

Nutrisystem



2013 Women's Success Sample Menu

BREAKFAST

Nutrisystem Entrée:
Nutrisystem Whole Grain O's Cereal
(with 4 oz. fat free milk)

PowerFuel:
1 cup light yogurt

MORNING SNACK

PowerFuel:
1 oz. light string cheese

LUNCH

Nutrisystem Entrée:
Nutrisystem Beans and Ham Soup

PowerFuel:
¼ cup shredded light (reduced sodium) cheese

Vegetable:
1 cup or more mixed salad greens

Vegetable:
1 cup or more sliced cucumbers

2 Extras:
2 Tbsp. fat free salad dressing*

TIP:
Unless unlimited, you can have up to 3 Extras per day.

AFTERNOON SNACK

SmartCarb:
1 medium banana

DINNER

Nutrisystem Entrée:
Nutrisystem Thick Crust Pizza

SmartCarb:
1 cup grapes

Vegetable:
½ cup or more sautéed mushrooms

Vegetable:
½ cup cooked spinach

TIP:
Top pizza with spinach and mushrooms sautéed in calorie-free pan spray.

DESSERT

Nutrisystem Entrée:
Nutrisystem White Chocolate Chunk Cookies

*A potentially higher sodium choice. Compare brands to choose lowest sodium option, or consider limiting frequency.

DAY 2

BREAKFAST

Nutrisystem Entrée:

Nutrisystem Apple
Strudel Bar

PowerFuel:

1 hard boiled egg

MORNING SNACK

PowerFuel:

1 cup fat free milk

LUNCH

Nutrisystem Entrée:

Nutrisystem
Chicken Salad
(with whole grain pita)

PowerFuel:

1 oz. light string cheese*

Vegetable:

1 cup or more
chopped tomato

Vegetable:

1 cup or more crunchy
shredded lettuce

AFTERNOON SNACK

SmartCarb:

1 medium orange

DINNER

Nutrisystem Entrée:

Nutrisystem
Mushroom Risotto

SmartCarb:

Small whole grain roll

Vegetable:

½ cup sautéed
sugar snap peas

Vegetable:

½ cup canned
water chestnuts

1 Extra:

1 tsp. sesame oil

TIP:

Sauté snap peas and water chestnuts in calorie-free pan spray and garlic, then finish with sesame oil. For added flavor, splash on 1 tsp. of low-sodium soy sauce (counts as 1 Extra), or spice it up with chili peppers.

DESSERT

Nutrisystem Entrée:

Nutrisystem Carrot Cake

*A potentially higher sodium choice. Compare brands to choose lowest sodium option, or consider limiting frequency.

DAY 3

BREAKFAST

Nutrisystem Entrée:

Nutrisystem Apple
Cinnamon Oatmeal

PowerFuel:

1 cup fat free milk

MORNING SNACK

PowerFuel:

1 cup light yogurt

Vegetable:

½ cup low sodium
vegetable juice

LUNCH

Nutrisystem Entrée:

Nutrisystem Double
Chocolate Caramel Bar

PowerFuel:

1 Tbsp. of peanut butter

Vegetable:

1 cup or more
celery sticks

TIP:

Grab easy, portable options like canned fruit/vegetable juices, or pre-cut veggie sticks and peanut butter for those on-the-run days. You'll be surprised how easy it is to get in all of your veggies!

AFTERNOON SNACK

SmartCarb:

1 cup strawberries

1 Extra:

1 Tbsp. fat-free
whipped topping

DINNER

Nutrisystem Entrée:

Nutrisystem Spaghetti
with Meat Sauce

SmartCarb:

1 small whole grain roll

Vegetable:

½ cup or more
sautéed zucchini

Vegetable:

½ cup sautéed onion

1 Extra:

1 tsp. olive oil

TIP:

Make a quick side dish by sautéing vegetables in olive oil. You can also simmer vegetables in any excess red sauce from your dinner entree. And feel free to kick it up a notch with some red pepper flakes or other Italian spices like oregano and parsley.

DESSERT

Nutrisystem Entrée:

Nutrisystem Cheese Puffs

DAY 4

BREAKFAST

Nutrisystem Entrée:

Nutrisystem
Banana Nut Muffin

PowerFuel:

1 cup scrambled
egg whites

MORNING SNACK

PowerFuel:

2 Tbsp. almonds

LUNCH

Nutrisystem Entrée:

Nutrisystem Three Cheese
Pasta with Chicken

PowerFuel:

¼ cup shredded light
mozzarella cheese

Vegetable:

1 cup or more
chopped cucumbers

Vegetable:

1 cup chopped tomatoes
and onions

2 Extras:

2 Tbsp. fat free Italian
salad dressing*

TIP:

Create a cucumber
tomato salad by mixing
cucumbers, onions,
tomatoes and cheese
with fat free Italian
dressing, pepper, and
2 tsp.
of parsley.

AFTERNOON SNACK

SmartCarb:

¼ cup raisins

DINNER

Nutrisystem Entrée:

Nutrisystem
Vegetarian Chili

SmartCarb:

½ cup corn

Vegetable:

½ cup sautéed onions
and peppers

Vegetable:

½ cup low sodium
canned tomatoes

TIP:

Add corn, peppers,
canned tomatoes
and onions to your
chili for an easy and
hearty entree. A
pinch of cumin can
also enhance the
flavor of this dish.

