

Nutrisystem[®] FOR **MEN**

Your Sample Meal Plan

Delicious Ideas for Your First 2 Months

If you're ready to start 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 2 months 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:

Want to switch up our menu? 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!

This meal plan is designed for men with 1800-1900 daily calorie goals.

Depending on your specific daily calorie goal, you may require a different amount of **PowerFuels** or **SmartCarbs**. Check the NuMi app for guidance.

Here's a taste of what your first 2 months on Nutrisystem might look like...

MONTH 1

DAY 1

Breakfast

- Nutrisystem Double Chocolate Muffin
- ¼ cup almonds (about 23 almonds) **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Cheese Puffs

Lunch

- Nutrisystem Cheddar Broccoli Rice
- Half Turkey Sandwich made with 2 oz. deli turkey **1 PF**, 1 slice whole-grain bread **1 SC**, 1 tsp. mayonnaise **1 Extra**, lettuce and tomato slices **FF**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon Snack

- Nutrisystem Shake **1 PF**
- 1 medium pear **1 SC**
- 8 oz. water

Dinner

- Nutrisystem White Chicken & Bacon Ranch Pizza
- 1 cup sautéed green beans **2 V** topped with 2 Tbsp. toasted and chopped walnuts **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

DAY 2

Breakfast

- Nutrisystem Cinnamon Bun Bar
- 2 large scrambled eggs **2 PF**
- 1 slice whole-grain toast **1 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Popcorn

Lunch

- Nutrisystem Beans & Ham Soup served with whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 1 string cheese stick **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

Afternoon Snack

- Nutrisystem Shake **1 PF**
- 1 cup berries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Lemon Caper Chicken **1 NS Entrée** **1 PF** **1 V**
- ½ cup cooked broccoli **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

DAY 3

Breakfast

- Nutrisystem Granola Cereal served with 4 oz. (½ cup) fat-free milk
- 1 cup low-fat yogurt **1 PF**
- 1 slice whole-grain toast **1 SC** topped with 2 Tbsp. peanut butter **2 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Pretzel Nuggets

Lunch

- Nutrisystem Grilled Chicken Sandwich
- 2 cups salad **2 V** topped with ½ cup deshelled edamame **1 PF** and ½ cup chickpeas **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- Nutrisystem Shake **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Dinner

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

Meal Prep Tip: Prepare extra ground turkey to reheat for dinner on Day 5!

Evening Snack

- Nutrisystem Carrot Cake
- 8 oz. water

DAY 4

Breakfast

- Nutrisystem Cinnamon Roll
- ¼ cup almonds (about 23 almonds) **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Sweet & Salty Nut Bar

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 2 oz. grilled chicken **1 PF**
- 1 cup baby carrots and 1 cup red bell pepper slices (about 1 medium bell pepper) **2 V** served with ¼ cup hummus **1 SC**
- 16 oz. water

Afternoon Snack

- Nutrisystem Shake **1 PF**
- 1 cup berries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Merlot Beef with Root Vegetables **1 NS Entrée** **1 PF** **1 V**
- ½ cup cooked green beans **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolatey Pretzel Bar
- 8 oz. water

DAY 5

Breakfast

- Nutrisystem Apple Strudel Bar
- 1 cup low-fat yogurt **1 PF**
- 1 slice whole-grain toast **1 SC** topped with 2 Tbsp. peanut butter **2 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Zesty Snack Mix

Lunch

- Nutrisystem White Cheddar Mac & Cheese
- ½ cup cooked broccoli **1 V**
- 1 medium apple **1 SC**
- 2 medium stalks of celery **1 V** with 1 Tbsp. peanut butter **1 PF**
- 16 oz. water

Afternoon Snack

- Nutrisystem Shake **1 PF**
- 1 medium pear **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Bean Bolognese
- 2 oz. cooked ground turkey **1 PF**
- 1 cup roasted asparagus **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

DAY 6

Breakfast

- Nutrisystem Chocolate Chip Baked Bar
- 2 large scrambled eggs **2 PF**
- 1 slice whole-grain toast **1 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem White Cheddar Popcorn

Lunch

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

Afternoon Snack

- Nutrisystem Shake **1 PF**
- 1 cup berries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Italian Sausage & Turkey Pepperoni Pizza
- 1 cup cooked broccoli and cauliflower **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Toffee Crunch Cookies
- 8 oz. water

DAY 7

Breakfast

- Nutrisystem Turkey Sausage and Egg Muffin topped with 1 slice cheese **1 PF**
- 1 cup low-fat yogurt **1 PF** topped with 1 cup berries **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Peanut Butter Cookie

Lunch

- Nutrisystem Four Cheese Melt
- 1 cup red bell pepper slices (about 1 medium bell pepper) **1 V** served with ¼ cup hummus **1 SC**
- 2 medium stalks of celery **1 V** with 1 Tbsp. peanut butter **1 PF**
- 16 oz. water

Afternoon Snack

- Nutrisystem Shake **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Chicken Alfredo
- 1 cup roasted carrots and broccoli **2 V** tossed with ½ cup deshelled edamame **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

