



# Your Sample Meal Plan

## Delicious Ideas for Your First 2 Months

If you're ready to start 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 2 months 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:

**Want to switch up our menu? 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!

**This meal plan is designed for women with 1500-1600 daily calorie goals.**

Depending on your specific daily calorie goal, you may require a different amount of **PowerFuels** or **SmartCarbs**. Check the NuMi app for guidance.

**Here's a taste of what your first 2 months on Nutrisystem might look like...**

# MONTH 1

## DAY 1

### Breakfast

- Nutrisystem Double Chocolate Muffin
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium banana **1 SC**

### Lunch

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

### Afternoon Snack

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

### Dinner

- Nutrisystem White Chicken & Bacon Ranch Pizza
- 1 cup sautéed green beans **2 V** topped with 2 Tbsp. toasted and chopped walnuts **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

## DAY 2

### Breakfast

- Nutrisystem Cinnamon Bun Bar
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium apple **1 SC**

### Lunch

- Nutrisystem Beans & Ham Soup
- 1 string cheese stick **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Hearty Inspirations™ Lemon Caper Chicken **1 NS Dinner Entrée** + **1 PF** + **1 V**
- ½ cup cooked broccoli **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

## DAY 3

### Breakfast

- Nutrisystem Granola Cereal served with 4 oz. (½ cup) fat-free milk
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium banana **1 SC**

### Lunch

- Nutrisystem Grilled Chicken Sandwich
- 2 cups salad **2 V** topped with ½ cup deshelled edamame **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Harvest Grain Bowl
  - 2 oz. cooked ground turkey **1 PF**
  - 1 cup roasted carrots **2 V**
  - 16 oz. water
- Meal Prep Tip: Prepare extra ground turkey to reheat for dinner on Day 5!*

### Evening Snack

- Nutrisystem Carrot Cake
- 8 oz. water

## DAY 4

### Breakfast

- Nutrisystem Cinnamon Roll
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium apple **1 SC**

### Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 2 oz. grilled chicken **1 PF**
- 1 cup baby carrots and 1 cup red bell pepper slices (about 1 medium bell pepper) **2 V**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Hearty Inspirations™ Merlot Beef with Root Vegetables **1 NS Dinner Entrée** + **1 PF** + **1 V**
- ½ cup cooked green beans **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

## DAY 5

### Breakfast

- Nutrisystem Apple Strudel Bar
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium banana **1 SC**

### Lunch

- Nutrisystem White Cheddar Mac & Cheese
- ½ cup cooked broccoli **1 V**
- 2 medium stalks of celery **1 V** with 1 Tbsp. peanut butter **1 PF**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Bean Bolognese
- 2 oz. cooked ground turkey **1 PF**
- 1 cup roasted aparagus **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

## DAY 6

### Breakfast

- Nutrisystem Turkey Sausage & Egg Muffin topped with 1 slice cheese **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium apple **1 SC**

### Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** topped 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 berries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Italian Sausage & Turkey Pepperoni Pizza
- 1 cup cooked broccoli and cauliflower **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

## DAY 7

### Breakfast

- Nutrisystem Chocolate Chip Baked Bar
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium banana **1 SC**

### Lunch

- Nutrisystem Four Cheese Melt
- 1 cup red bell pepper slices (about 1 medium bell pepper) **1 V**
- 2 medium stalks of celery **1 V** with 1 Tbsp. peanut butter **1 PF**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Chicken Alfredo
- 1 cup roasted carrots and broccoli **2 V** tossed with ½ cup deshelled edamame **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Caramel Bar
- 8 oz. water



## DAY 8

### Breakfast

- Nutrisystem High-protein Pancake Mix served with 1 tsp. maple syrup **1 Extra**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**

### Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 cups salad **2 V** topped with 2 oz. rotisserie chicken **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**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations™ Red Pepper Chicken and Pasta Sauté **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Popcorn
- 8 oz. water

## DAY 9

### Breakfast

- Nutrisystem Harvest Nut Bar
- 2 Tbsp. walnuts (about 6 - 7 halves) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- ½ cup reduced-fat cottage cheese **1 PF**
- 1 cup cherries **1 SC**

*Tip: Frozen cherries make a great option when cherries are not in season. Or, swap out cherries for your favorite in-season fruit!*

