



Your Sample Meal Plan

Delicious Ideas for Your First 2 Months

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 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 women with 1500-1600 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
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium banana **1 SC**

Lunch

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

Afternoon Snack

- 1 string cheese **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
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium apple **1 SC**

Lunch

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

Afternoon Snack

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

Dinner

- Nutrisystem Hearty Inspirations™ Lemon Caper Chicken **1 NS Dinner 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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium banana **1 SC**

Lunch

- Nutrisystem Grilled Chicken Sandwich
- 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

Afternoon Snack

- 1 string cheese **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
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium apple **1 SC**

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**
- 16 oz. water

Afternoon Snack

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

Dinner

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

Evening Snack

- Nutrisystem Cheese Puffs
- 8 oz. water

DAY 5

Breakfast

- Nutrisystem Apple Strudel Bar
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium banana **1 SC**

Lunch

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

Afternoon Snack

- 1 string cheese **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 Turkey Sausage & Egg Muffin topped with 1 slice cheese **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium apple **1 SC**

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 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

Afternoon Snack

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

DAY 7

Breakfast

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

Morning Snack

- Nutrisystem Shake **1 PF**
- 1 medium banana **1 SC**

Lunch

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

Afternoon Snack

- 1 string cheese **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 Caramel Bar
- 8 oz. water

DAY 8

Breakfast

- Nutrisystem High-protein Pancake Mix served with 1 tsp. maple syrup **1 Extra**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 cups salad **2 V** topped with 2 oz. rotisserie chicken **1 PF** 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 Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Popcorn
- 8 oz. water

DAY 9

Breakfast

- Nutrisystem Harvest Nut Bar
- 2 Tbsp. walnuts (about 6 - 7 halves) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- ½ cup reduced-fat cottage cheese **1 PF**
- 1 cup cherries **1 SC**

Tip: Frozen cherries make a great option when cherries are not in season. Or, swap out cherries for your favorite in-season fruit!

Lunch

- Nutrisystem Broccoli and Cheese Melt
- 1 string cheese **1 PF**
- 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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**

Lunch

- Nutrisystem Chewy Trail Mix Bar
- 1 cup baby carrots **1 V**
- 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
- 2 Tbsp. walnuts (about 6 - 7 halves) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- ½ cup reduced-fat cottage cheese **1 PF**
- 1 cup cherries **1 SC**

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 2 oz. rotisserie chicken **1 PF**
- 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 Cheese Puffs
- 8 oz. water

DAY 12

Breakfast

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

Morning Snack

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**

Lunch

- Nutrisystem Beans & Ham Soup
- 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
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- ½ cup reduced-fat cottage cheese **1 PF**
- 1 cup cherries **1 SC**

Lunch

- Nutrisystem Chicken Mozzarella Melt
- 2 cups salad **2 V** topped with 2 Tbsp. chopped walnuts (about 6 - 7 halves) **1 PF** 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 **2 V**
- 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
- 2 Tbsp. walnuts (about 6 - 7 halves) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 string cheese **1 PF**
- 1 cup grapes **1 SC**

Lunch

- Nutrisystem Cheddar Broccoli Rice topped with ¼ cup shredded cheese **1 PF**
- 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 Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

DAY 15

Breakfast

- Nutrisystem Honey Wheat Bagel with 1 Tbsp. reduced-fat cream cheese **1 Extra**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

Lunch

- Nutrisystem White Cheddar Mac & Cheese
- 1 cup cooked **2 V** broccoli tossed with ¼ cup Parmesan cheese **1 PF**
- 16 oz. water

Afternoon Snack

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- 1 medium pear **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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**

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**
- 16 oz. water

Afternoon Snack

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**
- 8 oz. water

Tip: Use 1/2 cup canned chicken breast in place of grilled chicken for a quick chicken salad.

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 Popcorn
- 8 oz. water

DAY 17

Breakfast

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

Morning Snack

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

Lunch

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

Afternoon Snack

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

DAY 18

Breakfast

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

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 2 cups salad **2 V** topped with 1 Tbsp. olive oil **1 PF** and a splash of red wine vinegar **FF**
- 16 oz. water

Afternoon Snack

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**
- 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 Chocolate Caramel Bar
- 8 oz. water

DAY 19

Breakfast

- Nutrisystem Apple Strudel Bar
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

Lunch

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

Afternoon Snack

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

DAY 20

Breakfast

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

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 cup berries **1 SC**

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 2 oz. grilled chicken **1 PF**
- 1 cup roasted red bell peppers **2 V**
- 16 oz. water