DAY 8

Breakfast

- Nutrisystem High-protein Pancake Mix served with 1 tsp. maple syrup **1 Extra**
- 1 large scrambled egg **1 PF**
- Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Popcorn

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 cups salad **2 V** topped with 2 oz. rotisserie chicken **1 PF**, ½ cup black beans **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Red Pepper Chicken and Pasta Sauté **1 NS Entrée** **1 PF** **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Chip Cookies
- 8 oz. water

DAY 9

Breakfast

- Nutrisystem Harvest Nut Bar
- 1 Nutrisystem shake **1 PF**
- 1 cup peaches, canned in water or juice **1 SC** with ½ cup cottage cheese **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Oatmeal Raisin Cookie

Lunch

- Nutrisystem Broccoli and Cheese Melt
- 1 string cheese **1 PF**
- 1 medium apple **1 SC**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon Snack

- 1 large hard-boiled egg **1 PF**
- 2 medium mandarin oranges **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Chili with Beans served over 1 cup riced cauliflower **2 V**
- 2 oz. cooked lean ground beef **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Lemon Zest Cake
- 8 oz. water

DAY 10

Breakfast

- Nutrisystem Buttermilk Waffles served with 1 tsp. maple syrup **1 Extra**
- 1 large scrambled egg **1 PF**
- 1 slice whole-grain toast **1 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- 1 Nutrisystem Shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Pretzel Nuggets

Lunch

- Nutrisystem Chewy Trail Mix Bar
- 1 cup baby carrots **1 V** with ¼ cup hummus **1 SC**
- 2 medium stalks of celery **1 V** with 1 Tbsp. peanut butter **1 PF**
- 16 oz. water

Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

Dinner

- Nutrisystem Mediterranean Flatbread topped with 2 oz. grilled chicken **1 PF**
- 1 cup cooked broccoli
- 16 oz. water

Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

DAY 11

Breakfast

- Nutrisystem Cinnamon Bun Bar
- 1 Nutrisystem shake **1 PF**
- 1 cup peaches, canned in water or juice **1 SC** with ½ cup cottage cheese **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Cheese Puffs

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 2 oz. rotisserie chicken **1 PF**
- 1 medium apple **1 SC**
- 1 cup cooked cauliflower **2 V**
- 16 oz. water

Afternoon Snack

- 1 large hard-boiled egg **1 PF**
- 2 medium mandarin oranges **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Meatballs in Marinara Sauce topped with 1 slice cheese **1 PF** served with a small whole-grain roll
- 1 cup roasted asparagus **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolatey Pretzel Bar
- 8 oz. water

DAY 12

Breakfast

- Nutrisystem Honey Wheat Bagel with 1 Tbsp. reduced-fat cream cheese **1 Extra**
- 1 large large hard-boiled egg **1 PF**
- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Zesty Snack Mix

Lunch

- Nutrisystem Beans & Ham Soup served with whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 1 string cheese **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

Dinner

- Nutrisystem Thick Crust Pizza topped with 2 oz. turkey pepperoni **1 PF** and ½ cup sautéed mushrooms **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Ice Cream Sandwich
- 8 oz. water

DAY 13

Breakfast

- Nutrisystem Apple Strudel Bar
- Yogurt Parfait made with 1 cup low-fat yogurt **1 PF**, 1 cup berries **1 SC**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem White Ched
- dar Popcorn

Lunch

- Nutrisystem Chicken Mozzarella Melt
- 2 cups salad **2V** topped with 2 Tbsp. chopped walnuts (about 6 - 7 halves) **1 PF**, 1 cup canned mandarin oranges (packed in water or juice) **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- 1 large hard-boiled egg **1 PF**
- 2 medium mandarin oranges **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Mac and Cheese with Turkey Sausage
- 2 oz. cooked ground turkey **1 PF**
- 1 cup cooked broccoli **2V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

DAY 14

Breakfast

- Nutrisystem Nutriflakes Cereal served with 4 oz. (½ cup) fat-free milk
- 1 slice whole-grain toast **1 SC** topped with 1 Tbsp. peanut butter **1 PF**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Pretzel Nuggets

Lunch

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

Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Manicotti and Chicken with Spinach **1 NS Entrée** **1 PF** **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Peanut Butter Cookie
- 8 oz. water

DAY 15

Breakfast

- Nutrisystem Honey Wheat Bagel with 2 scrambled eggs **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Zesty Snack Mix

Lunch

- Nutrisystem White Cheddar Mac & Cheese
- ½ cup cooked broccoli **1 V** tossed with ¼ cup Parmesan cheese **1 PF**
- 1 cup baby carrots **1 V** with ¼ cup hummus **1 SC**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Dinner

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

Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

DAY 16

Breakfast

- Nutrisystem Double Chocolate Muffin
- 1 cup low-fat yogurt **1 PF** topped with 1 cup berries **1 SC**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Popcorn

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 cups salad **2 V** topped with 1/3 medium avocado **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 1 medium pear **1 SC**
- 16 oz. water

