



Your Sample 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.

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
- 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**
- 16 oz. water

Afternoon Snack

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

Dinner

- *Flex Dinner:*
- 4 oz. grilled chicken **2 PF**
- ½ cup brown rice **1 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
- 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 cup cooked green beans **2 V**
- 16 oz. water

Afternoon 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

- Nutrisystem Chili with Beans
- 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
- 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**
- 16 oz. water

Afternoon Snack

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

Dinner

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

Evening Snack

- Nutrisystem Cheese Puffs

Day 4

Breakfast

- *Flex Breakfast:*
- 1 cup low-fat yogurt **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** served with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon 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

- Nutrisystem Chicken Parmesan
- 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
- 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**
- 16 oz. water

Afternoon Snack

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

Dinner

- *Flex Dinner: Chicken Quesadilla*
- 2 oz. cooked chicken **1 PF**
- ¼ cup shredded cheese **1 PF**
- 1 small whole-wheat tortilla **1 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
- 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** 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

- 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

- Nutrisystem Bean Bolognese
- 1 cup cooked carrots **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Caramel Bar

Day 7

Breakfast

• *Flex Breakfast:*

- 1 large scrambled egg **1 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 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Meatloaf Sandwich topped with 1 Tbsp. ketchup **1 Extra**, lettuce and tomato slice **1 FF**
- 1 cup sautéed zucchini with garlic **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem White Cheddar Popcorn

Day 8

Breakfast

- Nutrisystem Cinnamon Streusel Muffin
- 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** served with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- ½ Sandwich
- 2 oz. turkey deli meat **1 PF**
- 1 slice whole-wheat bread **1 SC**
- 1 tsp. mustard **1 FF**
- 8 oz. water

Dinner

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

Afternoon Snack

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Chicken Fettuccini Alfredo
- 1 cup cooked broccoli **2 V**
- 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
- 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, 2 oz. grilled chicken **1 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

- ½ Sandwich
- 2 oz. turkey deli meat **1 PF**
- 1 slice whole-wheat bread **1 SC**
- 1 tsp. mustard **1 FF**
- 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**
- 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**
- 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
- ½ cup cooked asparagus **1 V**
- 16 oz. water

Afternoon Snack

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Thick Crust Pizza topped with ¼ cup sautéed mushrooms **½ V**
- 1 cup cooked broccoli **2 V**
- 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**
- 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** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- ½ Sandwich
- 2 oz. turkey deli meat **1 PF**
- 1 slice whole-wheat bread **1 SC**
- 1 tsp. mustard **1 FF**
- 8 oz. water

Dinner

- *Flex Dinner:*
- 4 oz. baked salmon **2 PF**
- 1 small sweet potato **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**
- 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 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

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Bean Bolognese
- 2 cup salad **2 V** 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**, 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**
- 1 Tbsp. hummus **1 Extra**
- 16 oz. water

Afternoon Snack

- ½ Sandwich
- 2 oz. turkey deli meat **1 PF**
- 1 slice whole-wheat bread **1 SC**
- 1 tsp. mustard **1 FF**
- 8 oz. water

Dinner

- Nutrisystem Italian Sausage & Turkey Pepperoni Pizza
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Carrot Cake Cupcake

Day 15

Breakfast

- Nutrisystem NutriFlakes cereal served with 4 oz. fat-free milk
- 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
- 1 cup baby carrots **1 V**
- 16 oz. water

Afternoon Snack

- 2 Tbsp. almonds **1 PF**
- 1 medium apple **1 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 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**
- 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**
- 16 oz. water

Afternoon 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

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

Leaf Recipe for Easy Spicy Tuna Salad:

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

Afternoon Snack

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

Dinner

- Nutrisystem Thick Crust Pizza topped with sautéed mushrooms **1 FF**
- 1 cup sautéed zucchini and garlic **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Zesty Snack Mix

Day 18

Breakfast

- *Flex Breakfast:*
- Berry Parfait made with 1 cup berries **1 SC**, ½ cup low-fat cottage cheese **1 PF** and 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 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

- 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

- Nutrisystem Mac & Cheese
- 1 cup roasted broccoli and cauliflower **2 V**
- 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
- 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
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon Snack

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

Dinner

- *Flex Dinner:*
- 4 oz. baked pork tenderloin **2 PF**
- 1 small baked sweet potato **1 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**
- 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 2 oz. turkey deli meat **1 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

- 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

- Nutrisystem Bean Bolognese
- 1 cup cooked carrots **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Fudge Bar

Day 21

Breakfast

• *Flex Breakfast:*

- 1 large scrambled egg **1 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** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Artichoke & Spinach Stuffed Chicken Breast
- 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**
- 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 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon 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**
- 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
- 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 with 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

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

Dinner

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

Leaf Recipe for Spring Sausage and Herb Pasta:

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

Afternoon Snack

- 1/2 Sandwich
- 2 oz. ham deli meat **1 PF**
- 1 slice whole-wheat bread **1 SC**
- 1 tsp. mustard **1 FF**
- 8 oz. water

Dinner

- Nutrisystem Pasta Fagioli
- 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** 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 cup salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Margherita Pizza
- 2 cup cooked carrots **2 V**
- 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
- 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 cup cooked green beans **2 V**
- 16 oz. water

Afternoon Snack

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

Dinner

- *Flex Dinner:*
- 4 oz. baked salmon **2 PF**
- ½ cup cooked quinoa **1 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
- 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 2 oz. cooked salmon **1 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

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

Dinner

- Nutrisystem Meatloaf Sandwich served with 1 Tbsp. ketchup **1 Extra**, lettuce and tomato slices **1 FF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Popcorn

Day 28

Breakfast

- *Flex Breakfast:*
- Berry Parfait made with 1 cup berries **1 SC**, 1 cup low-fat yogurt **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
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon Snack

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

Dinner

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

Evening Snack

- Nutrisystem Red Velvet Cupcake