

Nutrisystem[®] FOR MEN

2000-2099 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 **"Every Day Covered"** delivers Nutrisystem breakfasts, lunches, dinners and snacks to fuel your weight loss **7 days a week**. That means you get to enjoy our convenient meals every day, or make your own healthy recipes!

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
- 2 Tbsp. peanut butter **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with low (< 10 calories)
or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Red Velvet Cupcake
- 8 oz. water

Lunch

- Nutrisystem Steak & Cheese Melt
- 2 cups salad **2 V** served with 1 Tbsp. reduced fat salad dressing **1 Ex**, ½ cup shelled edamame **1 PF** and ¼ cup raisins **1 SC**
- 1 medium apple **1 SC**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Mac & Cheese with Turkey Sausage
- 1 cup cooked green beans **2 V** with 2 Tbsp. chopped almonds **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Milk Chocolate Flavored Pretzels
- 8 oz. water

DAY 9

Breakfast

- Nutrisystem High Protein Pancake Mix served with 2 tsp. maple syrup **2 Ex**
- 1 cup fat-free cottage cheese **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 Cheese Puffs
- 8 oz. water

Lunch

- Nutrisystem Beans & Ham Soup served with ¼ cup whole grain crackers **1 SC**
- 1 string cheese **1 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** with 2 Tbsp. almonds **1 PF** and 1 cup strawberries **1 SC**
- 8 oz. water

Dinner

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

Evening Snack

- Nutrisystem Honey Mustard Pretzels
- 1 cup cherry tomatoes **1 V**
- 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 2 Tbsp. almonds **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Zesty Snack Mix
- 8 oz. water

Lunch

- Nutrisystem Creamy Cauliflower and Chicken over ½ cup brown rice **1 SC**
- 2 cups lettuce & non-starchy vegetables such as cucumbers, bell peppers, cherry tomatoes **2 V**, ¼ cup raisins **1 SC**, 2 oz. chicken **1 PF** and 1 Tbsp. reduced fat Balsamic dressing **1 Ex**
- 16 oz. water

Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 string cheese **1 PF**
- 1 medium apple **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 **FF**
- 16 oz. water

Leaf Video for Roasted Asparagus

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

Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

DAY 11

Breakfast

- Nutrisystem Cinnamon Streusel Muffin with 1 Tbsp. peanut butter **1 PF**
- 1 cup fat-free milk **1 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Peanut butter Cookie
- 8 oz. water

Lunch

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

Afternoon Snack

- 1 cup low-fat yogurt **1 PF** with 1 Tbsp. almond butter **1 PF** and 1 cup strawberries **1 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

- Nutrisystem Chocolatey Pretzel Bar
- 8 oz. water

DAY 12

Breakfast

- Nutrisystem Buttermilk Waffles with 2 tsp. maple syrup **2 Ex** and 2 Tbsp. chopped walnuts **1 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

- Nutrisystem Carrot Cake Cupcake
- 8 oz. water

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** with 1 sliced boiled eggs **1 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 roll-ups with 2 oz. turkey deli meat **1 PF** and 1 slice of low-fat cheese **1 PF**, wrapped in lettuce leaves **FF** with ½ Tbsp. light mayonnaise **1 Ex**
- 1 medium apple **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Roasted Turkey Medallions
- 1 cup cooked green beans **2 V** with ¼ cup low-fat shredded cheese **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Ice Cream Sandwich
- 8 oz. water

DAY 13

Breakfast

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

Morning Snack

- Nutrisystem Chocolate Chip Cookies
- 8 oz. water

Lunch

- Nutrisystem Garlic Cheese Flatbread with 2 oz. grilled chicken **1 PF** sprinkled on top
- 2 cups salad **2 V** with ¼ cup raisins **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** with 2 Tbsp. walnuts **1 PF** and 1 cup strawberries **1 SC**
- 8 oz. water