Afternoon Snack

- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- 1/4 cup dried cranberries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Italian Sausage & Turkey Pepperoni Pizza
- 1 cup cooked broccoli **2 V** topped with 1/4 cup shredded cheese **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Oatmeal Raisin Cookie
- 8 oz. water

DAY 17

Breakfast

- Nutrisystem Granola Cereal served with 4 oz. (½ cup) fat-free milk
- 1 slice whole-grain toast **1 SC** with 2 Tbsp. peanut butter **2 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Sweet and Salty Snack Bar

Lunch

- Nutrisystem Steak and Cheese Melt
- 1 string cheese **1 PF**
- 1 cup cooked carrots **2 V** with ¼ cup hummus **1 SC**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Cheesy Chicken Casserole
- 2 oz. rotisserie chicken **1 PF**
- 1 cup roasted asparagus **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Caramel Bar
- 8 oz. water

DAY 18

Breakfast

- Nutrisystem Homestyle Pancakes served with 1 tsp. maple syrup **1 Extra**
- 1 cup low-fat yogurt **1 PF** topped with 1 cup berries **1 SC**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Snickerdoodle Cookie

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** topped with 1/3 medium avocado **1 PF** and 1/2 cup corn **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- 1/4 cup dried cranberries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Mac and Cheese
- 2 oz. turkey meatloaf **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Red Velvet Cupcake
- 8 oz. water

DAY 19

Breakfast

- Nutrisystem Apple Strudel Bar
- 1 slice whole-grain toast **1 SC** with 2 Tbsp. peanut butter **2 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem White Cheddar Popcorn

Lunch

- Nutrisystem Cheddar Broccoli Rice
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked broccoli **2 V**
- 1 cup peaches, canned in water or juice **1 SC**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Dinner

- Nutrisystem BBQ Seasoned Chicken served with a small whole-grain roll
- 2 cups salad **2 V** topped with 1 Tbsp. olive oil **1 PF** and a splash of red wine vinegar **FF**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Chip Cookies
- 8 oz. water

DAY 20

Breakfast

- Nutrisystem Chocolate Chip Baked Bar
- 1 cup low-fat yogurt **1 PF** topped with 1 cup berries **1 SC**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Peanut Butter Cookie

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 1 cup roasted red bell peppers **2 V**
- *Chicken salad and crackers:*
- 2 oz. grilled chicken **1 PF** with 1 tsp. mayonnaise **1 Extra** and diced onions and celery **FF**
- Whole-grain crackers (80 - 120 calories and at least 1 g fiber) **1 SC**
- 16 oz. water

Tip: Use ½ cup canned chicken breast in place of grilled chicken for a quick chicken salad.

Afternoon Snack

- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Beef Stew
- 2 oz. lean ground beef or turkey **1 PF**
- 1 cup roasted carrots **2 V**
- 16 oz. water

Tip: Cook extra ground beef or turkey for tomorrow night's dinner

Evening Snack

- Nutrisystem Strawberry Shortcake Cupcake
- 8 oz. water

DAY 21

Breakfast

- Nutrisystem High-protein Pancake mix served with 1 tsp. maple syrup **1 Extra**
- 2 scrambled eggs **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Cheese Puffs

Lunch

- Nutrisystem Hamburger with 1 slice cheese **1 PF**
- 1 cup baby carrots **1 V**
- 1 cup sugar snap peas **1 V**
- ¼ cup hummus **1 SC**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Bean Bolognese
- 2 oz. lean ground beef or turkey **1 PF**
- 1 cup roasted broccoli **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolatey Pretzel Bar
- 8 oz. water

DAY 22

Breakfast

- Nutrisystem Buttermilk Waffles served with 1 tsp. maple syrup **1 Extra**
- 2 large scrambled eggs **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Chocolate Flavored Pretzels

Lunch

- Nutrisystem Beans & Ham Soup served with whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 2 oz. grilled chicken **1 PF**
- 1 cup cucumber slices **1 V**
- 1 cup cherry tomatoes **1 V**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Sesame Beef and Broccoli with Brown Rice **1 NS Entrée** **1 PF** **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

DAY 23

Breakfast

- Nutrisystem Granola Cereal served with 4 oz. (½ cup) fat-free milk
- 1 cup low-fat yogurt **1 PF** topped with 1 cup berries **1 SC** and 2 Tbsp. flaxseed **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Popcorn
- 1 cup red bell pepper slices (about 1 medium pepper) **1 V**

Lunch

- Nutrisystem Chewy Trail Mix Bar
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- 2 cups salad **2 V** topped with ½ cup chickpeas **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 cup pineapple, canned in water or juice **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Red Pepper Chicken and Pasta Saute **1 NS Entrée** **1 PF** **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Chip Cookies
- 8 oz. water

DAY 24

Breakfast

- Nutrisystem Harvest Nut Bar
- ¼ cup almonds (about 24 almonds) **2 PF**
- ½ cup cooked oatmeal **1 SC** with a dash of cinnamon **FF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Oatmeal Raisin Cookie

Lunch

- Nutrisystem Southwest Fiesta Melt
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 1 medium pear **1 SC**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Chicken Parmesan
- 1 cup sautéed greens beans **2 V** topped with 2 Tbsp. chopped and toasted almonds **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