### Lunch

- Nutrisystem Broccoli and Cheese Melt
- 1 string cheese **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Afternoon Snack

- 1 large hard-boiled egg **1 PF**
- 2 medium mandarin oranges **1 SC**
- 8 oz. water

### Dinner

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

### Evening Snack

- Nutrisystem Lemon Zest Cake
- 8 oz. water

## DAY 10

### Breakfast

- Nutrisystem Buttermilk Waffles served with 1 tsp. maple syrup **1 Extra**
- 1 large scrambled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**

### Lunch

- Nutrisystem Chewy Trail Mix Bar
- 1 cup baby carrots **1 V**
- 2 medium stalks of celery **1 V** with 1 Tbsp. peanut butter **1 PF**
- 16 oz. water

### Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Dinner

- Nutrisystem Mediterranean Flatbread topped with 2 oz. grilled chicken **1 PF**
- 1 cup cooked broccoli
- 16 oz. water

### Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

# DAY 11

## Breakfast

- Nutrisystem Cinnamon Bun Bar
- 2 Tbsp. walnuts (about 6 - 7 halves) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

## Morning Snack

- ½ cup reduced-fat cottage cheese **1 PF**
- 1 cup cherries **1 SC**

## Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 2 oz. rotisserie chicken **1 PF**
- 1 cup cooked cauliflower **2 V**
- 16 oz. water

## Afternoon Snack

- 1 large hard-boiled egg **1 PF**
- 2 medium mandarin oranges **1 SC**
- 8 oz. water

## Dinner

- Nutrisystem Meatballs in Marinara Sauce topped with 1 slice cheese **1 PF** served with a small whole-grain roll
- 1 cup roasted asparagus **2 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

## DAY 12

### Breakfast

- Nutrisystem Honey Wheat Bagel with 1 Tbsp. reduced-fat cream cheese **1 Extra**
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**

### Lunch

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

### Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Dinner

- Nutrisystem Thick Crust Pizza topped with 2 oz. turkey pepperoni **1 PF** and ½ cup sautéed mushrooms **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Ice Cream Sandwich
- 8 oz. water

# DAY 13

## Breakfast

- Nutrisystem Apple Strudel Bar
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

## Morning Snack

- ½ cup reduced-fat cottage cheese **1 PF**
- 1 cup cherries **1 SC**

## Lunch

- Nutrisystem Chicken Mozzarella Melt
- 2 cups salad **2 V** topped with 2 Tbsp. chopped walnuts (about 6 - 7 halves) **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

## Afternoon Snack

- 1 large hard-boiled egg **1 PF**
- 2 medium mandarin oranges **1 SC**
- 8 oz. water

## Dinner

- Nutrisystem Mac and Cheese with Turkey Sausage
- 2 oz. cooked ground turkey **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

## DAY 14

### Breakfast

- Nutrisystem Nutriflakes Cereal served with 4 oz. (½ cup) fat-free milk
- 2 Tbsp. walnuts (about 6 - 7 halves) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**

### Lunch

- Nutrisystem Cheddar Broccoli Rice topped with ¼ cup shredded cheese **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations™ Manicotti and Chicken with Spinach **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

## DAY 15

### Breakfast

- Nutrisystem Honey Wheat Bagel with 1 Tbsp. reduced-fat cream cheese **1 Extra**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- ¼ cup dried cranberries **1 SC**

### Lunch

- Nutrisystem White Cheddar Mac & Cheese
- 1 cup cooked broccoli **2 V** tossed with ¼ cup Parmesan cheese **1 PF**
- 16 oz. water

### Afternoon Snack

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

### Dinner

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

### Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water



## DAY 16

### Breakfast

- Nutrisystem Double Chocolate Muffin
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**

### Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 cups salad **2 V** topped with  $\frac{1}{3}$  medium avocado **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

*Chicken salad and crackers:*

- 2 oz. grilled chicken **1 PF** with 1 tsp. mayonnaise **1 Extra** and diced onions and celery **FF**
- Whole-grain crackers (80 - 120 calories and at least 1 g fiber) **1 SC**
- 8 oz. water

*Tip: Use  $\frac{1}{2}$  cup canned chicken breast in place of grilled chicken for a quick chicken salad.*

### Dinner

- Nutrisystem Italian Sausage & Turkey Pepperoni Pizza
- 1 cup cooked broccoli **2 V** topped with  $\frac{1}{4}$  cup shredded cheese **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem Popcorn
- 8 oz. water