Dinner

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

Evening Snack

- Nutrisystem Cheese Puffs
- 1 cup cherry tomatoes **1 V**
- 8 oz. water

DAY 14

Breakfast

- Nutrisystem Granola with ½ cup fat-free milk, 2 Tbsp. almonds **1 PF** and 1 cup berries **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
- 8 oz. water

Lunch

- Nutrisystem Chewy Trail Mix Bar
- 3 oz. cooked shrimp **1 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 roll-ups with 2 oz. turkey deli meat **1 PF** and 1 slice of low-fat cheese **1 PF**, wrapped in lettuce leaves **FF** with ½ Tbsp. light mayonnaise **1 Ex**
- 1 medium apple **1 SC**
- 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
- 8 oz. water

DAY 15

Breakfast

- Nutrisystem Homestyle Pancakes served with 2 tsp. maple syrup **2 Ex**, 1 medium sliced banana **1 SC** and 2 Tbsp. walnuts **1 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

- Nutrisystem Sweet & Salty Nut Bar
- 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 1 string cheese **1 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**
- 1 cup grapes **1 SC**
- 2 Tbsp. almonds **1 PF**
- 8 oz. water

Dinner

- Nutrisystem Mac & Cheese
- 3 oz. shrimp **1 PF**
- 2 cups salad **2 V** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

Evening Snack

- Nutrisystem White Cheddar Popcorn
- 1 cup sliced cucumbers **1 V**
- 8 oz. water

DAY 16

Breakfast

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

Morning Snack

- Nutrisystem Chocolatey Pretzel Bar
- 8 oz. water

Lunch

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

Afternoon Snack

Homemade Trail Mix with:

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

Dinner

- Nutrisystem Hearty Inspirations Sesame Beef & Broccoli
- ½ cup cooked carrots **1V**
- 16 oz. water

Evening Snack

- Nutrisystem Peanut butter Chocolatey Square
- 8 oz. water

DAY 17

Breakfast

- Nutrisystem Harvest Nut Oat Bar
- 1 cup low-fat yogurt **1 PF**, 2 Tbsp. cashews **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

- Nutrisystem Oatmeal Raisin Cookie
- 1 cup baby carrots **1 V**
- 8 oz. water

Lunch

- Nutrisystem Beans & Ham Soup
- 1 oz. cheddar cheese **1 PF**
- 1 small whole grain roll **1 SC**
- 1 cup baby carrots **1 V**
- 1 cup grapes **1 SC**
- 16 oz. water

Afternoon Snack

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

Dinner

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

Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

DAY 18

Breakfast

- Nutrisystem Cinnamon Streusel Muffin
- 1 cup low-fat cottage cheese **2 PF** with 1 cup cherries **1 SC** 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
- 8 oz. water

Lunch

- Nutrisystem Grilled Chicken Sandwich served with 1 oz. cheddar cheese **1 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 with:

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

Dinner

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

Evening Snack

- Nutrisystem Honey Mustard Pretzels
- 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
- 1 hard-boiled egg **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem NutriChocolaty Wafers mixed with 1 cup air-popped popcorn **1 Ex**
- 8 oz. water

Lunch

- Nutrisystem Cheddar Broccoli Rice with 2 oz. grilled chicken **1 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**
- 1 slice whole grain toast **1 SC** with 1 Tbsp. almond butter **1 PF**
- 8 oz. water

Dinner

- Nutrisystem Salisbury Steak with Mac & Cheese
- 1 cup cooked green beans **2 V** with 2 Tbsp. chopped almonds **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Fudge Bar
- 8 oz. water

DAY 20

Breakfast

- Nutrisystem High Protein Pancake Mix served with 2 tsp. maple syrup **2 Ex** and 1 Tbsp. almond butter **1 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
- 8 oz. water

Lunch

- Nutrisystem Fried Garlic Chicken Ramen with 2 oz. grilled chicken **1 PF** mixed in
- 1 cup sugar snap peas **1 V**
- 1 cup red bell pepper slices **1 V**
- ¼ cup hummus **1 SC**
- 1 medium orange **1 SC**
- 16 oz. water