DAY 25

Breakfast

- Nutrisystem Double Chocolate Muffin
- 1 cup low-fat yogurt **1 PF** topped with 1 cup berries **1 SC** and 2 Tbsp. flaxseed **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Cheese Puffs

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 cups salad **2 V** topped with 2 oz. salmon **1 PF**, ½ cup chickpeas **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Tip: Use canned salmon as a quick, no-cook salad topping

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Thick Crust Pizza topped with 2 oz. turkey pepperoni **1 PF** and ½ cup sautéed mushrooms and bell peppers **1 V**
- ½ cup cooked cauliflower **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

DAY 26

Breakfast

- Nutrisystem Nutriflakes Cereal served with 4 oz. (½ cup) fat-free milk
- 2 large hard-boiled eggs **2 PF**
- 1 slice whole-grain toast **1 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem White Cheddar Popcorn

Lunch

- Nutrisystem Spinach & Cheese Pretzel Melt
- 1 string cheese **1 PF**
- 1 cup cucumber slices **1 V**
- 1 cup baby carrots **1 V**
- ¼ cup hummus **1 SC**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Rotini and Meatballs topped with ¼ cup shredded Mozzarella cheese **1 PF**
- 1 cup sautéed zucchini and garlic **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Fudge Bar
- 8 oz. water

DAY 27

Breakfast

- Nutrisystem Homestyle Pancakes served with 1 tsp. maple syrup **1 Extra**
- 2 large scrambled eggs with ½ cup sautéed spinach, tomatoes and mushrooms **1 V**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Snickerdoodle Cookie

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2V** topped with ⅓ avocado **1 PF**, ½ cup corn **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 cup peaches, canned in water or juice **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Grain-Crusted Pollock with Vegetables **1 NS Entrée** **1 PF** **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Caramel Bar
- 8 oz. water

DAY 28

Breakfast

- Nutrisystem Cinnamon Bun Bar
- ¼ cup almonds (about 24 almonds) **2 PF**
- ½ cup cooked oatmeal **1 SC** with a dash of cinnamon **FF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Toffee Crunch Cookies

Lunch

- Nutrisystem White Cheddar Mac & Cheese
- ½ cup canned tuna, packed in water **1 PF**
- 1 medium apple **1 SC**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Mediterranean Flatbread
- 2 cups salad **2 V** topped with ½ cup deshelled edamame **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

MONTH 2

DAY 1

Breakfast

- Nutrisystem Buttermilk Waffles served with 1 tsp. maple syrup **1 Extra**
- 2 oz. turkey bacon **1 PF**
- 1 large scrambled egg **1 PF**
- 1 cup berries **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

Flex Snack:

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

Lunch

- Nutrisystem Hamburger with 1 Tbsp. ketchup **1 Extra**, lettuce and tomato slices **FF**
- ½ cup baked sweet potato fries **1 SC**
- 1 cup cooked carrots **2 V**
- 1 Nutrisystem shake **1 PF**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

Dinner

Flex Dinner:

- 6 oz. baked pork tenderloin **3 PF**
- 1 small sweet potato **1 SC**
- 1 cup roasted asparagus **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Caramel Bar
- 8 oz. water

DAY 2

Breakfast

- Nutrisystem Apple Strudel Bar
- ¼ cup almonds (about 24 almonds) **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Oatmeal Raisin Cookie

Lunch

- Nutrisystem Broccoli and Cheese Melt
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 1 medium apple **1 SC** with 1 Tbsp. peanut butter **1 PF**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- ½ cup applesauce, unsweetened **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Chicken Parmesan
- 2 cups salad **2 V** topped with 1 Tbsp. olive oil **1 PF** and 1 Tbsp. red wine vinegar **FF**
- 16 oz. water

Evening Snack

Flex Snack:

- 1 cup (8 oz.) fat-free milk **1 PF**
- ¼ cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

DAY 3

Breakfast

- Nutrisystem Harvest Nut Bar
- 2 large hard-boiled eggs **2 PF**
- 1 slice whole-grain toast **1 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Popcorn

Lunch

Flex Lunch:

- ½ Sandwich made with 4 oz. deli turkey **2 PF**, 1 slice cheese **1 PF**, 1 slice whole-grain bread **1 SC**, 1 tsp. mayonnaise **1 Extra**, lettuce and tomato slices **FF**
- 1 cup baby carrots **1 V**
- 1 cup bell pepper slices (about 1 medium bell pepper) **1 V**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Hearty Beef Stew
- 2 oz. lean ground beef **1 PF**
- 1 cup cooked cauliflower **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Ice Cream Sandwich
- 8 oz. water

DAY 4

Breakfast

Flex Breakfast:

- Parfait made with 1 cup reduced-fat cottage cheese **2 PF**, 2 Tbsp. chopped walnuts **1 PF**, 1 cup cherries **1 SC** and a dash of cinnamon **FF**
- ½ cup cooked oatmeal **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Tip: Choose frozen cherries (without added sugar) when not in season, or substitute for your favorite seasonal fruit.

