



Your Sample 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.

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:

Women: Day 1

Breakfast

- Nutrisystem Harvest Nut 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 Spinach & Cheese Pretzel Melt
- 1 cup cooked green beans **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

Men: Day 1

Breakfast

- Nutrisystem Harvest Nut 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 Spinach & Cheese Pretzel Melt
- 1 cup cooked green beans **2V**
- 16 oz. water

Afternoon Snack

- Nutrisystem Chocolate Chunk Cookie
- 16 oz. water

Dinner

- Nutrisystem Italian Sausage & Turkey Pepperoni Pizza
- 2 cup salad served with low (<10 cal) or no-calorie salad dressing **2V 1FF**
- 16 oz. water

Women: Day 2

Breakfast

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

Morning Snack

- Nutrisystem Shake

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cup salad served with low (<10 cal) or no-calorie salad dressing **2V 1FF**
- 16 oz. water

Afternoon Snack

- Nutrisystem Popcorn
- 16 oz. water

Dinner

- Nutrisystem Chicken Alfredo
- 1 cup cooked broccoli **2V**
- 16 oz. water

Men: Day 2

Breakfast

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

Morning Snack

- Nutrisystem Shake

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cup salad served with low (<10 cal) or no-calorie salad dressing **2V 1FF**
- 16 oz. water

Afternoon Snack

- Nutrisystem Popcorn
- 16 oz. water

Dinner

- Nutrisystem Chicken Alfredo
- 1 cup cooked broccoli **2V**
- 16 oz. water

Women: Day 3

Breakfast

- Nutrisystem NutriFlakes cereal served with 4 oz. fat-free milk
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 16 oz. water

Morning Snack

- Nutrisystem Shake

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 1 cup red bell pepper slices **1 V**
- 16 oz. water

Afternoon Snack

- Nutrisystem Cheese Puffs
- 1 cup bell pepper slices **1 V**
- 16 oz. water

Dinner

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

Men: Day 3

Breakfast

- Nutrisystem NutriFlakes cereal served with 4 oz. fat-free milk
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 16 oz. water

Morning Snack

- Nutrisystem Shake

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 1 cup red bell pepper slices **1 V**
- 16 oz. water

Afternoon Snack

- Nutrisystem Cheese Puffs
- 1 cup bell pepper slices **1 V**
- 16 oz. water

Dinner

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

Women: Day 4

Breakfast

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

Morning Snack

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

Lunch

- Nutrisystem Southwest Fiesta Melt
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon Snack

- Nutrisystem Red Velvet Cupcake
- 16 oz. water

Dinner

- Nutrisystem Chicken Parmesan
- 1 cup cooked green beans **2 V**
- 16 oz. water

Men: Day 4

Breakfast

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

Morning Snack

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

Lunch

- Nutrisystem Broccoli & Cheese Melt
- 1 cup cooked broccoli
- 16 oz. water

Afternoon Snack

- Nutrisystem Red Velvet Cupcake
- 16 oz. water

Dinner

- Nutrisystem Chicken Parmesan
- 1 cup cooked green beans **2 V**
- 16 oz. water

Women: Day 5

Breakfast

- Nutrisystem Cinnamon Roll
- 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 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 Chocolatey Pretzel Bar
- 16 oz. water

Dinner

- Nutrisystem BBQ Seasoned Chicken served with 1 small whole-grain roll
- 1 cup roasted asparagus **2V**
- 16 oz. water

Men: Day 5

Breakfast

- Nutrisystem Canadian Style Turkey Bacon, Egg & Cheese Muffin
- 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 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 Chocolatey Pretzel Bar
- 16 oz. water

Dinner

- Nutrisystem BBQ Seasoned Chicken served with 1 small whole-grain roll
- 1 cup roasted asparagus **2V**
- 16 oz. water

Women: Day 6

Breakfast

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

Morning Snack

- Nutrisystem Shake

Lunch

- Nutrisystem Black Beans and Rice
- 1 cup cooked green beans **2 V**
- 16 oz. water

Afternoon Snack

- Nutrisystem White Cheddar Popcorn
- 1 cup cucumber slices **1 V**
- 16 oz. water

Dinner

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

Men: Day 6

Breakfast

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

Morning Snack

- Nutrisystem Shake

Lunch

- Nutrisystem Black Beans and Rice
- 1 cup cooked green beans **2 V**
- 16 oz. water

Afternoon Snack

- Nutrisystem White Cheddar Popcorn
- 1 cup cucumber slices **1 V**
- 16 oz. water

