

Nutrisystem[®] FOR MEN

2500–2599 CALORIES

Sample Daily 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.

Stick to these guidelines:

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

Days 8+: Follow personalized plan as outlined.

The **Uniquely Yours Max+** plan with **"Most Days Covered"** delivers enough Nutrisystem breakfasts, lunches, dinners and snacks to fuel your weight loss **5 days a week**. However, we recommend spreading your Nutrisystem meals throughout each week, and rounding out each week with your own healthy meals.

Food Categories



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

*Week 1 is around 1,000 calories per day.

DAY 1

Breakfast

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

Morning Snack

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

Lunch

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

Afternoon Snack

- Nutrisystem Chocolate Chunk Cookie
- 16 oz. water

Dinner

- Nutrisystem Mediterranean Flatbread
- 2 cups salad served with low (< 10 calories) or no-calorie salad dressing **2V 1FF**
- 16 oz. water

DAY 2

Breakfast

- Nutrisystem Granola Cereal with 4 oz. fat-free milk
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 16 oz. water

Morning Snack

- Nutrisystem Shake

Lunch

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

Afternoon Snack

- Nutrisystem Popcorn
- 16 oz. water

Dinner

- Nutrisystem Chili with Beans
- 1 cup cooked broccoli **2V**
- 16 oz. water

DAY 3

Breakfast

- Nutrisystem Cinnamon Roll
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 16 oz. water

Morning Snack

- Nutrisystem Shake

Lunch

- Nutrisystem Pepperoni Pizza Melt
- 2 cups salad served with low (< 10 calories) or no-calorie salad dressing **2V** **1FF**
- 16 oz. water

Afternoon Snack

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

Dinner

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

DAY 4

Breakfast

- Nutrisystem Harvest Nut Oat Bar
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 16 oz. water

Morning Snack

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

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 1 cup roasted broccoli & red bell peppers **2V**
- 16 oz. water

Afternoon Snack

- Nutrisystem Carrot Cake Cupcake
- 16 oz. water

Dinner

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

DAY 5

Breakfast

- Nutrisystem Apple Strudel Bar
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 16 oz. water

Morning Snack

- Nutrisystem Shake
- 1 cup cucumber slices **1V**

Lunch

- Nutrisystem Southwest Fiesta Melt
- 1 cup baby carrots **1V**
- 16 oz. water

Afternoon Snack

- Nutrisystem Chocolate Caramel Bar
- 16 oz. water

Dinner

- Nutrisystem BBQ Seasoned Chicken served with 1 small whole grain roll
- 2 cups salad served with low (< 10 calories) or no-calorie salad dressing **2V 1FF**
- 16 oz. water

DAY 6

Breakfast

- Nutrisystem Turkey Sausage & Egg Muffin
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 16 oz. water

Morning Snack

- Nutrisystem Shake

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 cups salad served with low (< 10 calories) or no-calorie salad dressing **2V** **1FF**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Cheesy Chicken Casserole
- 1 cup cooked carrots **2V**
- 16 oz. water

DAY 7

Breakfast

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

Morning Snack

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

Lunch

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

Afternoon Snack

- Nutrisystem Chocolate Cupcake
- 16 oz. water

Dinner

- Nutrisystem Chicken Pasta Parmesan
- 1 cup sautéed zucchini with garlic **2V**
- 16 oz. water

DAY 8

Breakfast

- Nutrisystem Double Chocolate Muffin
- 1 cup low-fat milk **1 PF**
- 2 Tbsp. peanut butter **2 PF**
- 1 cup Fruit Salad made with slices of apples, oranges, and bananas **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

Flex Snack:

- 2 Tbsp. peanut butter **2 PF**
- 1 medium banana **1 SC**
- 8 oz. water

Lunch

- Nutrisystem Steak & Cheese Melt
- 2 cups salad **2 V** served with 1 Tbsp. reduced fat salad dressing **1 Ex**, 1 cup shelled edamame **2 PF** and ¼ cup raisins **1 SC**
- 1 medium apple **1 SC**
- 16 oz. water

Afternoon Snack

- Turkey & cheese sandwich made with 2 slices whole grain bread **2 SC**, 2 oz. turkey deli meat **1 PF**, and 1 slice low-fat cheese **1 PF** with lettuce and tomato **FF**
- 8 oz. water

Dinner

Flex Dinner:

