

# Nutrisystem<sup>®</sup> FOR **MEN**

## Your Sample 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.**

Be sure to follow these additional guidelines:

**Days 1-7: Add 2 PowerFuels** each day

**Days 8-28: Add 1 PowerFuel & 1 SmartCarb** each day

**Here's a taste of what your first 28 days on Nutrisystem might look like:**

# Day 1

## Breakfast

- Nutrisystem Blueberry Muffin
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1FF**
- 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 Margherita Pizza
- 2 cup salad served with low (<10 cal) 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 cal) or no-calorie creamer **1FF**
- 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 cal) or no-calorie creamer **1FF**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake

### Lunch

- Nutrisystem Chocolatey Fudge Graham Bar
- 2 cup salad served with low (<10 cal) 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 cal) or no-calorie creamer **1FF**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake
- 1 cup baby carrots **1V**

### Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 1 cup roasted broccoli and 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 NutriFlakes Cereal with 4 oz. fat-free milk
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1FF**
- 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 cup salad served with low (<10 cal) or no-calorie salad dressing **2V 1FF**
- 16 oz. water

## Day 6

### Breakfast

- Nutrisystem Cranberry Orange Muffin
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1FF**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake

### Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 cup salad served with low (<10 cal) 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 Bean Bolognese
- 1 cup cooked carrots **2V**
- 16 oz. water

## Day 7

### Breakfast

- Nutrisystem Cinnamon Bun Bar
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake
- 1 cup sugar snap peas **1 V**

### Lunch

- Nutrisystem White Cheddar Mac & Cheese
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Chocolate Cupcake
- 16 oz. water

### Dinner

- Nutrisystem Meatloaf Sandwich topped with 1 tsp. mustard and lettuce and tomato slice **1 FF**
- 1 cup sautéed zucchini with garlic **2 V**
- 16 oz. water



## Day 8

### Breakfast

- Nutrisystem Double Chocolate Muffin
- 2 Tbsp. almonds **1 PF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

### Morning Snack

#### *Flex Snack:*

- 1 string cheese **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

### Lunch

- Nutrisystem BBQ Chicken Melt
- 2 cup salad **2 V** with ¼ cup shredded cheese **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

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

### Dinner

#### *Flex Dinner:*

- Turkey Burger made with 4 oz. turkey burger **2 PF** with 1 slice cheese **1 PF** on a small whole-grain roll **1 SC** topped with 1 tsp. mustard, lettuce and tomato slices **1 FF**
- 1 cup cooked green beans **2 V**
- 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 cal) or no-calorie creamer **1 FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

### Lunch

- Nutrisystem Beans & Ham Soup
- 1 string 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 Chicken Fettucini Alfredo
- 1 cup cooked broccoli **2 V**
- 2 Tbsp. almonds **1 PF**
- 16 oz. water

### Evening Snack

#### *Flex Snack:*

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 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 cal) or no-calorie creamer **1 FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Zesty Snack Mix
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- Grilled Chicken Salad: Toss together, 4 oz. grilled chicken **2 PF**, ½ cup whole-wheat pasta **1 SC**, 2 cup lettuce and non-starchy vegetables such as cucumbers, bell peppers, cherry tomatoes **2 V** and 1 Tbsp. reduced-fat Balsamic dressing **1 Extra**
- 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 **1 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

### *Flex Breakfast:*

- 2 large scrambled eggs **2 PF** with ½ cup sautéed spinach, mushrooms and tomatoes **1 V**
- 1 slice whole-wheat toast **1 SC** with ½ Tbsp. margarine **1 Extra**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

## Morning Snack

- Nutrisystem NutriChocolaty Wafers
- 8 oz. water

## Lunch

- Nutrisystem Spinach & Cheese Pretzel Melt
- 1 string cheese **1 PF**
- 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 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

### *Flex Snack:*

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

# Day 12

## Breakfast

- Nutrisystem Buttermilk Waffles with 2 tsp. maple syrup **2 Extras**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

## Morning Snack

### *Flex Snack:*

- 1 string cheese **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

## Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cup salad **2 V** with ¼ cup shredded cheese **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

## Afternoon Snack

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

## Dinner

### *Flex Dinner:*

- 6 oz. baked salmon **3 PF**
- 1 small sweet potato **1 SC**
- 1 cup cooked green beans **2 V**
- 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 Extra**
- 1 large scrambled egg **1 PF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

## Morning Snack

- Nutrisystem Chewy Peanut Bar
- 8 oz. water

## Lunch

### *Flex Lunch:*

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF**, 1 whole-wheat sandwich thin **1 SC**, 1 Tbsp. reduced-fat mayonnaise **1 Extra**, lettuce and tomato slices **1 FF**
- 1 cup baby carrots **1 V**
- 16 oz. water

## Afternoon Snack

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

## Dinner

- Nutrisystem Chili with Beans
- 2 cup salad **2 V** with ½ cup deshelled edamame **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 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

### *Flex Breakfast:*

- Berry Parfait made with 1 cup low-fat yogurt **1 PF**, 2 Tbsp. almonds **1 PF** and 1 cup berries **1 SC**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 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 Extra**
- 16 oz. water