# DAY 17

## Breakfast

- Nutrisystem Granola Cereal served with 4 oz. (½ cup) fat-free milk
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

## Morning Snack

- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- ¼ cup dried cranberries **1 SC**

## Lunch

- Nutrisystem Steak and Cheese Melt
- 1 string cheese **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

## Afternoon Snack

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

## Dinner

- Nutrisystem Cheesy Chicken Casserole
- 2 oz. rotisserie chicken **1 PF**
- 1 cup roasted asparagus **2 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Red Velvet Cupcake
- 8 oz. water

# DAY 18

## Breakfast

- Nutrisystem Homestyle Pancakes served with 1 tsp. maple syrup **1 Extra**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

## Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

## Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** topped with 1 Tbsp. olive oil **1 PF** and a splash of red wine vinegar **FF**
- 16 oz. water

## Afternoon Snack

*Chicken salad and crackers:*

- 2 oz. grilled chicken **1 PF** with 1 tsp. mayonnaise **1 Extra** and diced onions and celery **FF**
- Whole-grain crackers (80 - 120 calories and at least 1 g fiber) **1 SC**
- 8 oz. water

## Dinner

- Nutrisystem Mac and Cheese
- 2 oz. turkey meatloaf **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Chocolate Caramel Bar
- 8 oz. water

## DAY 19

### Breakfast

- Nutrisystem Apple Strudel Bar
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- ¼ cup dried cranberries **1 SC**

### Lunch

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

### Afternoon Snack

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

### Dinner

- Nutrisystem BBQ Seasoned Chicken served with a small whole-grain roll
- 2 cups salad **2 V** topped with 1 Tbsp. olive oil **1 PF** and a splash of red wine vinegar **FF**
- 16 oz. water

### Evening Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

## DAY 20

### Breakfast

- Nutrisystem Chocolate Chip Baked Bar
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 cup berries **1 SC**

### Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 2 oz. grilled chicken **1 PF**
- 1 cup roasted red bell peppers **2 V**
- 16 oz. water

### Afternoon Snack

*Chicken salad and crackers:*

- 2 oz. grilled chicken **1 PF** with 1 tsp. mayonnaise **1 Extra** and diced onions and celery **FF**
- Whole-grain crackers (80 - 120 calories and at least 1 g fiber) **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Beef Stew
- 2 oz. lean ground beef or turkey **1 PF**
- 1 cup roasted carrots **2 V**
- 16 oz. water

*Tip: Cook extra ground beef or turkey for tomorrow night's dinner*

### Evening Snack

- Nutrisystem Strawberry Shortcake Cupcake
- 8 oz. water

## DAY 21

### Breakfast

- Nutrisystem High-protein Pancake mix served with 1 tsp. maple syrup **1 Extra**
- 1 scrambled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- ¼ cup dried cranberries **1 SC**

### Lunch

- Nutrisystem Hamburger with 1 slice cheese **1 PF**
- 1 cup baby carrots **1 V**
- 1 cup sugar snap peas **1 V**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Bean Bolognese
- 2 oz. lean ground beef or turkey **1 PF**
- 1 cup roasted broccoli **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

## DAY 22

### Breakfast

- Nutrisystem Buttermilk Waffles served with 1 tsp. maple syrup **1 Extra**
- 1 large scrambled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

### Lunch

- Nutrisystem Beans & Ham Soup
- 2 oz. grilled chicken **1 PF**
- 1 cup cucumber slices **1 V**
- 1 cup cherry tomatoes **1 V**
- 16 oz. water

### Afternoon Snack

- 1 string cheese **1 PF**
- Whole-grain crackers (80 - 120 calories with at least 1 gram fiber) **1 SC**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations™ Sesame Beef and Broccoli with Brown Rice **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

## DAY 23

### Breakfast

- Nutrisystem Granola Cereal served with 4 oz. (½ cup) fat-free milk
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 hard-boiled egg **1 PF**
- 1 medium pear **1 SC**
- 1 cup sugar snap peas **1 V**

### Lunch

- Nutrisystem Chewy Trail Mix Bar
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- 2 cups salad **2 V** served with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations™ Red Pepper Chicken and Pasta Sauté **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Popcorn
- 8 oz. water