- Turkey Burger made with 4 oz. turkey burger **2 PF** with 1 slice cheese **1 PF** on a small whole grain roll **1 SC** topped with 1 tsp. mustard, lettuce and tomato slices **FF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Milk Chocolate Flavored Pretzels
- 1 cup low-fat yogurt **1 PF**
- 8 oz. water

DAY 9

Breakfast

- Nutrisystem High Protein Pancake Mix served with 2 tsp. maple syrup **2 Ex**
- 4 slices turkey bacon **1 PF**
- 2 boiled eggs **2 PF**
- 1 cup Fruit Salad made with slices of apples, oranges, and bananas **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Cheese Puffs
- 2 Tbsp. cashews **1 PF**
- 8 oz. water

Lunch

- Nutrisystem Beans & Ham Soup served with ¼ cup whole grain crackers **1 SC**
- 2 string cheese **2 PF**
- 1 small whole-grain roll **1 SC**
- 1 cup cooked carrots **2 V**
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt **1 PF** and 1 Tbsp. almond butter **1 PF**
- 2 cups sliced strawberries and bananas **2 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations Bourbon-Style Chicken
- 16 oz. water

Evening Snack

Flex Snack:

- 2 Tbsp. peanut butter **2 PF**
- 1 medium apple **1 SC**
- 8 oz. water

DAY 10

Breakfast

- Nutrisystem Canadian Style Turkey Bacon, Egg & Cheese Muffin
- 1 cup low-fat yogurt **1 PF**, 1 cup berries **1 SC** and ¼ cup almonds **2 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Zesty Snack Mix
- 1 string cheese **1 PF**
- 8 oz. water

Lunch

Flex Lunch:

- Grilled Chicken Salad: Toss together, 8 oz. grilled chicken **4 PF** and 2 cups lettuce & non-starchy vegetables such as cucumbers, bell peppers, cherry tomatoes **2 V**, ¼ cup raisins **1 SC** and 1 Tbsp. reduced fat Balsamic dressing **1 Ex**; serve with 1 toasted whole grain slim bagel **1 SC**
- 16 oz. water

Afternoon Snack

- Turkey & cheese sandwich made with 2 slices whole grain bread **2 SC**, 2 oz. turkey deli meat **1 PF**, and 1 slice low-fat cheese **1 PF** with lettuce and tomato **FF**
- 8 oz. water

Dinner

- Nutrisystem Meatballs in Marinara with ¼ cup parmesan cheese **1 PF**
- Serve with 1 small whole grain roll
- 1 cup roasted asparagus **2 V** with a spritz of lemon juice **FF**
- 16 oz. water

Leaf Video for Roasted Asparagus -

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

Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 1 cup fat-free milk **1 PF**
- 8 oz. water

DAY 11

Breakfast

Flex Breakfast:

- Egg sandwich with 2 large eggs **2 PF**, ¼ cup low-fat shredded cheese **1 PF**, ½ cup sautéed spinach, mushrooms, and tomatoes **1 V** on 2 slices whole wheat toast **2 SC** with ½ Tbsp. margarine **1 Ex**
- 4 slices turkey bacon **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Peanut Butter Cookie
- ½ cup fat-free cottage cheese **1 PF** with a sprinkle of cinnamon
- 8 oz. water

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 6 oz. cooked shrimp **2 PF**
- ½ cup cooked asparagus **1 V**
- 2 cups grapes **2 SC**
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt **1 PF** and 1 Tbsp. almond butter **1 PF**
- 2 cups sliced strawberries and bananas **2 SC**
- 8 oz. water

Dinner

- Nutrisystem Supreme Pasta Bowl
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Evening Snack

Flex Snack:

- 2 Tbsp. peanut butter **2 PF**
- 1 medium apple **1 SC**
- 8 oz. water

DAY 12

Breakfast

- Nutrisystem Buttermilk Waffles with 2 tsp. maple syrup **2 Ex** and ¼ cup chopped walnuts **2 PF**
- 1 cup fat-free yogurt **1 PF** and 1 cup pineapple chunks **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

Flex Snack:

- 2 Tbsp. peanut butter **2 PF**
- 1 medium banana **1 SC**
- 8 oz. water

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** with 2 sliced boiled eggs **2 PF**, ¼ cup raisins **1 SC**, and 1 Tbsp. reduced fat salad dressing **1 Ex**
- ¼ cup whole grain crackers **1 SC**
- 16 oz. water