Afternoon Snack

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**
- 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**
- 1 scrambled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

Lunch

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

Afternoon Snack

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

DAY 22

Breakfast

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

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

Lunch

- Nutrisystem Beans & Ham Soup
- 2 oz. grilled chicken **1 PF**
- 1 cup cucumber slices **1 V**
- 1 cup cherry tomatoes **1 V**
- 16 oz. water

Afternoon Snack

- 1 string cheese **1 PF**
- Whole-grain crackers (80 - 120 calories with at least 1 gram fiber) **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 Dinner 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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 hard-boiled egg **1 PF**
- 1 medium pear **1 SC**
- 1 cup sugar snap peas **1 V**

Lunch

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

Afternoon Snack

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

Dinner

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

Evening Snack

- Nutrisystem Popcorn
- 8 oz. water

DAY 24

Breakfast

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

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

Lunch

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

Afternoon Snack

- 1 string cheese **1 PF**
- 1 cup pineapple, canned in water or juice **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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 hard-boiled egg **1 PF**
- 1 medium pear **1 SC**

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 2 cups salad **2 V** topped with 2 oz. salmon **1 PF** 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 cup berries **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
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

Lunch

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

Afternoon Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **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**
- 1 cup low-fat yogurt **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 hard-boiled egg **1 PF**
- 1 medium pear **1 SC**
- 1 cup baby carrots **1 V**

Lunch

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

Afternoon Snack

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

Dinner

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

Evening Snack

- Nutrisystem Chocolate Caramel Bar
- 8 oz. water

DAY 28

Breakfast

- Nutrisystem Cinnamon Bun Bar
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

Lunch

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

Afternoon Snack

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning 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**
- 1 Nutrisystem shake **1 PF**
- 1 cup cooked carrots **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:

- 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
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 2 mandarin oranges **1 SC**

Tip: If mandarin oranges are not in-season, try 1 cup mandarin oranges canned in water or juice.

Lunch

- Nutrisystem Broccoli and Cheese Melt
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 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

- 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
- 1 large hard-boiled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

Lunch

Flex Lunch:

- ½ Sandwich made with 2 oz. deli turkey **1 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 Nutrisystem shake **1 PF**
- ¼ cup dried cranberries **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** with 1 cup cherries **1 SC** and a dash of cinnamon **FF**
- 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

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

Lunch

- Nutrisystem Beans & Ham Soup
- 2 cups salad **2 V** topped with 1/3 avocado **1 PF** 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™ Red Pepper Chicken and Pasta Sauté **1 NS Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

Evening Snack

Flex Snack:

- 1 cup (8 oz.) fat-free milk **1 PF**
- 1/4 cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

DAY 5

Breakfast

- Nutrisystem Honey Wheat Bagel
- 1 large scrambled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 1 string cheese **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**
- 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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**

Lunch

Flex Lunch:

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

- 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 Cheese Puffs
- 8 oz. water

DAY 7

Breakfast

Flex Breakfast:

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

Morning Snack

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

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- 1 Nutrisystem shake **1 PF**
- 2 cups salad **2 V** with 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 Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem Chocolate Cupcake
- 8 oz. water

DAY 8

Breakfast

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

Morning Snack

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

Lunch

- Nutrisystem Steak and Cheese Melt
- 2 cups salad **2 V** topped with 2 oz. grilled chicken **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Extra**
- 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

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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

Lunch

- Nutrisystem Cheddar Broccoli Rice
- 2 oz. cooked ground turkey **1 PF**
- 1 cup cooked broccoli **2 V**
- 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 Dinner 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 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

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. reduced-fat salad dressing **1 Extra**
- 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 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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

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**
- 16 oz. water

Afternoon Snack

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

Dinner

- Nutrisystem Hearty Inspirations™ Lemon Caper Chicken **1 NS Dinner 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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

Lunch

- Nutrisystem Chicken Mozzarella Melt
- 2 oz. rotisserie chicken **1 PF**
- 1 cup cooked asparagus **2 V**
- 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

Flex Dinner:

- Taco salad made with 3 cups lettuce **3 V** topped with 2 oz. cooked ground turkey with taco seasoning **1 PF**, 1/3 avocado **1 PF**, 1/4 cup shredded cheese **1 PF**, 1/2 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 & Egg Muffin with 1 slice cheese **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

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. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- 1 string cheese **1 PF**
- 1 medium pear or 1 cup pears, canned in water or juice **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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

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**
- 16 oz. water

Tip: Mix plain, low-fat yogurt with a little lemon juice and some herbs like dill or parsley for a homemade veggie dip