## DAY 24

### Breakfast

- Nutrisystem Harvest Nut Bar
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

### Lunch

- Nutrisystem Southwest Fiesta Melt
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

### Afternoon Snack

- 1 string cheese **1 PF**
- 1 cup pineapple, canned in water or juice **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Chicken Parmesan
- 1 cup sautéed greens beans **2 V** topped with 2 Tbsp. chopped and toasted almonds **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

## DAY 25

### Breakfast

- Nutrisystem Double Chocolate Muffin
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 hard-boiled egg **1 PF**
- 1 medium pear **1 SC**

### Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 cups salad **2 V** topped with 2 oz. salmon **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

*Tip: Use canned salmon as a quick, no-cook salad topping*

### Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 cup berries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Thick Crust Pizza topped with 2 oz. turkey pepperoni **1 PF** and ½ cup sautéed mushrooms and bell peppers **1 V**
- ½ cup cooked cauliflower **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

## DAY 26

### Breakfast

- Nutrisystem Nutriflakes Cereal served with 4 oz. (½ cup) fat-free milk
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

### Lunch

- Nutrisystem Spinach and Cheese Pretzel Melt
- 1 string cheese **1 PF**
- 1 cup cucumber slices **1 V**
- 1 cup baby carrots **1 V**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Rotini and Meatballs topped with ¼ cup shredded Mozzarella cheese **1 PF**
- 1 cup sautéed zucchini and garlic **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Fudge Bar
- 8 oz. water

## DAY 27

### Breakfast

- Nutrisystem Homestyle Pancakes served with 1 tsp. maple syrup **1 Extra**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 hard-boiled egg **1 PF**
- 1 medium pear **1 SC**
- 1 cup baby carrots **1 V**

### Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** topped with  $\frac{1}{3}$  avocado **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations™ Grain-Crusted Pollock with Vegetables **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Caramel Bar
- 8 oz. water

## DAY 28

### Breakfast

- Nutrisystem Cinnamon Bun Bar
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

### Lunch

- Nutrisystem White Cheddar Mac & Cheese
- ½ cup canned tuna, packed in water **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 Mediterranean Flatbread
- 2 cups salad **2 V** topped with ½ cup deshelled edamame **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

# MONTH 2

## DAY 1

### Breakfast

- Nutrisystem Buttermilk Waffles served with 1 tsp. maple syrup **1 Extra**
- 2 oz. turkey bacon **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium banana **1 SC**

### Lunch

- Nutrisystem Hamburger with 1 Tbsp. ketchup **1 Extra**, lettuce and tomato slices **FF**
- 1 Nutrisystem shake **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

### Afternoon Snack

- Half a sandwich made with 2 oz. deli turkey **1 PF**, 1 slice whole-grain bread **1 SC** and 1 tsp. mustard **FF**
- 8 oz. water

### Dinner

#### *Flex Dinner:*

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

### Evening Snack

- Nutrisystem Chocolate Caramel Bar
- 8 oz. water

## DAY 2

### Breakfast

- Nutrisystem Apple Strudel Bar
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 2 mandarin oranges **1 SC**

*Tip: If mandarin oranges are not in-season, try 1 cup mandarin oranges canned in water or juice.*

### Lunch

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

### Afternoon Snack

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Chicken Parmesan
- 2 cups salad **2 V** topped with 1 Tbsp. olive oil **1 PF** and 1 Tbsp. red wine vinegar **FF**
- 16 oz. water

### Evening Snack

*Flex Snack:*

- 1 cup (8 oz.) fat-free milk **1 PF**
- ¼ cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

## DAY 3

### Breakfast

- Nutrisystem Harvest Nut Bar
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**

### Lunch

#### *Flex Lunch:*

- 1/2 Sandwich made with 2 oz. deli turkey **1 PF**, 1 slice cheese **1 PF**, 1 slice whole-grain bread **1 SC**, 1 tsp. mayonnaise **1 Extra**, lettuce and tomato slices **FF**
- 1 cup baby carrots **1 V**
- 1 cup bell pepper slices (about 1 medium bell pepper) **1 V**
- 16 oz. water

### Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1/4 cup dried cranberries **1 SC**
- 8 oz. water