Afternoon Snack

- Turkey & cheese sandwich made with 2 slices whole grain bread **2 SC**, 2 oz. turkey deli meat **1 PF**, and 1 slice low-fat cheese **1 PF** with lettuce and tomato **FF**
- 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 Vanilla Ice Cream Sandwich
- 2 Tbsp. almonds **1 PF**
- 8 oz. water

DAY 13

Breakfast

- Nutrisystem Honey Wheat Bagel with 2 Tbsp. peanut butter **2 PF**, 1 sliced banana **1 SC** and a sprinkle of cinnamon **FF** on top
- 1 cup fat-free milk **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Chocolate Chip Cookies
- 1 cup fat-free milk **1 PF**
- 8 oz. water

Lunch

Flex Lunch:

- Turkey & Cheese Bagel Sandwich made with 4 oz. turkey deli meat **2 PF** and 2 slices cheese **2 PF** on a whole grain thin bagel **1 SC** with lettuce and tomato slices **FF**
- 2 cups salad **2 V** with ¼ cup raisins **1 SC** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt **1 PF** and 1 Tbsp. almond butter **1 PF**
- 2 cups sliced strawberries and bananas **2 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations Chicken Pot Sticker Stir-Fry
- 16 oz. water

Evening Snack

- Nutrisystem Cheese Puffs
- 2 Tbsp. cashews **1 PF**
- 8 oz. water

DAY 14

Breakfast

Flex Breakfast:

- Berry Parfait made with 1 cup low-fat yogurt (1 PF), ¼ cup almonds (2 PF), 1 cup berries (1 SC) and ¼ cup low-fat granola (1 SC)
- 1 hard-boiled egg (1 PF)
- Coffee or Tea with low (< 10 calories) or no-calorie creamer (FF)
- 8 oz. water

Morning Snack

- Nutrisystem Popcorn
- 1 Tbsp. peanut butter (1 PF)
- 8 oz. water

Lunch

- Nutrisystem Chewy Trail Mix Bar
- 6 oz. cooked shrimp (2 PF)
- 1 cup red and orange bell pepper slices (1 V)
- 1 cup cucumber slices (1 V)
- ¼ cup whole grain crackers (1 SC)
- ¼ cup hummus (1 SC)
- 16 oz. water

Afternoon Snack

- Turkey & cheese sandwich made with 2 slices whole grain bread (2 SC), 2 oz. turkey deli meat (1 PF), and 1 slice low-fat cheese (1 PF) with lettuce and tomato (FF)
- 8 oz. water

Dinner

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

Evening Snack

- Nutrisystem Chocolate Caramel Bar
- 1 cup low-fat yogurt (1 PF)
- 8 oz. water

DAY 15

Breakfast

- Nutrisystem Homestyle Pancakes served with 2 tsp. maple syrup (2 Ex), 1 sliced banana (1 SC) and ¼ cup walnuts (2 PF) on top
- 4 slices reduced sodium turkey bacon (1 PF)
- Coffee or Tea with low (< 10 calories) or no-calorie creamer (FF)
- 8 oz. water

Morning Snack

Flex Snack - Homemade Trail Mix:

- ¼ cup walnuts (2 PF)
- ¼ cup dried cranberries (1 SC)
- 1 cup air-popped popcorn (1 Ex)
- 8 oz. water

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 string cheese (2 PF)
- ¼ cup raisins (1 SC)
- 1 medium apple (1 SC)
- 1 cup baby carrots (1 V)
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt (1 PF)
- 2 Tbsp. cashews (1 PF)
- 2 cups grapes (2 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 shelled edamame (1 PF) and 1 Tbsp. reduced fat salad dressing (1 Ex)
- 16 oz. water

Leaf Recipe for Marinated Grilled Chicken Thighs

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

Evening Snack

- Nutrisystem White Cheddar Popcorn
- 2 Tbsp. almonds (1 PF)
- 1 cup cherry tomatoes (1 V)
- 8 oz. water

DAY 16

Breakfast

- Nutrisystem Cinnamon Bun Bar
- 1 whole grain thin bagel **1 SC** with 2 Tbsp. peanut butter **2 PF**
- 1 cup fat-free milk **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Chocolatey Pretzel Bar
- 1 string cheese **1 PF**
- 8 oz. water

