

Nutrisystem



2012 Women's Success Sample Menu

# DAY

## BREAKFAST

### Nutrisystem Entrée:

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

### Protein Drink:

Creamy Chocolate Shake

## MORNING SNACK

### PowerFuel:

1 cup light yogurt

## LUNCH

### Nutrisystem Entrée:

Nutrisystem Beans and Ham Soup

### PowerFuel:

¼ cup shredded light (reduced sodium) cheese

### Vegetable:

1 cup or more mixed salad greens

### Vegetable:

1 cup or more sliced cucumbers

### 2 Extras:

2 Tbsp. fat free salad dressing\*

#### TIP:

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

## AFTERNOON SNACK

### SmartCarb:

1 medium banana

## DINNER

### Nutrisystem Entrée:

Nutrisystem Thick Crust Pizza

### SmartCarb:

1 cup grapes

### Vegetable:

½ cup or more sautéed mushrooms

### Vegetable:

½ cup cooked spinach

#### TIP:

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

## DESSERT

### Nutrisystem Entrée:

Nutrisystem White Chocolate Chunk Cookie

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

# DAY 2

## BREAKFAST

### Nutrisystem Entrée:

Nutrisystem Apple  
Strudel Bar

### Protein Drink:

Refreshing Coffee Shake

## MORNING SNACK

### PowerFuel:

1 cup fat free milk

## LUNCH

### Nutrisystem Entrée:

Nutrisystem  
Chicken Salad  
(with whole grain pita)

### PowerFuel:

1 oz. light string cheese\*

### Vegetable:

1 cup or more  
chopped tomato

### Vegetable:

1 cup or more crunchy  
shredded lettuce

## AFTERNOON SNACK

### SmartCarb:

1 medium orange

## DINNER

### Nutrisystem Entrée:

Nutrisystem Wedged  
Potatoes with Beef Strips

### SmartCarb:

Small whole grain roll

### Vegetable:

½ cup sautéed  
sugar snap peas

### Vegetable:

½ cup canned  
water chestnuts

### 1 Extra:

1 tsp. sesame oil

#### TIP:

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

## DESSERT

### Nutrisystem Entrée:

Nutrisystem Carrot Cake

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

# DAY 3

## BREAKFAST

### Nutrisystem Entrée:

Nutrisystem Apple  
Cinnamon Oatmeal

### Protein Drink:

Smooth Vanilla Shake

## MORNING SNACK

### PowerFuel:

1 hard boiled egg

### Vegetable:

½ cup low sodium  
vegetable juice

## LUNCH

### Nutrisystem Entrée:

Nutrisystem Double  
Chocolate Caramel Bar

### PowerFuel:

1 Tbsp. of peanut butter

### Vegetable:

1 cup or more  
celery sticks

#### TIP:

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

## AFTERNOON SNACK

### SmartCarb:

1 cup strawberries

### 1 Extra:

1 Tbsp. fat-free  
whipped topping

## DINNER

### Nutrisystem Entrée:

Nutrisystem Spaghetti  
with Meat Sauce

### SmartCarb:

1 small whole grain roll

### Vegetable:

½ cup or more  
sautéed zucchini

### Vegetable:

½ cup sautéed onion

### 1 Extra:

1 tsp. olive oil

#### TIP:

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

## DESSERT

### Nutrisystem Entrée:

Nutrisystem Cheese Puffs

# DAY 4

## BREAKFAST

### Nutrisystem Entrée:

Nutrisystem  
Banana Nut Muffin

### PowerFuel:

1 cup scrambled  
egg whites

#### TIP:

While we've recommended including your protein drink as part of a convenient, power-packed breakfast, you can swap it with one of your PowerFuel servings whenever it's most convenient, as in this sample day.