### Dinner

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

### Evening Snack

- Nutrisystem Ice Cream Sandwich
- 8 oz. water



## DAY 4

### Breakfast

#### Flex Breakfast:

- Parfait made with 1 cup reduced-fat cottage cheese **2 PF** with 1 cup cherries **1 SC** and a dash of cinnamon **FF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

*Tip: Choose frozen cherries (without added sugar) when not in season, or substitute for your favorite seasonal fruit.*

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

### Lunch

- Nutrisystem Beans & Ham Soup
- 2 cups salad **2 V** topped with 1/3 avocado **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- Half a sandwich made with 2 oz. deli turkey **1 PF**, 1 slice whole-grain bread **1 SC** and 1 tsp. mustard **FF**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations™ Red Pepper Chicken and Pasta Sauté **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

### Evening Snack

#### Flex Snack:

- 1 cup (8 oz.) fat-free milk **1 PF**
- 1/4 cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

## DAY 5

### Breakfast

- Nutrisystem Honey Wheat Bagel
- 1 large scrambled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**

### Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 1 string cheese **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

### Dinner

#### *Flex Dinner:*

- 2 oz. turkey burger **1 PF** topped with 1 slice cheese and  $\frac{1}{3}$  avocado **2 PF** on 1 small whole-grain roll **1 SC**
- 1 cup roasted zucchini and peppers **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

## DAY 6

### Breakfast

- Nutrisystem Granola Cereal served with 4 oz. (½ cup) fat-free milk
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**

### Lunch

#### *Flex Lunch:*

- Pasta Salad made by tossing together 2 oz. grilled chicken **1 PF**, ⅓ avocado **1 PF**, ½ cup whole-wheat pasta **1 SC**, 1 cup chopped cherry tomatoes and cucumbers **1 V**. Add 1 Tbsp. reduced-fat salad dressing, such as Italian or Balsamic Vinaigrette **1 Extra**
- 1 cup baby carrots **1 V**
- 16 oz. water

### Afternoon Snack

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Italian Sausage & Turkey Pepperoni Pizza
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

# DAY 7

## Breakfast

### *Flex Breakfast:*

- Parfait made with 1 cup reduced-fat cottage cheese **2 PF** with 1 cup cherries **1 SC** and a dash of cinnamon **FF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

## Morning Snack

- 1 Tbsp. peanut butter
- 1 medium banana **1 SC**

## Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 1 Nutrisystem shake **1 PF**
- 2 cups salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

## Afternoon Snack

- Half a sandwich made with 2 oz. deli turkey **1 PF**, 1 slice whole-grain bread **1 SC** and 1 tsp. mustard **FF**
- 1 cup baby carrots **1 V**
- 8 oz. water

## Dinner

- Nutrisystem Hearty Inspirations™ Manicotti and Chicken with Spinach **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

## DAY 8

### Breakfast

- Nutrisystem High-protein Pancake Mix served with 1 tsp. maple syrup **1 Extra**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**

### Lunch

- Nutrisystem Steak and Cheese Melt
- 2 cups salad **2 V** topped with 2 oz. grilled chicken **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- 1 string cheese **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 8 oz. water

### Dinner

#### *Flex Dinner:*

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

*Tip: Bake some extra chicken for a side to your dinner on Day 10.*

### Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

## DAY 9

### Breakfast

- Nutrisystem Cinnamon Bun Bar
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

### Lunch

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

### Afternoon Snack

- 1 string cheese **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations™ Grain-Crusted Pollock with Vegetables **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

### Evening Snack

#### *Flex Snack:*

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

## DAY 10

### Breakfast

- Nutrisystem Cinnamon Roll
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**

### Lunch

#### *Flex Lunch:*

- Large salad made with 3 cups lettuce and other non-starchy veggies **3 V**, ½ cup canned tuna **1 PF**, ⅓ avocado **1 PF**, ½ cup white beans **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- 1 string cheese **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Harvest Grain Bowl
- 2 oz. baked chicken
- 1 cup cooked carrots **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Strawberry Shortcake Cupcake
- 8 oz. water

# DAY 11

## Breakfast

### *Flex Breakfast:*

- 2 large scrambled eggs **2 PF** with ½ cup diced tomatoes, mushrooms and onions **1 V**
- 1 slice whole-grain toast **1 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

## Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

## Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- 1 cup baby carrots **1 V**
- 1 cup sugar snap peas **1 V**
- 16 oz. water