DESSERT

Nutrisystem Entrée:

Nutrisystem
Peanut Butter Cookie

*A potentially higher sodium choice. Compare brands to choose lowest sodium option, or consider limiting frequency.

DAY 5

BREAKFAST

Nutrisystem Entrée:

Nutrisystem
Granola Cereal
(with 4 oz. fat free milk)

PowerFuel:

1 hard boiled egg

MORNING SNACK

PowerFuel:

1 cup non fat
cottage cheese

Extra:

Sugar free strawberry jam

LUNCH

Nutrisystem Entrée:

Nutrisystem
Homestyle Chicken

PowerFuel:

¼ cup shredded
Parmesan cheese*

Vegetable:

1 thick slice or more
broiled eggplant

Vegetable:

1 thick slice or more
broiled eggplant

TIP:

Enjoy a quick and healthy broiled eggplant dish! Lightly salt eggplant 30 minutes prior to cooking to draw out moisture. Spray with calorie-free pan spray and broil for about 5 minutes. Season immediately with desired seasonings; we recommend 1 Tbsp. of balsamic vinegar, red pepper flakes or garlic powder—all Extras on your program.

AFTERNOON SNACK

SmartCarb:

1 cup pineapple chunks

DINNER

Nutrisystem Entrée:

Nutrisystem Sloppy Joe

SmartCarb:

½ cup baked beans

Vegetable:

½ cup or more cooked
collard greens

Vegetable:

½ cup or more
cooked carrots

TIP:

Spice up your collard greens with red pepper flakes, lemon juice or garlic—all unlimited Extras.

DESSERT

Nutrisystem Entrée:

Nutrisystem
Fudge Brownie

*A potentially higher sodium choice. Compare brands to choose lowest sodium option, or consider limiting frequency.

DAY 6

BREAKFAST

Nutrisystem Entrée:

Nutrisystem Pancakes

PowerFuel:

1 cup fat free milk

MORNING SNACK

PowerFuel:

1 string cheese

Vegetable:

1 cup grape tomatoes

LUNCH

Nutrisystem Entrée:

Nutrisystem
Fettuccini Alfredo

PowerFuel:

3 oz. cooked shrimp

Vegetable:

½ cup or more
steamed broccoli

Vegetable:

½ cup or more
steamed cauliflower

TIP:

Throw in chicken, beef, seafood, tofu or cheese to power up any dish.

AFTERNOON SNACK

SmartCarb:

Whole grain crackers

1 Extra:

1 Tbsp. fat free
cream cheese*

DINNER

Nutrisystem Entrée:

Nutrisystem
Chicken Pasta Parmesan

SmartCarb:

1 slice wheat bread

Vegetable:

1 cup salad greens

2 Extras:

2 Tbsp. fat free
salad dressing*

TIP:

Feel like saving a SmartCarb from dinner for your snack? Go ahead! The most important thing is to get in all of the recommended servings of food each day. Call our counselors for more tips on how to customize the plan to work for you.

DESSERT

Nutrisystem Entrée:

Nutrisystem Chocolatey
Nougat Bar with Peanuts
and Caramel

*A potentially higher sodium choice. Compare brands to choose lowest sodium option, or consider limiting frequency.

DAY 7

BREAKFAST

Nutrisystem Entrée:

Nutrisystem Vegetable Scramble

PowerFuel:

1 cup light yogurt

MORNING SNACK

PowerFuel:

2 Tbsp. nuts

Extra:

2 cups air-popped popcorn

TIP:

Make a crunchy, salty snack by combining nuts with delicious air-popped popcorn.

LUNCH

Nutrisystem Entrée:

Nutrisystem Mexican-Style Tortilla Soup

PowerFuel:

¼ cup shredded light, reduced sodium Mexican blend cheese*

Vegetable:

1 cup or more chopped lettuce

1 Extra:

1 Tbsp. salsa

AFTERNOON SNACK

SmartCarb:

½ cup hummus

Vegetable:

½ cup cut vegetables (like celery, carrots, cucumbers or peppers) for dipping

DINNER

Nutrisystem Entrée:

Nutrisystem Flame Broiled Beef Patty

SmartCarb:

1 medium apple, thinly sliced

Vegetable:

1 cup shredded cabbage

Vegetable:

1 cup thinly sliced carrots

2 Extras:

2 Tbsp. reduced fat mayonnaise

TIP:

Create an apple coleslaw side by combining cabbage, apple slices, carrots, mayonnaise and 2 Tbsp. of red wine vinegar. Sweeten to taste with a no-calorie sweetener. Look for prewashed, pre-cut bags of vegetables in your grocery store for added convenience. Don't feel like cutting an apple? Try raisins instead.

DESSERT

Nutrisystem Entrée:

Nutrisystem Walnut Chocolate Chip Cookies

*A potentially higher sodium choice. Compare brands to choose lowest sodium option, or consider limiting frequency.