 cup baby carrots **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Cheddar Broccoli Rice 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

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

### Dinner

- Nutrisystem Mac & Cheese with 3 oz. shrimp **1 PF** and ½ cup cooked broccoli **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 1 cup fat-free milk **1 PF**
- 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
- 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**
- 1 cup berries **1 SC**
- 8 oz. water

### Dinner

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

### Evening Snack

- Nutrisystem Orange Cream Bar
- 1 boiled egg **1 PF**
- 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

- Nutrisystem Beef, Bean, & Cheese Burrito
- 1 cup potatoes **2 SC**, chopped and baked in the oven with 1 Tbsp. low-calorie buttery spread (such as Benecol Light) **2 Ex** and ¼ cup low-fat shredded cheese **1 PF**
- 1 cup low-fat yogurt **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 Red Pepper Chicken and Pasta Sauté
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Cupcake
- 1 Tbsp. almond butter **1 PF**
- 8 oz. water

## DAY 25

### Breakfast

- Nutrisystem Honey Wheat Bagel made into a sandwich with 1 egg **1 PF** and 1 slice of low-fat cheese **1 PF**
- 1 cup strawberries **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**
- 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**, ½ cup edamame **1 PF** 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

- Nutrisystem Chocolate Chip Cookies
- 1 cup fat-free milk **1 PF**
- 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**
- 4 oz. grilled chicken **2 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

- Nutrisystem Artichoke Stuffed Chicken Breast with 1 slice low-fat cheese **1 PF** melted on top
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Lemon Zest Cake
- 2 Tbsp. cashews **1 PF**
- 8 oz. water

## DAY 27

### Breakfast

- Nutrisystem Granola Cereal 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

- 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

- Nutrisystem Café Style Creamy Tomato Soup
- Grilled Cheese Sandwich made with 2 slices whole grain bread **2 SC** and 2 slices low-fat cheese **2 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 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
- 1 string cheese **1 PF**
- 8 oz. water

## DAY 28

### Breakfast

- Nutrisystem Turkey Ham & Cheese Omelet with 1 cup berries
- 4 slices turkey bacon **1 PF**
- 1 slice whole grain toast **1 SC** with 1 Tbsp. low-calorie buttery spread (such as Benecol Light) **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 string cheese **1 PF**
- 1 cup cherries **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Spinach & Cheese Pretzel Melt
- 1 cup cooked broccoli **2 V** with 2 oz. cheddar cheese and **2 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 And Shrimp Sauté
- 16 oz. water

### Evening Snack

- Nutrisystem Red Velvet Cupcake
- 1 cup low-fat yogurt **1 PF**
- 8 oz. water