



# Your Sample Meal Plan

## Delicious Ideas for Your First 28 Days

If you're ready to start your first month on 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 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.**

Be sure to follow these additional guidelines:

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

**Days 8-28: Add 1 PowerFuel & 1 SmartCarb** each day

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

# Day 1

## Breakfast

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

## Morning Snack

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

## Lunch

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

## Afternoon Snack

### *Flex Snack:*

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

## Dinner

### *Flex Dinner:*

- 4 oz. grilled chicken **2 PF**
- 1 cup brown rice **2 SC**
- 1 cup roasted asparagus **2 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Chocolate Flavored Pretzels

## Day 2

### Breakfast

- Nutrisystem Granola Cereal with 4 oz. fat-free milk
- 1 large hard boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

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

### Lunch

- Nutrisystem Chicken Mozzarella Melt
- 1 Tbsp. peanut butter **1 PF**
- 2 medium stalks celery **1 V**
- ½ cup cooked green beans **1 V**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Chewy Peanut Bar
- 8 oz. water

### Dinner

- Nutrisystem Chili with Beans
- Whole-grain Crackers with 80 - 120 calories and at least 1 g fiber per serving **1 SC**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Evening Snack

#### *Flex Snack:*

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

## Day 3

### Breakfast

- Nutrisystem Cinnamon Roll
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

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

### Lunch

#### *Flex Lunch:*

- Tuna Pita Sandwich: ½ cup canned tuna, packed in water, drained **1 PF**
- 1 6-inch whole-wheat pita **1 SC**
- 1 Tbsp. reduced-fat mayonnaise **1 Extra**
- lettuce, tomato, red onion slices **1 FF**
- serve sandwich with 1 cup bell pepper slices **1 V** and 1 cup cherry tomatoes **1 V**
- 1 string cheese **1 PF**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

### Dinner

- Nutrisystem Hearty Beef Stew
- ½ cup mashed potatoes **1 SC**
- 1 cup cooked carrots **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Peanut Butter Cookie

## Day 4

### Breakfast

#### *Flex Breakfast:*

- Fruit and Yogurt Parfait made with
- 1 cup low-fat yogurt **1 PF**
- 2 Tbsp. almonds **1 PF**
- 1 cup strawberries **1 SC**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 8 oz. water

### Morning Snack

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

### Lunch

- Nutrisystem Chocolatey Fudge Graham Bar
- 2 cup salad served **2 V** topped with ½ cup deshelled edamame **1 PF** served with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Oatmeal Raisin Cookie
- 8 oz. water

### Dinner

- Nutrisystem Chicken Parmesan
- 1 small whole-grain dinner roll **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Evening Snack

#### *Flex Snack:*

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

## Day 5

### Breakfast

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

### Morning Snack

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

### Lunch

- Nutrisystem Southwest Fiesta Melt
- 1 cup baby carrots **1 V**
- 1 cup sugar snap peas **1 V**
- ¼ cup guacamole **1 PF**
- 16 oz. water

### Afternoon Snack

#### *Flex Snack:*

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

### Dinner

#### *Flex Dinner: Chicken Quesadilla*

- 2 oz. cooked chicken **1 PF**
- ¼ cup shredded cheese **1 PF**
- 2 small whole-wheat tortillas **2 SC**
- sautéed onions and peppers **1 FF**
- 2 cup salad served **2 V** served with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Evening Snack

- Nutrisystem Red Velvet Cupcake

## Day 6

### Breakfast

- Nutrisystem NutriFlakes Cereal with 4 oz. fat-free milk
- 2 Tbsp. almonds **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

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

### Lunch

#### *Flex Lunch:*

- Half Sandwich and Salad: 2 oz. turkey deli meat **1 PF** and 1 slice cheese **1 PF** with 1 slice whole-wheat bread **1 SC** and 1 tsp. mustard, lettuce and tomato slices **1 FF**
- 2 cup salad served **2 V** served with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Smoky BBQ Crisps
- 8 oz. water

### Dinner

- Nutrisystem Bean Bolognese
- 1 cup cooked carrots **2 V**
- 1 cup peaches, canned in water or juice **1 SC**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Caramel Bar

# Day 7

## Breakfast

### *Flex Breakfast:*

- 2 large scrambled egg **2 PF** with ½ cup sautéed spinach, mushrooms and tomatoes **1 V**
- 1 whole-wheat bagel thin **1 SC** with 1 Tbsp. reduced-fat cream cheese **1 Extra**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 8 oz. water