## Afternoon Snack

- 1 string cheese **1 PF**
- 1 medium pear or 1 cup pears, canned in water or juice **1 SC**
- 8 oz. water

## Dinner

- Nutrisystem Hearty Inspirations™ Lemon Caper Chicken **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

## Evening Snack

### *Flex Snack:*

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



## DAY 12

### Breakfast

- Nutrisystem Double Chocolate Muffin
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**

### Lunch

- Nutrisystem Chicken Mozzarella Melt
- 2 oz. rotisserie chicken **1 PF**
- 1 cup cooked asparagus **2 V**
- 16 oz. water

### Afternoon Snack

- 1 string cheese **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 8 oz. water

### Dinner

#### *Flex Dinner:*

- Taco salad made with 3 cups lettuce **3 V** topped with 2 oz. cooked ground turkey with taco seasoning **1 PF**, 1/3 avocado **1 PF**, 1/4 cup shredded cheese **1 PF**, 1/2 cup black beans **1 SC**. Top with fresh salsa **FF** and 1 Tbsp. reduced-fat sour cream **1 Extra**
- 16 oz. water

### Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

## DAY 13

### Breakfast

- Nutrisystem Turkey Sausage & Egg Muffin with 1 slice cheese **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

### Lunch

#### *Flex Lunch:*

- Large salad made with 3 cups lettuce and other non-starchy veggies **3 V**, ½ cup canned tuna **1 PF**, ⅓ avocado **1 PF**, ½ cup white beans **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- 1 string cheese **1 PF**
- 1 medium pear or 1 cup pears, canned in water or juice **1 SC**
- 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

- Nutrisystem Fudge Bar
- 8 oz. water

## DAY 14

### Breakfast

#### Flex Breakfast:

- 1 serving ready-to-eat cereal (80 - 120 calories and at least 1 gram fiber) **1 SC** with 1 cup (8 oz.) fat-free milk **1 PF**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**

### Lunch

- Nutrisystem Chewy Trail Mix Bar
- 1 cup low-fat yogurt **1 PF**
- 1 cup cherry tomatoes **1 V**
- 1 cup baby carrots **1 V**
- 16 oz. water

*Tip: Mix plain, low-fat yogurt with a little lemon juice and some herbs like dill or parsley for a homemade veggie dip*

### Afternoon Snack

- 1 string cheese **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

### Dinner

- Nutrisystem Hearty Inspirations™ Sesame Beef and Broccoli with Brown Rice **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

### Evening Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

## DAY 15

### Breakfast

- Nutrisystem Chocolate Chip Baked Bar
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**

### Lunch

- Nutrisystem Grilled Chicken Sandwich
- 2 cups salad **2 V** with 1/3 avocado **1 PF** and 1 Tbsp reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- 1/2 cup cottage cheese **1 PF**
- 1 cup cherries **1 SC**
- 8 oz. water

*Tip: If cherries are not in season, try frozen options without added sugars, or substitute for your favorite in-season fruit.*

### Dinner

#### *Flex Dinner:*

- Easy Skinny Philly Cheesesteak **2 PF** **1 SC** **1 V**
- Roast 1 cup raw broccoli **1 V** tossed with 1 Tbsp. olive oil **1 PF**
- 16 oz. water

*For the Easy Skinny Philly Cheesesteak recipe, check out the Leaf at <https://leaf.nutrisystem.com/recipes/philly-cheese-steak-sandwich/>*

### Evening Snack

- Nutrisystem Carrot Cake Cupcake
- 8 oz. water

# DAY 16

## Breakfast

- Nutrisystem Homestyle Pancakes served with 1 tsp. maple syrup **1 Extra**
- 1 large scrambled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

## Morning Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup peaches, canned in water or juice **1 SC**

## Lunch

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

## Afternoon Snack

- 1 Nutrisystem Shake **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

## Dinner

- Nutrisystem Mac and Cheese
- 2 oz. pork tenderloin **1 PF**
- 1 cup sautéed green beans **2 V**
- 16 oz. water

## Evening Snack

### *Flex Snack:*

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 8 oz. water

## DAY 17

### Breakfast

- Nutrisystem Granola Cereal served with 4 oz. (½ cup) fat-free milk
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**

