



DAY 1

BREAKFAST

Nutrisystem® Double Chocolate Muffin and almonds

MORNING SNACK

Plain yogurt

LUNCH

Nutrisystem® Grilled Chicken Sandwich and mixed greens

AFTERNOON SNACK

Apple slices and peanut butter

DINNER

Flex™ Dinner: Pork tenderloin with roasted sweet potato and green beans

EVENING SNACK

Nutrisystem® Red Velvet Cupcake



DAY 2

BREAKFAST

Nutrisystem® Cherry Cheese roll and glass of low-fat milk

MORNING SNACK

Pistachios

LUNCH

Flex™ Lunch: ½ Turkey Sandwich and garden salad

AFTERNOON SNACK

Low-fat string cheese and orange slices

DINNER

Nutrisystem® Margherita Pizza and carrot sticks

EVENING SNACK

Flex™ Snack: Low-fat yogurt and strawberries



DAY 3

BREAKFAST

Flex™ Breakfast: 2 scrambled eggs and slice of whole grain toast

MORNING SNACK

Plain Greek yogurt

LUNCH

Nutrisystem® Hamburger and celery sticks

AFTERNOON SNACK

Plain low-fat yogurt and blueberries

DINNER

Nutrisystem® BBQ Seasoned Chicken (with roll) and mashed cauliflower

EVENING SNACK

Nutrisystem® Ice Cream Sandwich



DAY 4

BREAKFAST

Nutrisystem® Canadian Bacon and Egg Muffin and cottage cheese

MORNING SNACK

Cashews

LUNCH

Nutrisystem® Four Cheese Melt and cucumber slices

AFTERNOON SNACK

Hard boiled egg and grapes

DINNER

Nutrisystem® Creamy Chicken Broccoli Pasta with sautéed veggies

EVENING SNACK

Flex™ Snack: Edamame, hummus and carrot sticks



DAY 5

BREAKFAST

Nutrisystem® Turkey Ham and Cheese Omelet with serving of fruit and plain Greek yogurt

MORNING SNACK

Almonds

LUNCH

Flex™ Lunch: Grilled salmon with brown rice and broccoli

AFTERNOON SNACK

Low-fat cheese and grapefruit

DINNER

Nutrisystem® Four Cheese Manicotti and sautéed spinach

EVENING SNACK

Nutrisystem® White Cheddar Popcorn



DAY 6

BREAKFAST

Flex™ Breakfast: Yogurt Parfait with plain low-fat yogurt, fruit and almonds

MORNING SNACK

String cheese

LUNCH

Nutrisystem® BBQ Chicken Melt and bell pepper slices

AFTERNOON SNACK

Dried cranberries and mixed nuts

DINNER

Nutrisystem® Bean Bolognese and mixed greens

EVENING SNACK

Nutrisystem® Lemon Zest Cake



DAY 7

BREAKFAST

Nutrisystem® Homestyle Pancakes with latte made with 8oz low-fat milk

MORNING SNACK

Almond butter and celery sticks

LUNCH

Nutrisystem® White Cheddar Mac & Cheese and sugar snap peas

AFTERNOON SNACK

Low-fat cheese and whole grain crackers

DINNER

Flex™ Dinner: Turkey meatloaf with corn and roasted cauliflower and broccoli

EVENING SNACK

Nutrisystem® Chocolate Chip Cookies