## Morning Snack

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

## Lunch

- Nutrisystem Homestyle Chicken
- 1 string cheese **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

## Afternoon Snack

- Nutrisystem Pretzels
- 8 oz. water

## Dinner

- Nutrisystem Meatloaf Sandwich topped with 1 Tbsp. ketchup **1 Extra** and lettuce and tomato slice **1 FF**
- 1 cup sautéed zucchini with garlic **2 V**
- ½ cup baked sweet potato wedges **1 SC**
- 16 oz. water

*Tip: Use a large sweet potato to make your wedges, have half tonight for dinner and the other half tomorrow for dinner!*

## Evening Snack

- Nutrisystem White Cheddar Popcorn



## Day 8

### Breakfast

- Nutrisystem Cinnamon Streusel Muffin
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 tsp. peanut butter **1 PF**
- 2 medium stalks celery **1 V**
- 1 medium pear **1 SC**
- 8 oz. water

### Lunch

- Nutrisystem BBQ Chicken Melt
- 2 cup salad **2 V** topped with ¼ cup shredded cheese **1 PF** served with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

#### *Flex Snack:*

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

### Dinner

#### *Flex Dinner:*

- Turkey Burger made with 2 oz. turkey burger **1 PF** with 1 slice cheese **1 PF** on a small whole-grain roll **1 SC** topped with 1 tsp. mustard, lettuce and tomato slices **1 FF**
- ½ cup baked sweet potato wedges **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Flavored Pretzels

## Day 9

### Breakfast

- Nutrisystem Maple Brown Sugar Oatmeal prepared with 4 oz. fat-free milk
- 2 Tbsp. walnuts **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

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

### Lunch

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

### Afternoon Snack

- Nutrisystem Chocolate Caramel Bar
- 8 oz. water

### Dinner

- Nutrisystem Chicken Fettucini Alfredo
- 1 cup cooked broccoli **2 V**
- 1 medium pear **1 SC**
- 16 oz. water

### Evening Snack

#### *Flex Snack:*

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

## Day 10

### Breakfast

- Nutrisystem Canadian Style Turkey Bacon, Egg & Cheese Muffin
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 tsp. peanut butter **1 PF**
- 2 medium stalks celery **1 V**
- 1 medium pear **1 SC**
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- Grilled Chicken Salad Toss together, 4 oz. grilled chicken **2 PF**, ½ cup whole-wheat pasta **1 SC**, 2 cup lettuce and non-starchy vegetables such as cucumbers, bell peppers, cherry tomatoes **2 V** and 1 Tbsp. reduced-fat Balsamic dressing **1 Extra**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Honey Mustard Pretzels
- 8 oz. water

### Dinner

- Nutrisystem Meatballs in Marinara served with a small whole-grain roll
- 1 cup roasted asparagus **2 V** with a spritz of lemon juice **1 FF**
- ½ cup corn **1 SC**
- 16 oz. water

*Leaf Video for Roasted Asparagus*

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

*Tip: Cook extra asparagus for tomorrow's lunch!*

### Evening Snack

- Nutrisystem Vanilla Shortbread Cookies

# Day 11

## Breakfast

### *Flex Breakfast:*

- 1 large hard-boiled egg **1 PF**
- 1 string cheese **1 PF**
- ½ cup cooked oatmeal, prepared with water **1 SC**  
with 1 tsp. brown sugar **1 Extra**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 8 oz. water

## Morning Snack

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

## Lunch

- Nutrisystem Spinach & Cheese Pretzel Melt
- 2 oz. grilled chicken **1 PF**
- ½ cup cooked asparagus **1 V**
- 16 oz. water

## Afternoon Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

## Dinner

- Nutrisystem Thick Crust Pizza topped with ¼ cup sautéed mushrooms **½ V**
- 1 cup cooked broccoli **2 V**
- ½ cup unsweetened applesauce **1 SC**
- 16 oz. water

## Evening Snack

### *Flex Snack:*

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

# Day 12

## Breakfast

- Nutrisystem Buttermilk Waffles with 2 tsp. maple syrup **2 Extras**
- 1 large scrambled egg **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

## Morning Snack

- 1 tsp. peanut butter **1 PF**
- 2 medium stalks celery **1 V**
- 1 medium pear **1 SC**
- 8 oz. water

## Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cup salad **2 V** topped with ½ cup deshelled edamame **1 PF** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

## Afternoon Snack

### *Flex Snack:*

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

## Dinner

### *Flex Dinner:*

- 4 oz. baked salmon **2 PF**
- 1 cup cooked quinoa **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Ice Cream Sandwich

## Day 13

### Breakfast

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

### Morning Snack

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

### Lunch

#### *Flex Lunch:*

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF**, 1 whole-wheat sandwich thin **1 SC**, 1 Tbsp. reduced-fat mayonnaise **1 Extra**, lettuce and tomato slices **1 FF**
- 1 cup baby carrots **1 V**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Pretzels
- 8 oz. water

### Dinner

- Nutrisystem Bean Bolognese
- 2 cup salad **2 V** topped with ½ cup chickpeas **1 SC** served with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Caramel Bar

# Day 14

## Breakfast

### *Flex Breakfast:*

- Berry Parfait made with ½ cup low-fat cottage cheese **1 PF**, 2 Tbsp. walnuts **1 PF**, 1 cup berries **1 SC** and a dash of cinnamon **1 FF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 8 oz. water

## Morning Snack

- 1 tsp. peanut butter **1 PF**
- 2 medium stalks celery **1 V**
- 1 medium pear **1 SC**
- 8 oz. water

## Lunch

- Nutrisystem Chewy Trail Mix Bar
- 1 cup red and orange bell pepper slices **1 V**
- 1 cup cucumber slices **1 V**
- ¼ cup guacamole **1 PF**
- 16 oz. water

## Afternoon Snack

- Nutrisystem Popcorn
- 8 oz. water

## Dinner

- Nutrisystem Italian Sausage and Turkey Pepperoni Pizza
- 1 cup cooked broccoli **2 V**
- 1 medium pear **1 SC**
- 16 oz. water

## Evening Snack

- Nutrisystem Carrot Cake Cupcake

## Day 15

### Breakfast

- Nutrisystem NutriFlakes cereal served with 4 oz. fat-free milk
- 1 low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- ¼ cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

- Nutrisystem Classic Tuna Salad served with small whole-grain roll
- 2 Tbsp. almonds **1 PF**
- 1 cup baby carrots **1 V**
- 16 oz. water

### Afternoon Snack

#### *Flex Snack:*

- Homemade Trail Mix with:
- 2 Tbsp. almonds **1 PF**
- ¼ cup dried cranberries **1 SC**
- 1 cup air-popped popcorn **1 Extra**
- 8 oz. water

### Dinner

#### *Flex Dinner:*

- 1 serving Marinated Grilled Chicken Thighs **2 PF**  
- see link to recipe below.
- 1 cup cooked quinoa **2 SC**
- 2 cup salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

*Leaf Recipe for Marinated Grilled Chicken Thighs*

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

### Evening Snack

- Nutrisystem Chocolate Chip Cookies



## Day 16

### Breakfast

- Nutrisystem Homestyle Pancakes served with 2 tsp. maple syrup **2 Extras**
- 1 large scrambled or hard-boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 2 Tbsp. almonds **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

### Lunch

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

### Afternoon Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

### Dinner

- Nutrisystem Hearty Beef Stew
- 1 cup cooked carrots **2 V**
- ½ cup cooked potatoes **1 SC** topped with ½ Tbsp. butter substitute **1 Extra**
- 16 oz. water

### Evening Snack

#### *Flex Snack:*

- 1 string cheese **1 PF**
- 1 cup strawberries **1 SC**
- 1 cup cucumber slices **1 V**

## Day 17

### Breakfast

- Nutrisystem Harvest Nut Oat Bar
- 2 Tbsp. almonds **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 1 string cheese **1 PF**
- ¼ cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- 1 serving Easy Spicy Tuna Salad **1 PF** **2 Extras**  
- see link to recipe below.
- 1 small whole-grain roll **1 SC**
- 1 cup baby carrots **1 V**
- ¼ cup guacamole **1 PF**
- 16 oz. water

*Leaf Recipe for Easy Spicy Tuna Salad:*

<https://leaf.nutrisystem.com/recipes/spicy-tuna-salad-recipe/>

### Afternoon Snack

- Nutrisystem Zesty Snack Mix
- 8 oz. water

### Dinner

- Nutrisystem Thick Crust Pizza topped with sautéed mushrooms **1 FF**
- 1 cup sautéed zucchini and garlic **2 V**
- 1 medium baked apple **1 SC** with dash of cinnamon **1 FF**
- 16 oz. water