Morning Snack

- Nutrisystem Pretzel Nuggets
- 1 cup sugar snap peas **1 V**

Lunch

- Nutrisystem Beans & Ham Soup
- 2 cups salad **2 V** topped with ⅓ avocado **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- ½ cup applesauce, unsweetened **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Red Pepper Chicken and Pasta Saute **1 NS Entrée** **1 PF** **1 V**
- 16 oz. water

Evening Snack

Flex Snack:

- 1 cup (8 oz.) fat-free milk **1 PF**
- ¼ cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

DAY 5

Breakfast

- Nutrisystem Honey Wheat Bagel
- 2 large scrambled eggs **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

Flex Snack:

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

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 1 string cheese **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 g fiber) **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Afternoon Snack

- Half a sandwich made with 2 oz. deli turkey **1 PF**, 1 slice whole-grain bread **1 SC** and 1 tsp. mustard **FF**
- 8 oz. water

Dinner

Flex Dinner:

- 2 oz. turkey burger **1 PF** topped with 1 slice cheese and 1/3 avocado **2 PF** on 1 small whole-grain roll **1 SC**
- 1 cup roasted zucchini and peppers **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Flavored Pretzels
- 8 oz. water

DAY 6

Breakfast

- Nutrisystem Granola Cereal served with 4 oz. (½ cup) fat-free milk
- 1 cup low-fat yogurt **1 PF** topped with 1 cup berries **1 SC** and 2 Tbsp. chopped walnuts **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Cheese Puffs

Lunch

Flex Lunch:

- Pasta Salad made by tossing together 4 oz. grilled chicken **2 PF**, ⅓ avocado **1 PF**, ½ cup whole-wheat pasta **1 SC**, 1 cup chopped cherry tomatoes and cucumbers **1 V** and 1 Tbsp. reduced-fat salad dressing, such as Italian or Balsamic Vinaigrette **1 Extra**
- 1 cup baby carrots **1 V**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

Dinner

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

Evening Snack

- Nutrisystem Chocolatey Pretzel Bar
- 8 oz. water

DAY 7

Breakfast

Flex Breakfast:

- Parfait made with 1 cup reduced-fat cottage cheese **2 PF**, 2 Tbsp. chopped walnuts **1 PF**, 1 cup cherries **1 SC** and a dash of cinnamon **FF**
- ½ cup cooked oatmeal **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Tip: Choose frozen cherries (without added sugar) when not in season, or substitute for your favorite seasonal fruit.

Morning Snack

- Nutrisystem Zesty Snack Mix

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 1 Nutrisystem shake **1 PF**
- 2 cups salad **2 V** with ½ cup black beans **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- Half a sandwich made with 2 oz. deli turkey **1 PF**, 1 slice whole-grain bread **1 SC** and 1 tsp. mustard **FF**
- 1 cup baby carrots **1 V**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Manicotti and Chicken with Spinach **1 NS Entrée** **1 PF** **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

DAY 8

Breakfast

- Nutrisystem High-protein Pancake Mix topped with 1 Tbsp. peanut butter **1 PF**
- 1 Nutrisystem shake **1 PF**
- 1 cup grapes **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

Flex Snack:

- 1 large hard-boiled egg **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**

Lunch

- Nutrisystem Steak and Cheese Melt
- 2 cups salad **2 V** topped with 2 oz. grilled chicken **1 PF**, ½ cup corn **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup pears, canned in water or juice **1 SC**
- 8 oz. water

Dinner

Flex Dinner:

- 6 oz. baked chicken **3 PF**
- ½ cup corn **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Tip: Bake some extra chicken for a side to your dinner on Day 10.

Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

DAY 9

Breakfast

- Nutrisystem Cinnamon Bun Bar
- 1 large hard-boiled egg **1 PF**
- 1 medium banana **1 SC**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Peanut Butter Cookie

Lunch

- Nutrisystem Cheddar Broccoli Rice
- 2 oz. cooked ground turkey **1 PF**
- 1 cup cooked broccoli **2 V**
- 1 medium apple **1 SC**
- 16 oz. water

Afternoon Snack

- 1 string cheese **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Grain-Crusted Pollock with Vegetables **1 NS Entrée** **1 PF** **1 V**
- 16 oz. water

Evening Snack

Flex Snack:

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

DAY 10

Breakfast

- Nutrisystem Cinnamon Roll
- 1 cup low-fat yogurt **1 PF**
- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Sweet & Salty Nut Bar

Lunch

Flex Lunch:

- Large salad made with 3 cups lettuce and other non-starchy veggies **3 V**, ½ cup canned tuna **1 PF**, ⅓ avocado **1 PF**, ½ cup white beans **1 SC** and 1 Tbsp. olive oil **1 PF** and 1 - 2 Tbsp. red wine vinegar **FF**
- 16 oz. water

Afternoon Snack

- 1 string cheese **1 PF**
- 1 cup pears, canned in water or juice **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Harvest Grain Bowl
- 2 oz. baked chicken
- 1 cup cooked carrots **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Strawberry Shortcake Cupcake
- 8 oz. water

DAY 11

Breakfast

Flex Breakfast:

- 2 large scrambled eggs **2 PF** with ½ cup diced tomatoes, mushrooms and onions **1 V**
- 1 slice whole-grain toast **1 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- 1 medium pear **1 SC**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Cheese Puffs

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- 1 cup baby carrots **1 V**
- 1 cup sugar snap peas **1 V**
- ¼ cup hummus **1 SC**
- 16 oz. water

Afternoon Snack

- 1 string cheese **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Lemon Caper Chicken **1 NS Entrée** **1 PF** **1 V**
- 16 oz. water

Evening Snack

Flex Snack:

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

DAY 12

Breakfast

- Nutrisystem Double Chocolate Muffin
- 1 Nutrisystem shake **1 PF**
- 1 cup low-fat yogurt **1 PF** with 1 cup berries **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

Flex Snack:

- 1 large hard-boiled egg **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**

Lunch

- Nutrisystem Chicken Mozzarella Melt
- 2 oz. rotisserie chicken **1 PF**
- 1 cup cooked asparagus **2 V**
- ½ cup baked sweet potato wedges **1 SC**
- 16 oz. water

Afternoon Snack

- 1 string cheese **1 PF**
- 1 cup pears, canned in water or juice **1 SC**
- 8 oz. water

Dinner

Flex Dinner:

- Taco salad made with 3 cups lettuce **3 V** topped with 2 oz. cooked ground turkey with taco seasoning **1 PF**, ⅓ avocado **1 PF**, ¼ cup shredded cheese **1 PF**, ½ cup black beans **1 SC**. Top with fresh salsa **FF** and 1 Tbsp. reduced-fat sour cream **1 Extra**
- 16 oz. water

Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

DAY 13

Breakfast

- Nutrisystem Turkey Sausage and Egg Muffin with 1 slice cheese **1 PF**
- 1 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Popcorn

Lunch

Flex Lunch:

- Large salad made with 3 cups lettuce and other non-starchy veggies **3 V**, ½ cup canned tuna **1 PF**, ⅓ avocado **1 PF**, ½ cup white beans **1 SC** and 1 Tbsp. olive oil **1 PF** and 1 - 2 Tbsp. red wine vinegar **FF**
- 16 oz. water

Afternoon Snack

- 1 string cheese **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 8 oz. water

Dinner

- Nutrisystem BBQ Seasoned Chicken served with a small whole-grain roll
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Fudge Bar
- 8 oz. water

DAY 14

Breakfast

Flex Breakfast:

- 1 serving ready-to-eat cereal (80 - 120 calories and at least 1 gram fiber) **1 SC** with 1 cup (8 oz.) fat-free milk **1 PF**
- 1 Nutrisystem shake **1 PF**
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem White Cheddar Popcorn

Lunch

- Nutrisystem Chewy Trail Mix Bar
- 1 cup low-fat yogurt **1 PF**
- 1 cup cherry tomatoes **1 V**
- 1 cup baby carrots **1 V**
- ¼ cup hummus **1 SC**
- 16 oz. water

Afternoon Snack

- 1 string cheese **1 PF**
- 1 cup pears, canned in water or juice **1 SC**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Sesame Beef and Broccoli with Brown Rice **1 NS Entrée** **1 PF** **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Toffee Crunch Cookies
- 8 oz. water

DAY 15

Breakfast

- Nutrisystem Chocolate Chip Baked Bar
- 1 Nutrisystem shake **1 PF**
- 1 large hard-boiled egg **1 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

Flex Snack:

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

Lunch

- Nutrisystem Grilled Chicken Sandwich
- 2 cups salad **2 V** with ½ avocado **1 PF**, ½ cup pinto beans **1 SC** and 1 Tbsp reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- ½ cup cottage cheese **1 PF**
- 1 cup cherries **1 SC**
- 8 oz. water

Tip: If cherries are not in season, try frozen options without added sugars, or substitute for your favorite in-season fruit.

Dinner

Flex Dinner:

- Easy Skinny Philly Cheesesteak **2 PF** **1 SC** **1 V**
- Roast 1 cup raw broccoli **1 V** tossed with 1 Tbsp. olive oil **1 PF**
- 16 oz. water

For the Easy Skinny Philly Cheesesteak recipe, check out the Leaf at <https://leaf.nutrisystem.com/recipes/philly-cheese-steak-sandwich/>

Evening Snack

- Nutrisystem Carrot Cake Cupcake
- 8 oz. water

DAY 16

Breakfast

- Nutrisystem Homestyle Pancakes served with 1 tsp. maple syrup **1 Extra**
- 1 large hard-boiled egg **1 PF**
- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Pretzel Nuggets

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 2 oz. grilled chicken **1 PF**
- 1 cup pineapple, canned in water or juice **1 SC**
- 1 cup cooked carrots **2 V**
- 16 oz. water

Afternoon Snack

- 1 Tbsp. peanut butter **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Mac and Cheese
- 2 oz. pork tenderloin **1 PF**
- 1 cup sautéed 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**
- 8 oz. water

DAY 17

Breakfast

- Nutrisystem Granola Cereal served with 4 oz. (½ cup) fat-free milk
- 1 Nutrisystem shake **1 PF**
- 1 cup low-fat yogurt **1 PF** topped with 1 cup berries **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Popcorn