### Lunch

#### *Flex Lunch:*

- Half Ham and Cheese Sandwich made with 2 oz. deli ham **1 PF**, 1 slice cheese **1 PF**, 1 slice whole-grain bread **1 SC** and 1 tsp. mustard **FF**
- 2 cups salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- ½ cup cottage cheese **1 PF**
- 1 cup berries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Mediterranean Flatbread
- 2 cups raw zucchini and garlic **2 V** sautéed with 1 Tbsp. olive oil **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem Popcorn
- 8 oz. water

# DAY 18

## Breakfast

### *Flex Breakfast:*

- 1 large scrambled egg **1 PF** mixed with ½ cup sautéed spinach, tomatoes and mushrooms **1 V**
- 2 oz. turkey sausage links **1 PF**
- 1 slice whole-grain toast **1 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

## Morning Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup peaches, canned in water or juice **1 SC**

## Lunch

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

## Afternoon Snack

- 1 Nutrisystem Shake **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

## Dinner

- Nutrisystem Hearty Inspirations™ Merlot Beef with Root Vegetables **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

## Evening Snack

### *Flex Snack:*

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 8 oz. water

## DAY 19

### Breakfast

- Nutrisystem Honey Wheat Bagel served with 1 Tbsp. reduced-fat cream cheese **1 Extra**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**

### Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- ¼ cup guacamole **1 PF**
- 1 cup baby carrots **1 V**
- 1 cup bell pepper slices (about 1 medium bell pepper) **1 V**
- 16 oz. water

### Afternoon Snack

- ½ cup cottage cheese **1 PF**
- 1 cup cherries **1 SC**
- 8 oz. water

### Dinner

#### *Flex Dinner:*

- Bunless Turkey Burger: 2 oz. turkey burger **1 PF** topped with 1 slice cheese and ⅓ avocado **2 PF**
- ½ cup baked sweet potato wedges **1 SC**
- 1 cup roasted asparagus **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water



## DAY 20

### Breakfast

- Nutrisystem Apple Strudel Bar
- 2 Tbsp. walnuts (about 6 - 7 halves) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup peaches, canned in water or juice **1 SC**

### Lunch

#### *Flex Lunch:*

- Half Ham and Cheese Sandwich made with 2 oz. deli ham **1 PF**, 1 slice cheese **1 PF**, 1 slice whole-grain bread **1 SC** and 1 tsp. mustard **FF**
- 2 cups salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- 1 Nutrisystem Shake **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Chili with Beans topped with ¼ cup shredded cheese **1 PF** and 1 Tbsp. reduced-fat sour cream **1 Extra**
- 1 cup cooked broccoli and cauliflower **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Red Velvet Cupcake
- 8 oz. water

# DAY 21

## Breakfast

### *Flex Breakfast:*

- 1 Nutrisystem shake **1 PF**
- 1 cup low-fat yogurt **1 PF**
- 1 cup berries **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

## Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**

## Lunch

- Nutrisystem Four Cheese Melt
- 1 string cheese **1 PF**
- 1 cup cooked cauliflower **2 V**
- 16 oz. water

## Afternoon Snack

- ½ cup cottage cheese **1 PF**
- 1 cup pineapple, canned in water or juice **1 SC**
- 8 oz. water

## Dinner

- Nutrisystem Italian Sausage & Turkey Pepperoni Pizza
- 2 cups salad **2 V** topped with 1 Tbsp. olive oil **1 PF** and 1 Tbsp. red wine vinegar **FF**
- 16 oz. water

## Evening Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

## DAY 22

### Breakfast

- Nutrisystem Buttermilk waffles topped with 1 Tbsp. peanut butter **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium pear **1 SC**

### Lunch

- Nutrisystem Cheddar Broccoli Rice
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

### Afternoon Snack

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

### Dinner

#### *Flex Dinner:*

- No-Bake French Onion Beef Casserole **2 PF** **1 SC** **2 Extras**
- 1 cup cooked green beans **2 V** tossed with 2 Tbsp. almonds, chopped (about 12 almonds) **1 PF**
- 16 oz. water

*For the No-Bake French Onion Beef Casserole recipe, visit the Leaf at <https://leaf.nutrisystem.com/recipes/beef-french-onion-casserole/>*

### Evening Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

## DAY 23

### Breakfast

- Nutrisystem Cinnamon Bun Bar
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 2 Tbsp. pistachios (about 25 deshelled kernals) **1 PF**
- ½ cup applesauce, unsweetened **1 SC**