### Evening Snack

- Nutrisystem Toffee Crunch Cookies

# Day 18

## Breakfast

### *Flex Breakfast:*

- Berry Parfait made with 1 cup berries **1 SC**, ½ cup low-fat cottage cheese **1 PF**, 2 Tbsp. almonds **1 PF** and a dash of cinnamon **1 FF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

## Morning Snack

- 2 Tbsp. almonds **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

## Lunch

- Nutrisystem Grilled Chicken Sandwich topped with cheese **1 PF** and served with lettuce and tomato slices **1 FF**
- 2 cup salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

## Afternoon Snack

- Nutrisystem Vanilla Shortbread Cookies
- 8 oz. water

## Dinner

- Nutrisystem Mac & Cheese
- 1 cup roasted broccoli and cauliflower **2 V**
- ½ cup unsweetened applesauce **1 SC**
- 16 oz. water

## Evening Snack

### *Flex Snack:*

- 1 string cheese **1 PF**
- 1 cup strawberries **1 SC**
- 1 cup cucumber slices **1 V**

# Day 19

## Breakfast

- Nutrisystem Biscotti Bites
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

## Morning Snack

- 1 string cheese **1 PF**
- ¼ cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

## Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 2 Tbsp. almonds **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

## Afternoon Snack

### *Flex Snack:*

- Homemade Trail Mix with:
- 2 Tbsp. almonds **1 PF**
- ¼ cup dried cranberries **1 SC**
- 1 cup air-popped popcorn **1 Extra**
- 8 oz. water

## Dinner

### *Flex Dinner:*

- 4 oz. baked pork tenderloin **2 PF**
- 1 cup whole-grain pasta **2 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Chocolate Cupcake

## Day 20

### Breakfast

- Nutrisystem Buttermilk Waffle with ½ Tbsp. butter substitute **1 Extra**
- 1 large scrambled or hard-boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

- 2 Tbsp. almonds **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

### Lunch

#### *Flex Lunch:*

- Turkey Sandwich made with 4 oz. turkey deli meat **2 PF**, 1 thin sandwich roll **1 SC**, tomato slice, lettuce, and 1 tsp. mustard **1 FF**
- 1 cup sugar snap peas **1 V**
- 1 cup red bell pepper slices **1 V**
- 16 oz. water

### Afternoon Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

### Dinner

- Nutrisystem Bean Bolognese
- 1 cup cooked carrots **2 V**
- ½ cup cooked potatoes **1 SC** topped with ½ Tbsp. butter substitute **1 Extra**
- 16 oz. water

### Evening Snack

- Nutrisystem Fudge Bar

# Day 21

## Breakfast

### *Flex Breakfast:*

- 2 large scrambled eggs **2 PF**
- 1 slice whole-wheat bread **1 SC**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

*Optional: Add veggies (like spinach, tomatoes, onions) to your scrambled egg as FF*

## Morning Snack

- 1 string cheese **1 PF**
- ¼ cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

## Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cup salad **2 V** topped with ½ cup deshelled edamame **1 PF** served with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

## Afternoon Snack

- Nutrisystem Chocolate Chip Cookies
- 8 oz. water

## Dinner

- Nutrisystem Artichoke & Spinach Stuffed Chicken Breast
- ½ cup brown rice **1 SC**
- 1 cup roasted asparagus **2 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Carrot Cake Cupcake

## Day 22

### Breakfast

- Nutrisystem Homestyle Pancakes with ½ Tbsp. butter substitute **1 Extra**
- 1 large scrambled egg **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

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

*Tip: Look for frozen cherries without added sugar*

### Lunch

- Nutrisystem Trail Mix Bar
- 1 string cheese **1 PF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Afternoon Snack

*Flex Snack:*

- ½ Sandwich
- 2 oz. ham deli meat **1 PF**
- 1 slice whole-wheat bread **1 SC**
- 1 tsp. mustard **1 FF**
- 1 cup baby carrots **1 V**
- 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** with ½ Tbsp. butter substitute **1 Extra**
- 1 medium banana **1 SC**
- 16 oz. water

*Leaf Recipe for Superfood Veggie Omelet*

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

### Evening Snack

- Nutrisystem Chocolatey Pretzel Bar

## Day 23

### Breakfast

- Nutrisystem Cranberry Orange Muffin
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