Lunch

- Nutrisystem Broccoli and Cheese Melt
- Salad made with 2 cups of lettuce **2 V**, 4 oz. chicken **2 PF**, ½ cup corn **1 SC** and 1 cup chopped apple **1 SC** with 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

Afternoon Snack

Homemade Trail Mix:

- 2 Tbsp. walnuts **1 PF**
- 2 Tbsp. almonds **1 PF**
- ½ cup dried cranberries **2 SC**
- 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations Sesame Beef & Broccoli
- 16 oz. water

Evening Snack

Flex Snack:

- 2 oz. cheddar cheese (1 oz. = about size of 4 dice) **2 PF**
- 1 cup strawberries **1 SC**
- 1 cup cucumber slices **1 V**
- 8 oz. water

DAY 17

Breakfast

- Nutrisystem Harvest Nut Oat Bar
- 1 cup low-fat yogurt **1 PF**, ¼ cup cashews **2 PF** & 1 cup pineapple chunks **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Pretzels
- 2 Tbsp. cashews **1 PF**
- 1 cup sliced peppers **1 V**
- 8 oz. water

Lunch

Flex Lunch:

- 1 serving Easy Spicy Tuna Salad **1 PF** **2 Ex**
- see link to recipe below.
- 1 oz. cheddar cheese **1 PF**
- 1 small whole grain roll **1 SC**
- 1 cup shelled edamame **2 PF**
- 1 cup baby carrots **1 V**
- 1 cup grapes **1 SC**
- 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**
- 2 Tbsp. cashews **1 PF**
- 2 cups grapes **2 SC**
- 8 oz. water

Dinner

- Nutrisystem Supreme Pasta Bowl
- 2 oz. grilled chicken **1 PF**
- 1 cup sautéed zucchini & garlic **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 1 cup fat-free milk **1 PF**
- 8 oz. water

DAY 18

Breakfast

Flex Breakfast:

- Berry Parfait made with 1 cup berries **1 SC**, 1 cup low-fat cottage cheese **2 PF**, ¼ cup low-fat granola **1 SC**, ¼ cup cashews **2 PF**, and dash of cinnamon **FF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem White Cheddar Popcorn
- 1 cup low-fat yogurt **1 PF**
- 8 oz. water

Lunch

- Nutrisystem Grilled Chicken Sandwich served with 2 oz. cheddar cheese **2 PF**, lettuce and tomato slices **FF**
- 2 cups salad **2 V** with ¼ cup chickpeas **1 SC**, ¼ cup dried cranberries **1 SC** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

Afternoon Snack

Homemade Trail Mix:

- 2 Tbsp. walnuts **1 PF**
- 2 Tbsp. almonds **1 PF**
- ½ cup dried cranberries **2 SC**
- 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations Manicotti & Chicken with Spinach
- 16 oz. water

Evening Snack

Flex Snack:

- 2 oz. cheddar cheese (1 oz. = about size of 4 dice) **2 PF**
- 1 cup strawberries **1 SC**
- 1 cup cucumber slices **1 V**
- 8 oz. water

DAY 19

Breakfast

- Nutrisystem NutriFlakes Cereal with 4 oz. fat-free milk, 1 medium sliced banana **1 SC**, and 2 Tbsp. cashews **1 PF** sprinkled on top
- 2 hard-boiled eggs **2 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

Flex Snack – Homemade Trail Mix:

- ¼ cup walnuts **2 PF**
- ¼ cup dried cranberries **1 SC**
- 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

Lunch

- Nutrisystem Cheddar Broccoli Rice
- 4 oz. grilled chicken **2 PF**
- 1 small whole grain roll **1 SC**
- 1 cup cooked broccoli **2 V** and ½ cup corn **1 SC**
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 2 Tbsp. cashews **1 PF**
- 2 cups grapes **2 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 Fudge Bar
- 1 string cheese **1 PF**
- 8 oz. water

DAY 20

Breakfast

- Nutrisystem High Protein Pancake Mix served with 2 tsp. maple syrup **2 Ex** and 2 Tbsp. almond butter **2 PF**
- 1 cup berries **1 SC**
- 4 slices reduced fat turkey bacon **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Zesty Snack Mix
- 1 string cheese **1 PF**
- 8 oz. water

Lunch

Flex Lunch:

- Turkey & Cheese Bagel Sandwich made with 4 oz. turkey deli meat **2 PF** and 2 slices cheese **2 PF** on a whole grain thin bagel **1 SC** with lettuce and tomato slices **FF**
- 1 cup sugar snap peas **1 V**
- 1 cup red bell pepper slices **1 V**
- ¼ cup hummus **1 SC**
- 16 oz. water

Afternoon Snack

Homemade Trail Mix:

- 2 Tbsp. walnuts **1 PF**
- 2 Tbsp. almonds **1 PF**
- ½ cup dried cranberries **2 SC**
- 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

Dinner

- Nutrisystem Chicken Bacon Ranch Pizza
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Popcorn
- 2 Tbsp. almonds **1 PF**
- 8 oz. water

DAY 21

Breakfast

Flex Breakfast:

- Berry Parfait made with 1 cup berries **1 SC** and 1 cup low-fat cottage cheese **2 PF**, ¼ cup low-fat granola **1 SC**, ¼ cup cashews **2 PF** and dash of cinnamon **FF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Oatmeal Raisin Cookie
- 1 cup low-fat yogurt **1 PF**
- 1 cup baby carrots **1 V**
- 8 oz. water

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** with ½ cup shelled edamame **1 PF**, 2 oz. chicken **1 PF**, ¼ cup dried cranberries **1 SC**, and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 1 medium apple **1 SC**
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 2 Tbsp. cashews **1 PF**
- 2 cups grapes **2 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations Bourbon-Style Chicken
- 16 oz. water

Evening Snack

- Nutrisystem Strawberry Shortcake Cupcake
- 1 cup fat-free milk **1 PF**
- 8 oz. water

DAY 22

Breakfast

- Nutrisystem Apple Strudel Bar
- ¼ cup almonds **2 PF**
- 1 cup Fruit Salad made with slices of apples, oranges, and bananas **1 SC**
- 1 cup fat-free milk **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

Flex Snack – Homemade Trail Mix:

- ¼ cup walnuts **2 PF**
- ¼ cup dried cranberries **1 SC**
- 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

Lunch

- Nutrisystem White Cheddar Mac & Cheese with
- 4 oz. chicken **2 PF**
- 1 whole grain roll **1 SC**
- 1 cup cooked broccoli **2 V**
- 1 medium orange **1 SC**
- 16 oz. water

Afternoon Snack

- 1 whole grain thin bagel **1 SC** with 2 Tbsp. peanut butter **2 PF**
- 1 medium pear **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** topped with 1 Tbsp. peanut butter **1 PF**
- 16 oz. water

Leaf Recipe for Superfood Veggie Omelet

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

Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 1 string cheese **1 PF**
- 1 cup sliced cucumbers **1 V**
- 8 oz. water

DAY 23

Breakfast

- Nutrisystem Buttermilk Waffles served with 1 cup berries **1 SC**, 2 Tbsp. almonds **1 PF** and 2 tsp. maple syrup **2 Ex**
- 4 slices turkey bacon **1 PF**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Chocolatey Pretzel Bar
- 1 string cheese **1 PF**
- 8 oz. water

Lunch

- Nutrisystem Chewy Trail Mix Bar
- 2 Tbsp. peanut butter **2 PF**
- 1 cup red bell pepper slices **1 V**
- 1 cup cucumber slices **1 V**
- ½ cup hummus **2 SC**
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt **1 PF**, 2 Tbsp. walnuts **1 PF** and 2 cups cherries **2 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations Grain-Crusted Pollock with Vegetables
- ½ cup cooked carrots **1 V**
- 16 oz. water

Evening Snack

Flex Snack:

- 2 oz. cheddar cheese (1 oz. = about size of 4 dice) **2 PF**
- 1 medium pear **1 SC**
- 8 oz. water

DAY 24

Breakfast

- Nutrisystem NutriFlakes Cereal served with 4 oz. fat-free milk, 1 sliced banana **1 SC**, and ¼ cup cashews **2 PF**
- 1 boiled egg **1 PF**
- Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Pretzels
- 2 Tbsp. cashews **1 PF**
- 1 cup cherry tomatoes **1 V**
- 8 oz. water

Lunch

Flex Lunch:

- 8 oz. Rotisserie chicken **4 PF**
- 1 cup baked potato **2 SC** with ½ Tbsp. low-calorie buttery spread (such as Benecol Light) **1 Ex**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon Snack

- 1 whole grain thin bagel **1 SC** with 2 Tbsp. peanut butter **2 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations Red Pepper Chicken and Pasta Sauté
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Cupcake
- 1 cup fat-free milk **1 PF**
- 8 oz. water