## Afternoon Snack

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

## Dinner

- Nutrisystem Italian Sausage and Turkey Pepperoni Pizza
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **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 Extras**
- 1 large scrambled egg **1 PF** with ¼ cup veggies of choice (ex. spinach, tomatoes, mushrooms) **1 FF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

## Morning Snack

### *Flex Snack:*

- Homemade Trail Mix with:
  - 2 Tbsp. walnuts **1 PF**
  - ¼ cup dried cranberries **1 SC**
  - 1 cup air-popped popcorn **1 Extra**
- 8 oz. water

## Lunch

- Nutrisystem Classic Tuna Salad served with small whole-grain roll
- 1 cup low-fat yogurt **1 PF**
- 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

### *Flex Dinner:*

- 1 serving Marinated Grilled Chicken Thighs **2 PF**  
- see link to recipe below.
- ½ cup cooked quinoa **1 SC**
- 2 cup salad **2 V** with ½ cup deshelled edamame **1 PF**  
and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

*Leaf Recipe for Marinated Grilled Chicken Thighs:*

<https://leaf.nutrisystem.com/recipes/chicken-thighs-marinated/>

## Evening Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water



## Day 16

### Breakfast

- Nutrisystem Maple Brown Sugar Oatmeal prepared with 4 oz. fat-free milk
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Chocolatey Pretzel Bar
- 8 oz. water

### Lunch

- Nutrisystem Broccoli & Cheese Melt
- 1 string cheese **1 PF**
- 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 Extra**
- 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

#### *Flex Snack:*

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- 1 cup strawberries **1 SC**
- 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 cal) or no-calorie creamer **1 FF**
- 8 oz. water

## Morning Snack

- Nutrisystem NutriChocolaty Wafers
- 8 oz. water

## Lunch

### *Flex Lunch:*

- 1 serving Easy Spicy Tuna Salad (1 PF, 2 Extras) - see link to recipe below.
- 1 small whole-grain roll **1 SC**
- 2 Tbsp. almonds **1 PF**
- 1 cup baby carrots **1 V**
- 16 oz. water

*Leaf Recipe for Easy Spicy Tuna Salad:*

<https://leaf.nutrisystem.com/recipes/spicy-tuna-salad-recipe/>

## Afternoon Snack

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

## Dinner

- Nutrisystem Chicken Edamame Power Bowl
- 2 oz. grilled chicken **1 PF**
- 1 cup sautéed zucchini and garlic **2 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

# Day 18

## Breakfast

### *Flex Breakfast:*

- Berry Parfait made with 1 cup berries **1 SC**, ½ cup low-fat cottage cheese **1 PF** and 2 Tbsp. walnuts **1 PF** and dash of cinnamon **1 FF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

## Morning Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

## Lunch

- Nutrisystem Grilled Chicken Sandwich served with lettuce and tomato slices **1 FF** and 1 slice cheese **1 PF**
- 2 cup salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 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 Extra**
- 8 oz. water

## Dinner

- Nutrisystem Mac & Cheese
- 2 oz. grilled chicken **1 PF**
- 1 cup roasted broccoli and cauliflower **2 V** topped
- 16 oz. water

## Evening Snack

### *Flex Snack:*

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- 1 cup strawberries **1 SC**
- 1 cup cucumber slices **1 V**
- 8 oz. water

# Day 19

## Breakfast

- Nutrisystem NutriFlakes Cereal with 4 oz. fat-free milk
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

## Morning Snack

### *Flex Snack:*

- Homemade Trail Mix with:
- 2 Tbsp. walnuts **1 PF**
- ¼ cup dried cranberries **1 SC**
- 1 cup air-popped popcorn **1 Extra**
- 8 oz. water

## Lunch

- Nutrisystem Cheddar Broccoli Rice
- 1 cup cooked broccoli **2 V**
- 2 Tbsp. almonds **1 PF**
- 16 oz. water

## Afternoon Snack

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

## Dinner

### *Flex Dinner:*

- 6 oz. baked pork tenderloin **3 PF**
- 1 small baked sweet potato **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Carrot Cake Cupcake
- 8 oz. water

## Day 20

### Breakfast

- Nutrisystem High Protein Pancake Mix served with 2 tsp. maple syrup **2 Extras**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF**, 1 thin sandwich roll **1 SC**, tomato slice, lettuce and 1 tsp. mustard **1 FF**
- 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 Extra**
- 8 oz. water

### Dinner

- Nutrisystem Bean Bolognese
- 1 cup cooked carrots **2 V**
- 1 string cheese **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem Popcorn
- 8 oz. water

# Day 21

## Breakfast

### *Flex Breakfast:*

- Berry Parfait made with 1 cup berries **1 SC**, ½ cup low-fat cottage cheese **1 PF** and 2 Tbsp. walnuts **1 PF** and dash of cinnamon **1 FF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

## Morning Snack

- Nutrisystem Pretzels
- 8 oz. water

## Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cup salad **2 V** with ½ cup deshelled edamame **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