Afternoon Snack

- 1 string cheese **1 PF**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **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 Dinner Entrée** + **1 PF** + **1 V**
- 16 oz. water

Evening Snack

- Nutrisystem White Cheddar Popcorn
- 8 oz. water

DAY 15

Breakfast

- Nutrisystem Chocolate Chip Baked Bar
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

Lunch

- Nutrisystem Grilled Chicken Sandwich
- 2 cups salad **2 V** with 1/3 avocado **1 PF** and 1 Tbsp reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- 1/2 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 scrambled egg **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

Lunch

- Nutrisystem Spicy Kung Pao Noodles
- 2 oz. grilled chicken **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

Afternoon Snack

- 1 Nutrisystem Shake **1 PF**
- 1 medium banana **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**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

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. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

- ½ cup cottage cheese **1 PF**
- 1 cup berries **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 Popcorn
- 8 oz. water

DAY 18

Breakfast

Flex Breakfast:

- 1 large scrambled egg **1 PF** mixed with ½ cup sautéed spinach, tomatoes and mushrooms **1 V**
- 2 oz. turkey sausage links **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

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

Lunch

- Nutrisystem White Cheddar Mac & Cheese
- 2 oz. grilled chicken **1 PF**
- 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 Hearty Inspirations™ Merlot Beef with Root Vegetables **1 NS Dinner 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**
- Whole-grain crackers (80 - 120 calories and at least 1 gram fiber) **1 SC**
- 8 oz. water

DAY 19

Breakfast

- Nutrisystem Honey Wheat Bagel served with 1 Tbsp. reduced-fat cream cheese **1 Extra**
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

Lunch

- Nutrisystem Strawberry Yogurt Flavored Bar
- ¼ cup guacamole **1 PF**
- 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 cherries **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
- 2 Tbsp. walnuts (about 6 - 7 halves) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

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

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. reduced-fat salad dressing **1 Extra**
- 16 oz. water

Afternoon Snack

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

Morning Snack

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

Lunch

- Nutrisystem Four Cheese Melt
- 1 string cheese **1 PF**
- 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 White Cheddar Popcorn
- 8 oz. water

DAY 22

Breakfast

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

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium pear **1 SC**

Lunch

- Nutrisystem Cheddar Broccoli Rice
- 2 oz. grilled chicken **1 PF**
- 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 Cheese Puffs
- 8 oz. water

DAY 23

Breakfast

- Nutrisystem Cinnamon Bun Bar
- 1 Nutrisystem shake **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 2 Tbsp. pistachios (about 25 deshelled kernals) **1 PF**
- ½ cup applesauce, unsweetened **1 SC**

Lunch

- Nutrisystem Spinach and Cheese Pretzel Melt
- 1 string cheese **1 PF**
- 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
- 2 Tbsp. almonds (about 12 almonds) **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

Lunch

Flex Lunch:

- Large Grilled Chicken Salad made with 3 cups salad **3 V**, 4 oz. grilled chicken **2 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**
- ¼ 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**
- 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

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

Morning Snack

- 2 Tbsp. pistachios (about 25 deshelled kernels) **1 PF**
- ½ cup applesauce, unsweetened **1 SC**

Lunch

- Nutrisystem Double Chocolate Caramel Bar
- 1 Nutrisystem shake **1 PF**
- 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 berries **1 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations™ Red Pepper Chicken and Pasta Sauté **1 NS Dinner 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**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- ½ medium apple **1 SC**

Lunch

- Nutrisystem Southwest Fiesta Melt
- 2 cups salad **2 V** with 2 oz. grilled chicken **1 PF** 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 topped with 1 Tbsp. peanut butter **1 PF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 2 Nutrisystem shake **1 PF**
- 1 medium apple **1 SC**

Lunch

Flex Lunch:

- Half Turkey Sandwich made with 2 oz. deli turkey **1 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 cup low-fat yogurt **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:

- Open-Faced Egg Sandwich made with 1 slice whole-grain toast **1 SC** topped with 1 large egg **1 PF**, $\frac{1}{3}$ avocado **1 PF** and a slice of tomato **FF**
- Coffee or Tea with 1 Tbsp. coffee creamer **1 Extra**
- 16 oz. water

Morning Snack

- 1 Nutrisystem shake **1 PF**
- 1 medium banana **1 SC**

Lunch

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

Afternoon Snack

- 1 oz. cheddar cheese (1 oz = about size of 4 dice) **1 PF**
- $\frac{1}{4}$ cup dried cranberries **1 SC**
- 8 oz. water

Dinner

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

Evening Snack

- Nutrisystem Popcorn
- 8 oz. water