Dinner

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

Women: 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 Cheddar Broccoli Rice
- 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, lettuce and tomato slice **FF**
- 1 cup sautéed zucchini with garlic **2 V**
- 16 oz. water

Men: 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 Cheddar Broccoli Rice
- 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 **FF**
- 1 cup sautéed zucchini with garlic **2 V**
- 16 oz. water

Women: Day 8

Breakfast

- Nutrisystem Buttermilk Waffles served with 2 tsp. maple syrup **2 Extras**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 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
- 2 cup salad **2 V** with 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 1 small whole-grain roll **1 SC** topped with 1 tsp. mustard, lettuce and tomato slices **FF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

Men: Day 8

Breakfast

- Nutrisystem Buttermilk Waffles 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**
- 1 medium banana **1 SC**
- 8 oz. water

Lunch

- Nutrisystem Beans & Ham Soup
- 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 1 small whole-grain roll **1 SC** topped with 1 tsp. mustard, lettuce and tomato slices **FF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Tip: Set aside and prepare 2 oz. ground turkey for tomorrow night's dinner add-in

Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

Women: Day 9

Breakfast

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

Morning Snack

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

Lunch

- Nutrisystem Grilled Chicken Sandwich served with 1 Tbsp. reduced-fat mayonnaise **1 Extra**, lettuce and tomato slices **FF**
- 1 cup cucumber slices **1 V**
- 1 Tbsp. hummus **1 Extra**
- 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 oz. cooked ground turkey **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Evening Snack

Flex Snack:

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

Men: Day 9

Breakfast

- Nutrisystem Honey Wheat Bagel with 1 Tbsp. reduced-fat cream cheese **1 Extra**
- 2 Tbsp. almonds **1 PF**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

Morning Snack

- Nutrisystem Cheese Puffs
- 1 cup sugar snap peas **1 V**
- 8 oz. water

Lunch

- Nutrisystem Hamburger served with 1 slice cheese **1 PF**, 1 Tbsp. ketchup **1 Extra**, lettuce and tomato slices **FF**
- 1 cup cucumber slices **1 V**
- 1 Tbsp. hummus **1 Extra**
- 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 oz. cooked ground turkey **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Evening Snack

Flex Snack:

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

Women: Day 10

Breakfast

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

Morning Snack

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

Lunch

Flex Lunch:

- Grilled Chicken Salad: Toss together, 2 oz. grilled chicken **1 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 Mac & Cheese with Turkey Sausage
- 1 cup roasted cauliflower **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Zesty Snack Mix
- 8 oz. water

Men: Day 10

Breakfast

- Nutrisystem Homestyle Pancakes 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 Popcorn
- 1 cup baby carrots **1 V**
- 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 Mac & Cheese with Turkey Sausage
- 1 cup roasted cauliflower **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Zesty Snack Mix
- 8 oz. water

Women: Day 11

Breakfast

Flex Breakfast:

- 1 large scrambled egg **1 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

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

Lunch

- Nutrisystem Garlic Cheese Flatbread topped with sliced, sautéed mushrooms **1 FF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup strawberries **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 **1 FF**
- 16 oz. water

Leaf Video for Roasted Asparagus

<https://leaf.nutrisystem.com/recipes/video-roasted-asparagus/>

Evening Snack

Flex Snack:

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

Men: 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 White Cheddar Popcorn
- 1 cup sugar snap peas **1 V**
- 8 oz. water

Lunch

- Nutrisystem Garlic Cheese Flatbread topped with ¼ cup shredded cheese **1 PF** and sliced, sautéed mushrooms **1 FF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup strawberries **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 **1 FF**
- 16 oz. water

Leaf Video for Roasted Asparagus

<https://leaf.nutrisystem.com/recipes/video-roasted-asparagus/>

Evening Snack

Flex Snack:

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

Women: Day 12

Breakfast

- Nutrisystem Harvest Nut Bar
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

Morning Snack

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

Lunch

- Nutrisystem Chicken Mozzarella Melt
- 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

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 Carrot Cake Cupcake
- 8 oz. water

Men: Day 12

Breakfast

- Nutrisystem Harvest Nut 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**
- 1 medium banana **1 SC**
- 8 oz. water

Lunch

- Nutrisystem BBQ Chicken Melt
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 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 Carrot Cake Cupcake
- 8 oz. water

Women: Day 13

Breakfast

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

Morning Snack

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

Lunch

Flex Lunch:

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 whole-wheat sandwich thin **1 SC**, 1 Tbsp. reduced-fat mayonnaise **1 Extra**, lettuce and tomato slices **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 Thick Crust Pizza
- 2 cups salad **2 V** with ½ cup deshelled edamame **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Evening Snack

- Nutrisystem Pretzels
- 8 oz. water

Men: Day 13

Breakfast

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

Morning Snack

- Nutrisystem Popcorn
- 1 cup sugar snap peas **1 V**
- 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 **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 Thick Crust Pizza
- 2 cups salad **2 V** with ½ cup deshelled edamame **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Evening Snack

- Nutrisystem Pretzels
- 8 oz. water

Women: Day 14

Breakfast

Flex Breakfast:

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

Morning Snack

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

Lunch

- Nutrisystem Trail Mix Bar
- 2 cup salad **2 V** with 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

- Nutrisystem Chicken Fettuccine Alfredo
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Strawberry Shortcake Cupcake
- 8 oz. water

Men: 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 White Cheddar Popcorn
- 1 cup baby carrots **1 V**
- 8 oz. water

Lunch

- Nutrisystem Trail Mix 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

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

Dinner

- Nutrisystem Mac & Cheese
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Ice Cream Sandwich
- 8 oz. water

Women: Day 15

Breakfast

- Nutrisystem Buttermilk Waffle served with 2 tsp. maple syrup **2 Extras**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 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

Flex Dinner:

- 1 serving Marinated Grilled Chicken Thighs **2 PF**
- see link to recipe below.
- ½ cup cooked quinoa **1 SC**
- 2 cups 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 Carrot Cake
- 8 oz. water

Men: Day 15

Breakfast

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

Morning Snack

Flex Snack:

- 2 Tbsp. walnuts **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

Lunch

- Nutrisystem Cheddar Broccoli Rice
- 2 oz. grilled chicken **1 PF**
- 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

Flex Dinner:

- 1 serving Marinated Grilled Chicken Thighs **2 PF**
- see link to recipe below.
- ½ cup cooked quinoa **1 SC**
- 2 cups 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 Carrot Cake
- 8 oz. water

Women: Day 16

Breakfast

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

Morning Snack

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

Lunch

- Nutrisystem Black Beans and Rice topped with 1 cup shredded lettuce and cherry tomatoes **1 V** and 1 Tbsp. reduced-fat sour cream **1 Extra**
- 1 cup baby carrots
- 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 BBQ Seasoned Chicken served with a small whole-grain roll
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 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

Men: Day 16

Breakfast

- Nutrisystem Double Chocolate 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 Pretzels
- 8 oz. water

Lunch

- Nutrisystem Black Beans and Rice topped with 1 cup shredded lettuce and cherry tomatoes **1 V**, ¼ cup shredded cheese **1 PF** and 1 Tbsp. reduced-fat sour cream **1 Extra**
- 1 cup baby carrots **1 V**
- 16 oz. water

Afternoon 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

Dinner

- Nutrisystem BBQ Seasoned Chicken served with a small whole-grain roll
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 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

Women: Day 17

Breakfast

- Nutrisystem Canadian Style Turkey Bacon, Egg & Cheese Muffin
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

Morning Snack

- 1 String Cheese **1 PF**
- 1 cup sugar snap peas **1 V**
- 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**
- 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 Mac & Cheese
- 2 oz. grilled chicken **1 PF**
- 1 cup roasted cauliflower **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

Men: Day 17

Breakfast

- Nutrisystem Cinnamon Roll
- 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
- 1 cup red bell pepper slices **1 V**
- 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 Fettucini Alfredo
- 2 oz. grilled chicken **1 PF**
- 1 cup roasted cauliflower **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

Women: Day 18

Breakfast

Flex Breakfast:

- Berry Parfait made with 1 cup berries **1 SC**, ½ cup low-fat cottage cheese **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

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

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 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 Meatloaf Sandwich topped with 1 slice cheese **1 PF**, 1 Tbsp. ketchup **1 Extra** and 1 tsp. mustard **1 FF** and lettuce and tomato slices **FF**
- 1 cup sautéed zucchini with garlic **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

Men: 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 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

- 2 Tbsp. walnuts **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Meatloaf Sandwich topped with 1 slice cheese **1 PF**, 1 Tbsp. ketchup **1 Extra** and 1 tsp. mustard **1 FF** and lettuce and tomato slice **FF**
- 1 cup sautéed zucchini with garlic **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

Women: Day 19

Breakfast

- Nutrisystem Harvest Nut Bar
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