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

### Lunch

- Nutrisystem Hamburger topped with 1 slice cheese **1 PF**, 1 Tbsp. ketchup **1 Extra** and 1 tsp. mustard **1 FF**
- 1 cup red bell pepper slices **1 V**
- 1 cup cucumber slices **1 V**
- 1 Tbsp. hummus **1 Extra**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

### Dinner

- Nutrisystem BBQ Seasoned Chicken served with small whole-grain roll
- 1 cup cooked green beans **2 V**
- ½ cup corn **1 SC**
- 16 oz. water

### Evening Snack

#### *Flex Snack:*

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



## Day 24

### Breakfast

- Nutrisystem Cinnamon Bun Bar
- 2 Tbsp. almonds **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

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

### Lunch

#### *Flex Lunch:*

- 1 serving Spring Sausage and Herb Pasta **1 SC** **1 PF**  
**1 Extra** - see link to recipe below
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

*Leaf Recipe for Spring Sausage and Herb Pasta:*

<https://leaf.nutrisystem.com/recipes/spring-sausage-and-herb-pasta/>

### Afternoon Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

### Dinner

- Nutrisystem Pasta Fagioli
- Whole-grain Crackers with 80 - 120 calories and at least 1 g fiber per serving **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Chocolate Cupcake

# Day 25

## Breakfast

### *Flex Breakfast:*

- Egg sandwich made with 1 large scrambled egg **1 PF**, 1 slice 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 1 Tbsp. fat-free creamer **1 Extra**
- 8 oz. water

## Morning Snack

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

## Lunch

- Nutrisystem Chicken Noodle Soup
- 2 oz. grilled chicken **1 PF**
- 2 cup salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

## Afternoon Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

## Dinner

- Nutrisystem Margherita Pizza
- 2 cup cooked carrots **2 V**
- 1 cup peaches, canned in water or juice **1 SC**
- 16 oz. water

## Evening Snack

### *Flex Snack:*

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

## Day 26

### Breakfast

- Nutrisystem Peanut Butter Oat Bar
- 2 Tbsp. almonds **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

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

### Lunch

- Nutrisystem Steak & Cheese Melt
- 1 string cheese **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Afternoon Snack

#### *Flex Snack:*

- ½ Sandwich
- 2 oz. ham deli meat **1 PF**
- 1 slice whole-wheat bread **1 SC**
- 1 tsp. mustard **1 FF**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Dinner

#### *Flex Dinner:*

- 4 oz. baked salmon **2 PF**
- 1 cup cooked quinoa **2 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

*Tip: Prepare an extra 2 oz. salmon for tomorrow's flex lunch!*

### Evening Snack

- Nutrisystem NutriChocolaty Wafers

## Day 27

### Breakfast

- Nutrisystem Sweetened O's Cereal served with 4 oz. fat-free milk
- 1 large hard boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 16 oz. water

### Morning Snack

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

### Lunch

#### *Flex Lunch:*

- Large salad made with 4 oz. cooked salmon **2 PF**, ½ cup canned white beans (rinsed) **1 SC**, tossed with 2 cup salad mix and non-starchy veggies of your choice (ex. cherry tomatoes, cucumbers, carrots) **2 V** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

*Tip: Prepackaged pouches of cooked salmon can also make an easy add-on for a salad!*

### Afternoon Snack

- Nutrisystem Popcorn
- 8 oz. water

### Dinner

- Nutrisystem Meatloaf Sandwich served with 1 Tbsp. ketchup **1 Extra**, lettuce and tomato slices **1 FF**
- ½ cup baked sweet potato wedges **1 SC**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem Toffee Crunch Cookies

# Day 28

## Breakfast

### *Flex Breakfast:*

- Berry Parfait made with 1 cup berries **1 SC**, 1 cup low-fat yogurt **1 PF**, 2 Tbsp. almonds **1 PF** and a dash of cinnamon **1 FF**
- Coffee or Tea with 1 Tbsp. fat-free creamer **1 Extra**
- 8 oz. water

## Morning Snack

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

## Lunch

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

## Afternoon Snack

- Nutrisystem Zesty Snack Mix
- 8 oz. water

## Dinner

- Nutrisystem Bean Bolognese
- 1 small whole-grain dinner roll **1 SC**
- 1 cup cooked carrots **2 V**
- 16 oz. water

## Evening Snack

- Nutrisystem Red Velvet Cupcake