Afternoon Snack

Homemade Trail Mix with:

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

DAY 21

Breakfast

- Nutrisystem Turkey Ham & Cheese Omelet with 1 medium banana
- 4 slices of turkey bacon **1 PF**
- 1 cup low-fat yogurt **1 PF** with 1 cup of cherries **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** with ½ cup shelled edamame **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**
- 1 slice whole grain toast **1 SC** with
- 1 Tbsp. almond butter **1 PF**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations Bourbon-Style Chicken
- ½ cup cooked broccoli **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Strawberry Shortcake Cupcake
- 8 oz. water

DAY 22

Breakfast

- Nutrisystem Apple Strudel Bar
- ¼ cup almonds **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with low (< 10 calories)
or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Orange Cream Bar
- 8 oz. water

Lunch

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

Afternoon Snack

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

Dinner

- Nutrisystem Mac & Cheese with Turkey Sausage
- ¼ cup edamame **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 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**
- 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 Sweet Jalapeno Crisps
- 1 cup sugar snap peas **1 V**
- 8 oz. water

Lunch

- Nutrisystem Chewy Trail Mix Bar
- 1 Tbsp. peanut butter **1 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. almonds **1 PF** & 1 cup berries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations Grain-Crusted Pollock with Vegetables
- 16 oz. water

Evening Snack

- Nutrisystem Toffee Crunch Cookies
- 8 oz. water

DAY 24

Breakfast

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

Morning Snack

- Nutrisystem Oatmeal Raisin Cookie
- 1 cup baby carrots **1 V**
- 8 oz. water

Lunch

- Nutrisystem Meatball Parmesan Melt
- 1 cup cooked broccoli **2 V**
- Yogurt parfait made with 1 cup low-fat yogurt **1 PF**, ¼ cup low-fat granola **1 SC**, and 1 cup cherries **1 SC**
- 16 oz. water

Afternoon Snack

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

Dinner

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

Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

DAY 25

Breakfast

- Nutrisystem Harvest Nut Oat Bar
- Egg sandwich made with 1 large egg **1 PF**, 1 slice low-fat 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 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem Popcorn
- 8 oz. water

Lunch

- Nutrisystem Hamburger served with 1 slice low-fat cheese **1 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. almonds **1 PF** & 1 cup cherries **1 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

- Nutrisystem Chocolate Brownie Sundae
- 8 oz. water

DAY 26

Breakfast

- Nutrisystem Homestyle Pancakes served with 2 tsp. maple syrup **2 Ex**, 1 cup cherries **1 SC**, and 2 Tbsp. chopped almonds **1 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

- Nutrisystem Sweet & Salty Snack Mix
- 8 oz. water

Lunch

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

Afternoon Snack

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

Dinner

- Nutrisystem Bistro-Style Toasted Ravioli
- 3 oz. shrimp **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Lemon Zest Cake
- 8 oz. water

DAY 27

Breakfast

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

Morning Snack

- Nutrisystem Peanut butter Cookie
- 8 oz. water

Lunch

- Nutrisystem Chicken Noodle Soup
- 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. almonds **1 PF** and 1 cup cherries **1 SC**
- 8 oz. water

Dinner

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

Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

DAY 28

Breakfast

- Nutrisystem Chocolate Chip Baked Bar
- Berry Parfait made with 1 cup cherries **1 SC**, 1 cup low-fat yogurt **1 PF**, and 2 Tbsp. almonds **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem White Cheddar Popcorn
- 1 cup sliced cucumbers **1 V**
- 8 oz. water

Lunch

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

Afternoon Snack

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

Dinner

- Nutrisystem Hearty Inspirations Cajun-Style Chicken And Shrimp Sauté
- 16 oz. water

Evening Snack

- Nutrisystem Red Velvet Cupcake
- 8 oz. water