## MORNING SNACK

### Protein Drink:

Sweet Strawberry Shake

## LUNCH

### Nutrisystem Entrée:

Nutrisystem Three Cheese  
Pasta with Chicken

### PowerFuel:

¼ cup shredded light  
mozzarella cheese

### Vegetable:

1 cup or more  
chopped cucumbers

### Vegetable:

1 cup chopped tomatoes  
and onions

### 2 Extras:

2 Tbsp. fat free Italian  
salad dressing\*

#### TIP:

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

## AFTERNOON SNACK

### SmartCarb:

¼ cup raisins

## DINNER

### Nutrisystem Entrée:

Nutrisystem  
Vegetarian Chili

### SmartCarb:

½ cup corn

### Vegetable:

½ cup sautéed onions  
and peppers

### Vegetable:

½ cup low sodium  
canned tomatoes

#### TIP:

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

## DESSERT

### Nutrisystem Entrée:

Nutrisystem  
Peanut Butter Cookie

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

# DAY 5

## BREAKFAST

### Nutrisystem Entrée:

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

### Protein Drink:

Creamy Chocolate Shake

## MORNING SNACK

### PowerFuel:

2 Tbsp. almonds

## LUNCH

### Nutrisystem Entrée:

Nutrisystem Noodles with  
Chicken and Vegetables

### PowerFuel:

¼ cup shredded  
Parmesan cheese\*

### Vegetable:

1 thick slice or more  
broiled eggplant

### Vegetable:

1 thick slice or more  
broiled eggplant

#### TIP:

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

## AFTERNOON SNACK

### SmartCarb:

1 cup pineapple chunks

## DINNER

### Nutrisystem Entrée:

Nutrisystem Sloppy Joe

### SmartCarb:

½ cup baked beans

### Vegetable:

½ cup or more cooked  
collard greens

### Vegetable:

½ cup or more  
cooked carrots

#### TIP:

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

## DESSERT

### Nutrisystem Entrée:

Nutrisystem  
Fudge Brownie

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

# DAY 6

## BREAKFAST

### Nutrisystem Entrée:

Nutrisystem Pancakes

### Protein Drink:

Smooth Vanilla Shake

## MORNING SNACK

### PowerFuel:

1 string cheese

### Vegetable:

1 cup grape tomatoes

## LUNCH

### Nutrisystem Entrée:

Nutrisystem  
Fettuccini Alfredo

### PowerFuel:

3 oz. cooked shrimp

### Vegetable:

½ cup or more  
steamed broccoli

### Vegetable:

½ cup or more  
steamed cauliflower

#### TIP:

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

## AFTERNOON SNACK

### SmartCarb:

Whole grain crackers

### 1 Extra:

1 Tbsp. fat free  
cream cheese\*

## DINNER

### Nutrisystem Entrée:

Nutrisystem  
Chicken Pasta Parmesan

### SmartCarb:

1 slice wheat bread

### Vegetable:

1 cup salad greens

### 2 Extras:

2 Tbsp. fat free  
salad dressing\*

#### TIP:

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

## DESSERT

### Nutrisystem Entrée:

Nutrisystem Chocolatey  
Nougat Bar with Peanuts  
and Caramel

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

# DAY 7

## BREAKFAST

### Nutrisystem Entrée:

Nutrisystem Scrambled Eggs with Vegetables

### Protein Drink:

Refreshing Coffee Shake

## MORNING SNACK

### PowerFuel:

2 Tbsp. nuts

### Extra:

2 cups air-popped popcorn

#### TIP:

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

## LUNCH

### Nutrisystem Entrée:

Nutrisystem Mexican-Style Tortilla Soup

### PowerFuel:

¼ cup shredded light, reduced sodium Mexican blend cheese\*

### Vegetable:

1 cup or more chopped lettuce

### 1 Extra:

1 Tbsp. salsa

## AFTERNOON SNACK

### SmartCarb:

½ cup hummus

### Vegetable:

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

## DINNER

### Nutrisystem Entrée:

Nutrisystem Flame Broiled Beef Patty

### SmartCarb:

1 medium apple, thinly sliced

### Vegetable:

1 cup shredded cabbage

### Vegetable:

1 cup thinly sliced carrots

### 2 Extras:

2 Tbsp. reduced fat mayonnaise

#### TIP:

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

## DESSERT

### Nutrisystem Entrée:

Nutrisystem Walnut Chocolate Chip Cookies

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