Morning Snack

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

Lunch

- Nutrisystem BBQ Chicken Melt
- 1 cup baby carrots **1 V**
- 1 cup cherry tomatoes **1 V**
- 1 Tbsp. reduced-fat salad dressing for dipping **1 Extra**
- 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 White Cheddar Popcorn
- 8 oz. water

Men: Day 19

Breakfast

- Nutrisystem Harvest Nut Bar
- 2 Tbsp. almonds
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

Morning Snack

Flex Snack:

- 2 Tbsp. walnuts **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

Lunch

- Nutrisystem Southwest Fiesta Melt
- 1 string cheese **1 PF**
- 1 cup baby carrots **1 V**
- 1 cup cherry tomatoes **1 V**
- 1 Tbsp. reduced-fat salad dressing for dipping **1 Extra**
- 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 White Cheddar Popcorn
- 8 oz. water

Women: Day 20

Breakfast

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

Morning Snack

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

Lunch

Flex Lunch:

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 thin sandwich roll **1 SC**, tomato slice, lettuce and 1 tsp. mustard **FF**
- 1 cup sugar snap peas **1 V**
- 1 cup red bell pepper slices **1 V**
- 16 oz. water

Afternoon Snack

- 2 Tbsp. walnuts **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Chicken Parmesan
- Caprese Salad made with 1 oz. mozzarella cheese (about ¼ cup) **1 PF**, tomato slices and fresh basil **1 FF** and 1 tsp. balsamic reduction **1 Extra**
- 1 cup spaghetti squash **2 V**
- 16 oz. water

Lean how to prepare spaghetti squash in our video!
<https://www.youtube.com/watch?v=ECrYLQG00x4>

Evening Snack

- Nutrisystem Red Velvet Cupcake
- 8 oz. water

Men: Day 20

Breakfast

- Nutrisystem High Protein Pancake Mix 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 Popcorn
- 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 **FF**
- 1 cup sugar snap peas **1 V**
- 1 cup red bell pepper slices **1 V**
- 16 oz. water

Afternoon Snack

- 2 Tbsp. walnuts **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Chicken Parmesan
- Caprese Salad made with 1 oz. mozzarella cheese (about ¼ cup) **1 PF**, tomato slices and fresh basil **1 FF** and 1 tsp. balsamic reduction **1 Extra**
- 1 cup spaghetti squash **2 V**
- 16 oz. water

Lean how to prepare spaghetti squash in our video!
<https://www.youtube.com/watch?v=ECrYLQG00x4>

Evening Snack

- Nutrisystem Red Velvet Cupcake
- 8 oz. water

Women: Day 21

Breakfast

Flex Breakfast:

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

Morning Snack

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

Lunch

- Nutrisystem Hamburger topped with tomato and lettuce slices **FF**
- 1 cup cooked carrots **2V**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Hearty Beef Stew
- 2 oz. cooked lean ground beef **1PF**
- 1 cup cooked green beans **2V**
- 16 oz. water

Evening Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

Men: Day 21

Breakfast

Flex Breakfast:

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

Morning Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

Lunch

- Nutrisystem Grilled Chicken Sandwich topped with 1 slice cheese **1PF** and tomato and lettuce slices **FF**
- 1 cup cooked carrots **2V**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Hearty Beef Stew
- 2 oz. cooked lean ground beef **1PF**
- 1 cup cooked green beans **2V**
- 16 oz. water

Evening Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

Women: Day 22

Breakfast

- Nutrisystem Honey Wheat Bagel served with 1 Tbsp. reduced-fat cream cheese **1 Extra**
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 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 topped with sliced, sautéed mushrooms **1 FF**
- 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

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 Ice Cream Sandwich
- 8 oz. water

Men: Day 22

Breakfast

- Nutrisystem Cranberry Orange Muffin
- 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:

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

Lunch

- Nutrisystem Garlic Cheese Flatbread topped with ¼ cup shredded cheese **1 PF** and sliced, sautéed mushrooms **1 FF**
- 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

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 Strawberry Shortcake Cupcake
- 8 oz. water

Women: Day 23

Breakfast

- Nutrisystem Peanut Butter Oat Bar
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

Morning Snack

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

Lunch

- Nutrisystem Broccoli & Cheese Melt
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Italian Sausage & Turkey Pepperoni Pizza
- 2 cups salad **2 V** with ½ cup deshelled edamame **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 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

Men: Day 23

Breakfast

- Nutrisystem Peanut Butter Oat Bar
- 2 Tbsp. almonds **1 PF**
- 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 Chicken Mozzarella Melt
- 1 string cheese **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Margheritta Pizza topped with 2 oz. turkey pepperoni **1 PF**
- 2 cup salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 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

Women: Day 24

Breakfast

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

Morning Snack

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

Lunch

Flex Lunch:

- 1 serving Spring Sausage and Herb Pasta **1 SC** **1 PF**
1 Extra - see link to recipe below
- 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 Meatballs in Marinara Sauce with 1 slice cheese **1 PF** and served on 1 small whole-grain roll
- 1 cup roasted cauliflower and broccoli **2 V**
- 16 oz. water

Check out this video on the Leaf to see how to roast cauliflower and broccoli with no oil!