Lunch

Flex Lunch:

- Half Ham and Cheese Sandwich made with 4 oz. deli ham **2 PF**, 1 slice cheese **1 PF**, 1 slice whole-grain bread **1 SC** and 1 tsp. mustard **FF**
- 2 cups salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- ½ cup cottage cheese **1 PF**
- 1 cup cherries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Mediterranean Flatbread
- 2 cups raw zucchini and garlic **2 V** sautéed with 1 Tbsp. olive oil **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem Snickerdoodle Cookie
- 8 oz. water

DAY 18

Breakfast

Flex Breakfast:

- 2 large scrambled eggs **2 PF** mixed with ½ cup sautéed spinach, tomatoes and mushrooms **1 V**
- 2 oz. turkey sausage links **1 PF**
- 2 slices whole-grain toast **2 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Oatmeal Raisin Cookie

Lunch

- Nutrisystem White Cheddar Mac & Cheese
- 1 Nutrisystem shake **1 PF**
- 1 cup peaches, canned in water or juice **1 SC**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon Snack

- 1 Tbsp. peanut butter **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Merlot Beef with Root Vegetables **1 NS Entrée** **1 PF** **1 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**
- 8 oz. water

DAY 19

Breakfast

- Nutrisystem Honey Wheat Bagel served with 1 Tbsp. peanut butter **1 PF**
- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

Flex Snack:

- 1 string cheese **1 PF**
- 1 medium apple **1 SC**

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- ¼ cup guacamole **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 1 cup baby carrots **1 V**
- 1 cup bell pepper slices (about 1 medium bell pepper) **1 V**
- 16 oz. water

Afternoon Snack

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

Dinner

Flex Dinner:

- Bunless Turkey Burger: 2 oz. turkey burger **1 PF** topped with 1 slice cheese and ⅓ avocado **2 PF**
- ½ cup baked sweet potato wedges **1 SC**
- 1 cup roasted asparagus **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Chunk Cookie
- 8 oz. water

DAY 20

Breakfast

- Nutrisystem Apple Strudel Bar
- 1 Nutrisystem shake **1 PF**
- 2 Tbsp. walnuts (about 6 - 7 halves) **1 PF**
- 1 slice whole-grain toast **1 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Cheese Puffs

Lunch

Flex Lunch:

- Half Ham and Cheese Sandwich made with 2 oz. deli ham **1 PF**, 1 slice cheese **1 PF**, 1 slice whole-grain bread **1 SC** and 1 tsp. mustard **FF**
- 2 cups salad **2 V** with 1 Tbsp. olive oil **1 PF** and 1 Tbsp. red wine vinegar **FF**
- 16 oz. water

Afternoon Snack

- 1 Tbsp. peanut butter **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Chili with Beans topped with ¼ cup shredded cheese **1 PF** and 1 Tbsp. reduced-fat sour cream **1 Extra**
- 1 cup cooked broccoli and cauliflower **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Red Velvet Cupcake
- 8 oz. water

DAY 21

Breakfast

Flex Breakfast:

- 1 Nutrisystem shake **1 PF**
- Yogurt and Berry Parfait made with 1 cup low-fat yogurt **1 PF**, 1 cup berries **1 SC**, 2 Tbsp. walnuts (about 6 - 7 halves) **1 PF** and dash of cinnamon **FF**
- 1 slice whole-grain toast **1 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem White Cheddar Popcorn

Lunch

- Nutrisystem Four Cheese Melt
- 1 string cheese **1 PF**
- 1 medium pear **1 SC**
- 1 cup cooked cauliflower **2 V**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Italian Sausage & Turkey Pepperoni Pizza
- 2 cups salad **2 V** topped with 1 Tbsp. olive oil **1 PF** and 1 Tbsp. red wine vinegar **FF**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Chip Cookies
- 8 oz. water

DAY 22

Breakfast

- Nutrisystem Buttermilk waffles topped with 2 Tbsp. peanut butter **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

Flex Snack:

- 1 Nutrisystem shake **1 PF**
- 2 Mandarin oranges or 1 cup canned in water or juice **1 SC**

Lunch

- Nutrisystem Cheddar Broccoli Rice
- Half a sandwich made with 2 oz. deli ham **1 PF**, 1 slice whole-grain bread **1 SC** with 1 tsp. mustard **FF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

Afternoon Snack

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

Dinner

Flex Dinner:

- No-Bake French Onion Beef Casserole **2 PF** **1 SC** **2 Extras**
- 1 cup cooked green beans **2 V** tossed with 2 Tbsp. almonds, chopped (about 12 almonds) **1 PF**
- 16 oz. water

For the No-Bake French Onion Beef Casserole recipe, visit the Leaf at <https://leaf.nutrisystem.com/recipes/beef-french-onion-casserole/>

Evening Snack

- Nutrisystem Peanut Butter Cookie
- 8 oz. water

DAY 23

Breakfast

- Nutrisystem Cinnamon Bun Bar
- 1 Nutrisystem shake **1 PF**
- 1 slice whole-grain toast **1 SC** with 1/3 avocado, mashed **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Cheese Puffs