DAY 25

Breakfast

Flex Breakfast:

- Egg sandwich made with 2 large eggs **2 PF**, 1 slice low-fat cheese **1 PF** and 1 whole-grain thin bagel **1 SC**
- 1 medium banana **1 SC**
- 1 cup low-fat yogurt **1 PF**

Optional: Scramble egg or top sandwich with veggies of your choice for a heartier sandwich

- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem White Cheddar Popcorn
- 2 Tbsp. almonds **1 PF**
- 8 oz. water

Lunch

- Nutrisystem Hamburger served with 2 slices low-fat cheese **2 PF**, 1 Tbsp. ketchup **1 Ex** and 1 tsp. mustard **FF**
- 2 cups salad **2 V** with ¼ cup dried cranberries **1 SC** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 1 medium orange **1 SC**
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt **1 PF**, 2 Tbsp. walnuts **1 PF** and 2 cups berries **2 SC**
- 8 oz. water

Dinner

- Nutrisystem Harvest Grain Bowl
- 2 oz. cooked lean ground turkey **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

Evening Snack

Flex Snack:

- 2 oz. cheddar cheese (1 oz. = about size of 4 dice) **2 PF**
- 1 medium pear **1 SC**
- 8 oz. water

DAY 26

Breakfast

- Nutrisystem Homestyle Pancakes served with 2 tsp. maple syrup **2 Ex**, 1 cup cherries **1 SC**, and ¼ cup chopped almonds **2 PF**
- 4 slices reduced sodium turkey bacon **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

Flex Snack – Homemade Trail Mix:

- ¼ cup walnuts **2 PF**
- ¼ cup dried cranberries **1 SC**
- 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

Lunch

- Nutrisystem Beans & Ham Soup with ¼ cup whole grain crackers **1 SC**
- 4 oz. grilled chicken **2 PF**
- ½ cup corn **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Afternoon Snack

- 1 whole grain thin bagel **1 SC** with 2 Tbsp. peanut butter **2 PF**
- 1 medium banana **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 6 oz. salmon for tomorrow's flex lunch!

Evening Snack

- Nutrisystem Lemon Zest Cake
- 2 Tbsp. almonds **1 PF**
- 8 oz. water

DAY 27

Breakfast

- Nutrisystem Granola Cereal served with 4 oz. fat-free milk and 2 Tbsp. cashews **1 PF**
- 2 hard-boiled eggs **2 PF**
- 1 medium orange **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Zesty Snack Mix
- 1 cup low-fat yogurt **1 PF**
- 8 oz. water

Lunch

Flex Lunch:

- Large salad made with 6 oz. cooked salmon **3 PF** on top of 2 cups salad mix and non-starchy veggies of your choice (ex. cherry tomatoes, cucumbers, carrots) **2 V**, ¼ cup low-fat shredded cheese **1 PF**, and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 1 small whole grain roll **1 SC**
- 1 cup grapes **1 SC**
- 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**, 2 Tbsp. walnuts **1 PF** and 2 cups cherries **2 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Beef Stew
- 1 cup cooked carrots **2 V** tossed with ½ cup shelled, cooked edamame **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 1 Tbsp. peanut butter **1 PF**
- 8 oz. water

DAY 28

Breakfast

Flex Breakfast:

- Berry Parfait made with 1 cup cherries **1 SC**, 1 cup low-fat yogurt **1 PF** ¼ cup low-fat granola **1 SC**, and 2 Tbsp. almonds **1 PF**
- 4 slices turkey bacon **1 PF**
- 1 boiled egg **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Shortbread Cookies
- 1 string cheese **1 PF**
- 8 oz. water

Lunch

- Nutrisystem Spinach and Cheese Pretzel Melt
- 1 cup cooked broccoli **2 V** with 2 oz. cheddar cheese, melted on top **2 PF**
- 1 medium apple **1 SC**
- 1 cup cherries **1 SC**
- 16 oz. water

Afternoon Snack

- 1 whole grain thin bagel **1 SC** with 2 Tbsp. peanut butter **2 PF**
- 1 medium pear **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations Cajun-Style Chicken & Shrimp Sauté
- ½ cup cooked carrots **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Red Velvet Cupcake
- 1 cup fat-free milk **1 PF**
- 8 oz. water