<https://leaf.nutrisystem.com/recipes/oil-free-roasted-broccoli-and-cauliflower/>

Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

Men: Day 24

Breakfast

- Nutrisystem Maple Brown Sugar Oatmeal prepared 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

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 Meatballs in Marinara Sauce with 1 slice cheese **1 PF** and served on 1 small whole-grain roll
- 1 cup roasted cauliflower and broccoli **2 V**
- 16 oz. water

Check out this video on the Leaf to see how to roast cauliflower and broccoli with no oil!

<https://leaf.nutrisystem.com/recipes/oil-free-roasted-broccoli-and-cauliflower/>

Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

Women: Day 25

Breakfast

Flex Breakfast:

- Egg sandwich made with 1 large scrambled egg **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

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

Lunch

- Nutrisystem Trail Mix Bar
- 1 cup bell pepper slices **1 V**
- 1 Tbsp. reduced-fat salad dressing for dipping **1 Extra**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Thick Crust Pizza topped with 2 oz. turkey pepperoni **1 PF**, sautéed mushrooms, green peppers and onions **FF**
- 1 cup cooked green beans **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

Men: 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 Pretzels
- 1 cup cucumber slices **1 V**
- 8 oz. water

Lunch

- Nutrisystem Trail Mix Bar
- 1 string cheese **1 PF**
- 1 cup bell pepper slices **1 V**
- 1 Tbsp. reduced-fat salad dressing for dipping **1 Extra**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Thick Crust Pizza topped with 2 oz. turkey pepperoni **1 PF**, sautéed mushrooms, green peppers and onions **FF**
- 1 cup cooked green beans **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

Women: Day 26

Breakfast

- Nutrisystem Harvest Nut Bar
- Coffee or Tea with low (<10 cal) or no-calorie creamer **1 FF**
- 8 oz. water

Morning Snack

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

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 1 cup cooked carrots **2 V**
- 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 2 oz. salmon for tomorrow's flex lunch!

Evening Snack

- Nutrisystem Popcorn
- 8 oz. water

Men: Day 26

Breakfast

- Nutrisystem Harvest Nut 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 Spicy Kung Pao Noodles
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked carrots **2 V**
- 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 Popcorn
- 8 oz. water

Women: Day 27

Breakfast

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

Morning Snack

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

Lunch

Flex Lunch:

- Large salad made with 2 oz. cooked salmon **1 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 Chili with Beans served over 1 cup riced cauliflower **2 V**
- 2 oz. ground lean beef **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

Men: Day 27

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

- Nutrisystem Zesty Snack Mix
- 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 Chili with Beans served over 1 cup riced cauliflower **2 V**
- 2 oz. ground lean beef **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

Women: Day 28

Breakfast

Flex Breakfast:

- Berry Parfait made with 1 cup berries **1 SC**, ½ cup low-fat cottage cheese **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

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

Lunch

- Nutrisystem Spinach & Cheese Pretzel Melt
- 1 cup roasted asparagus **2 V**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Chicken Alfredo
- 2 oz. grilled chicken **1 PF**
- 1 cup roasted Brussels Sprouts **2 V**
- 16 oz. water

Try our Red Onion and Roasted Brussels Sprouts recipe:
<https://leaf.nutrisystem.com/recipes/roasted-brussels-sprouts/>

Evening Snack

- Nutrisystem Chocolatey Pretzel Bar
- 8 oz. water

Men: 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 string cheese **1 PF**
- 1 cup roasted asparagus **2 V**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Chicken Alfredo
- 2 oz. grilled chicken **1 PF**
- 1 cup roasted Brussels Sprouts **2 V**
- 16 oz. water

Try our Red Onion and Roasted Brussels Sprouts recipe:
<https://leaf.nutrisystem.com/recipes/roasted-brussels-sprouts/>

Evening Snack

- Nutrisystem Chocolatey Pretzel Bar
- 8 oz. water