Lunch

- Nutrisystem Spinach & Cheese Pretzel Melt
- 1 string cheese **1 PF**
- 1 cup pineapple, canned in water or juice **1 SC**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Mediterranean Flatbread
- 2 oz. grilled salmon **1 PF**
- 1 cup roasted Brussels sprouts **2 V**
- 16 oz. water

Evening Snack

Flex Snack:

- Chocolate Peanut Butter Freezer Fudge **1 PF** **1 Extra**
- 1 medium banana **1 SC**
- 8 oz. water

For the Chocolate Peanut Butter Freezer Fudge recipe, visit the Leaf at <https://leaf.nutrisystem.com/recipes/chocolate-peanut-butter-fudge/>

DAY 24

Breakfast

- Nutrisystem Harvest Nut Bar
- 1 Nutrisystem shake **1 PF**
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- 1 medium apple **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem White Cheddar Popcorn

Lunch

Flex Lunch:

- Large Grilled Chicken Salad made with 3 cups salad **3 V**, 4 oz. grilled chicken **2 PF**, 1/3 avocado **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 1 cup pears, canned in water or juice **1 SC**
- 16 oz. water

Afternoon Snack

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- 1/4 cup dried cranberries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Meatballs in Marinara Sauce with 1 slice cheese **1 PF**, served with a small whole-grain roll
- 1 cup cooked broccoli **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Lemon Zest Cupcake
- 8 oz. water

DAY 25

Breakfast

Flex Breakfast:

- Superfood Veggie Omelet **2 PF** **1 V**
- 2 slices whole-grain toast **2 SC** with ½ Tbsp. butter substitute (ex. Benecol® or SmartBalance®) **1 Extra**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

For the Superfood Veggie Omelet recipe, check out the Leaf at <https://leaf.nutrisystem.com/recipes/veggie-omelet/>

Morning Snack

- Nutrisystem Zesty Snack Mix

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 1 Nutrisystem shake **1 PF**
- 1 cup baby carrots **1 V**
- 1 cup sugar snap peas **1 V**
- ¼ cup hummus **1 SC**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Hearty Inspirations™ Red Pepper Chicken and Pasta Saute **1 NS Entrée** **1 PF** **1 V**
- 16 oz. water

Evening Snack

Flex Snack:

- Chocolate Peanut Butter Freezer Fudge **1 PF** **1 Extra**
- 1 medium banana **1 SC**
- 8 oz. water

For the Chocolate Peanut Butter Freezer Fudge recipe, visit the Leaf at <https://leaf.nutrisystem.com/recipes/chocolate-peanut-butter-fudge/>

DAY 26

Breakfast

- Nutrisystem Nutriflakes Cereal served with 4 oz. (½ cup) fat-free milk
- 1 Nutrisystem shake **1 PF**
- 1 slice whole-grain toast **1 SC** with 1 Tbsp. peanut butter **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

Flex Snack:

- 1 string cheese **1 PF**
- 2 Mandarin oranges or 1 cup canned in water or juice **1 SC**

Lunch

- Nutrisystem Southwest Fiesta Melt
- 2 cups salad **2 V** with 2 oz. grilled chicken **1 PF**, ½ cup corn **1 SC** and 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**
- ¼ cup dried cranberries **1 SC**
- 8 oz. water

Dinner

Flex Dinner:

- 6 oz. rotisserie chicken **3 PF**
- ½ cup corn **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Flavored Pretzel
- 8 oz. water

DAY 27

Breakfast

- Nutrisystem Homestyle Pancakes served with 1 tsp. maple syrup **1 Extra**
- 1 Nutrisystem shake **1 PF**
- 1 cup low-fat yogurt **1 PF** mixed with 1 cup peaches, canned in water or juice **1 SC**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem White Cheddar Popcorn

Lunch

Flex Lunch:

- Half Turkey Sandwich made with 4 oz. deli turkey **2 PF**, 1 slice cheese **1 PF**, lettuce and tomato slices **FF**, 1 slice whole-grain bread **1 SC** and 1 tsp. mustard **FF**
- 1 cup red bell pepper slices (about 1 medium bell pepper) **1 V**
- 1 cup sugar snap peas **1 V**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Chicken Pasta Parmesan topped with ¼ cup shredded Mozzarella cheese **1 PF**
- 1 cup roasted carrots **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

DAY 28

Breakfast

Flex Breakfast:

- Egg Sandwich made with 2 slices whole-grain toast **2SC**, 1 large egg **1PF**, 1/3 avocado **1PF** and a slice of tomato **FF**
- 1 Nutrisystem shake **1PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Popcorn

Lunch

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

Afternoon Snack

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1PF**
- 1/4 cup dried cranberries **1SC**
- 8 oz. water

Dinner

- Nutrisystem White Chicken & Bacon Ranch Pizza
- 2 cups salad **2V** tossed with 1 Tbsp. olive oil **1PF** and 1 Tbsp. red wine vinegar **FF**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Chip Cookies
- 8 oz. water