### Lunch

- Nutrisystem Spinach and Cheese Pretzel 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 Mediterranean Flatbread
- 2 oz. grilled salmon **1 PF**
- 1 cup roasted Brussels sprouts **2 V**
- 16 oz. water

### Evening Snack

#### *Flex Snack:*

- Chocolate Peanut Butter Freezer Fudge **1 PF** **1 Extra**
- 1 medium banana **1 SC**
- 8 oz. water

*For the Chocolate Peanut Butter Freezer Fudge recipe, visit the Leaf at <https://leaf.nutrisystem.com/recipes/chocolate-peanut-butter-fudge/>*

## DAY 24

### Breakfast

- Nutrisystem Harvest Nut Bar
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

### Lunch

#### *Flex Lunch:*

- Large Grilled Chicken Salad made with 3 cups salad **3 V**, 4 oz. grilled chicken **2 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 1 cup pears, canned in water or juice **1 SC**
- 16 oz. water

### Afternoon Snack

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

### Dinner

- Nutrisystem Meatballs in Marinara Sauce with 1 slice cheese **1 PF**, served with a small whole-grain roll
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Lemon Zest Cupcake
- 8 oz. water

## DAY 25

### Breakfast

#### Flex Breakfast:

- Superfood Veggie Omelet **2 PF** **1 V**
- 1 slice whole-grain toast **1 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

For the Superfood Veggie Omelet recipe, check out the Leaf at <https://leaf.nutrisystem.com/recipes/veggie-omelet/>

### Morning Snack

- 2 Tbsp. pistachios (about 25 deshelled kernels) **1 PF**
- ½ cup applesauce, unsweetened **1 SC**

### Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 1 Nutrisystem shake **1 PF**
- 1 cup baby carrots **1 V**
- 1 cup sugar snap peas **1 V**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Hearty Inspirations™ Red Pepper Chicken and Pasta Sauté **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

### Evening Snack

#### Flex Snack:

- Chocolate Peanut Butter Freezer Fudge **1 PF** **1 Extra**
- 1 medium banana **1 SC**
- 8 oz. water

For the Chocolate Peanut Butter Freezer Fudge recipe, visit the Leaf at <https://leaf.nutrisystem.com/recipes/chocolate-peanut-butter-fudge/>

## DAY 26

### Breakfast

- Nutrisystem Nutriflakes Cereal served with 4 oz. (½ cup) fat-free milk
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- ½ medium apple **1 SC**

### Lunch

- Nutrisystem Southwest Fiesta Melt
- 2 cups salad **2 V** with 2 oz. grilled chicken **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

### Dinner

#### *Flex Dinner:*

- 6 oz. rotisserie chicken **3 PF**
- ½ cup corn **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Flavored Pretzel
- 8 oz. water

## DAY 27

### Breakfast

- Nutrisystem Homestyle Pancakes topped with 1 Tbsp. peanut butter **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 2 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**

### Lunch

#### *Flex Lunch:*

- Half Turkey Sandwich made with 2 oz. deli turkey **1 PF**, 1 slice cheese **1 PF**, lettuce and tomato slices **FF**, 1 slice whole-grain bread **1 SC** and 1 tsp. mustard **FF**
- 1 cup red bell pepper slices (about 1 medium bell pepper) **1 V**
- 1 cup sugar snap peas **1 V**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem Chicken Pasta Parmesan topped with ¼ cup shredded Mozzarella cheese **1 PF**
- 1 cup roasted carrots **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water



# DAY 28

## Breakfast

### *Flex Breakfast:*

- Open-Faced Egg Sandwich made with 1 slice whole-grain toast **1 SC** topped with 1 large egg **1 PF**,  $\frac{1}{3}$  avocado **1 PF** and a slice of tomato **FF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

## Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

## Lunch

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

## Afternoon Snack

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- $\frac{1}{4}$  cup dried cranberries **1 SC**
- 8 oz. water

## Dinner

- Nutrisystem White Chicken & Bacon Ranch Pizza
- 2 cups salad **2 V** tossed with 1 Tbsp. olive oil **1 PF** and 1 Tbsp. red wine vinegar **FF**
- 16 oz. water

## Evening Snack

- Nutrisystem Popcorn
- 8 oz. water