## Afternoon Snack

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

## Dinner

- Nutrisystem Chicken Parmesan
- 1 cup roasted asparagus **2 V**
- 2 Tbsp. almonds **1 PF**
- 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 cal) or no-calorie creamer **1 FF**
- 8 oz. water

### Morning Snack

#### *Flex Snack:*

- 1 string cheese **1 PF**
- Whole-grain Crackers with 80 - 120 calories and at least 1 g fiber per serving **1 SC**
- 8 oz. water

### Lunch

- Nutrisystem White Cheddar Mac & Cheese
- 2 oz. turkey burger without bun **1 PF** served with 1 Tbsp. ketchup **1 Extra** and 1 tsp. mustard **1 FF**
- 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

#### *Flex Dinner:*

- Breakfast for Dinner! 1 serving Superfood Veggie Omelet **2 PF** **1 V** - see link to recipe below
- 1 whole-grain thin bagel **1 SC** with ½ Tbsp. butter substitute **1 Extra**
- 1 cup low-fat yogurt **1 PF**
- 16 oz. water

*Leaf Recipe for Superfood Veggie Omelet:*

<https://leaf.nutrisystem.com/recipes/veggie-omelet/>

### Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

## Day 23

### Breakfast

- Nutrisystem Buttermilk Waffles served with 2 tsp. maple syrup **2 Extras**
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

### Morning Snack

- Nutrisystem NutriChocolaty Wafers
- 8 oz. water

### Lunch

- Nutrisystem Chewy Trail Mix Bar
- 1 string cheese **1 PF**
- 1 cup red bell pepper slices **1 V**
- 1 Tbsp. hummus **1 Extra**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Meatloaf Sandwich served with lettuce and tomato slices **1 FF**
- 1 cup cooked green beans **2 V**
- 2 Tbsp. almonds **1 PF**
- 16 oz. water

### Evening Snack

#### *Flex Snack:*

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- 1 medium pear **1 SC**
- 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 cal) or no-calorie creamer **1 FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Oatmeal Raisin Cookie
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- 1 serving Spring Sausage and Herb Pasta **1 SC** **1 PF**  
**1 Extra** - see link to recipe below
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

#### *Leaf Recipe for Spring Sausage and Herb Pasta:*

<https://leaf.nutrisystem.com/recipes/spring-sausage-and-herb-pasta/>

### Afternoon Snack

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

### Dinner

- Nutrisystem Chili with Beans served over 1 cup riced cauliflower **2 V**
- 2 oz. cooked ground turkey **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

# Day 25

## Breakfast

### *Flex Breakfast:*

- Egg sandwich made with 1 large scrambled egg **1 PF**, 1 slice 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 cal) or no-calorie creamer **1 FF**
- 8 oz. water

## Morning Snack

- Nutrisystem Popcorn
- 8 oz. water

## Lunch

- Nutrisystem Hamburger served with 1 slice cheese **1 PF**, 1 Tbsp. ketchup **1 Extra** and 1 tsp. mustard **1 FF**
- 2 cup salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 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**
- 2 cup cooked carrots **2 V**
- 16 oz. water

## Evening Snack

### *Flex Snack:*

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- 1 medium pear **1 SC**
- 8 oz. water

## Day 26

### Breakfast

- Nutrisystem Homestyle Pancake served with 2 tsp. maple syrup **2 Extras**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

### Morning Snack

#### *Flex Snack:*

- 1 string cheese **1 PF**
- Whole-grain Crackers with 80 - 120 calories and at least 1 g fiber per serving **1 SC**
- 8 oz. water

### Lunch

- Nutrisystem Beans & Ham Soup
- 1 cup cooked green beans **2 V**
- 2 Tbsp. almonds **1 PF**
- 16 oz. water

### Afternoon Snack

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

### Dinner

#### *Flex Dinner:*

- 6 oz. baked salmon **3 PF**
- ½ cup cooked quinoa **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

*Tip: Prepare an extra 4 oz. salmon for tomorrow's Flex lunch!*

### 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 cal) or no-calorie creamer **1 FF**
- 8 oz. water

### Morning Snack

- Nutrisystem Peanut Butter Cookie
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- Large salad made with 4 oz. cooked salmon **2 PF**, ½ cup canned white beans (rinsed) **1 SC**, tossed with 2 cup salad mix and non-starchy veggies of your choice (ex. cherry tomatoes, cucumbers, carrots) **2 V** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

*Tip: Prepackaged pouches of cooked salmon can also make an easy add-on for a salad!*

### Afternoon Snack

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

### Dinner

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

### Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

# Day 28

## Breakfast

### *Flex Breakfast:*

- Berry Parfait made with 1 cup berries **1 SC**, 1 cup low-fat yogurt **1 PF** and 2 Tbsp. almonds **1 PF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

## Morning Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

## Lunch

- Nutrisystem Spinach & Cheese Pretzel Melt
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

## Afternoon Snack

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

## Dinner

- Nutrisystem BBQ Seasoned Chicken served with 1 small whole-grain roll
- 2 cup salad **2 V** with ½ cup deshelled edamame **1 PF**, 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

## Evening Snack

- Nutrisystem Red Velvet Cupcake
- 8 oz. water