



# Basic & Uniquely Yours Non-SmartAdapt Sample Meal Plan

## Delicious Ideas for Your First 7 Days

If you're ready to start Nutrisystem, you've come to the right place! This Meal Plan provides detailed, day-to-day examples of how to complete your Nutrisystem meal plan for your first 7 days. Your plan will include Nutrisystem entrées and snacks plus fresh grocery food add-ins we refer to as PowerFuels, SmartCarbs, Vegetables, Extras and Free Foods. You can swap out any of the suggested grocery food add-ins for others that you enjoy—just be sure to follow the Nutrisystem program guidelines.

The Basic and Uniquely Yours Plans include Nutrisystem breakfasts, lunches, dinners and snacks to fuel your weight loss most days of the week. You'll also get to add in Flex Meals each week: 2 Flex breakfasts, 2 Flex lunches, 2 Flex dinners and 2 Flex snacks. Flex meals and snacks are healthy home- and restaurant-made meals that will replace some of your Nutrisystem meals and snacks. These meals are a great way to learn healthy habits and to help set you up for long-term success!

**As you begin to explore the following meal suggestions, please be sure to keep a couple things in mind:**

If your Nutrisystem plan includes the Fast 5 jumpstart week, you will want to use the Fast 5 Sample Meal Plan for your first week and this sample meal plan beginning in your second week.

If you have 100 pounds or more to lose, you will need to add in an additional 1 PowerFuel and 1 SmartCarb to your meal plan each day. If you are using the NuMi app to track your daily meal plan, these extra grocery add-ins will automatically be added to your meal plan.



**GROCERY GUIDE.** Take the guess work out of the fresh grocery add-ins. Learn more about PowerFuels, SmartCarbs, Vegetables, Extras and Free Foods.

Find more details and examples for add-ins on The Leaf at <https://leaf.nutrisystem.com/for-customers/guides/>

### Food Categories



Vegetable



PowerFuel



SmartCarb



Extra



Free Food

Here's a taste of what 7 days on  
Nutrisystem might look like:

# Day 1

## Breakfast

- Nutrisystem breakfast entrée
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

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

## Lunch

- Nutrisystem lunch entrée
- 1 cup cooked broccoli **2 V**
- 16 oz. water

## Afternoon Snack

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

## Dinner

- Nutrisystem dinner entrée
- 2 cups salad **2 V** served with ¼ cup shredded cheese **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

## Evening Snack

*Flex snack = 1 PF + 1 SC*

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

## Day 2

### Breakfast

- Nutrisystem breakfast entrée
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 large, hard-boiled egg **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem lunch entrée
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Afternoon Snack

- ½ cup low-fat cottage cheese **1 PF**
- 1 cup raspberries **1 SC**
- 8 oz. water

### Dinner

*Flex dinner = 3 PF + 1 SC*

- 6 oz. baked salmon **3 PF**
- ½ cup cooked brown rice **1 SC** with 1 tsp. butter **1 Ex**
- 1 cup cooked broccoli **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem snack
- 8 oz. water

## Day 3

### Breakfast

- Nutrisystem breakfast entrée
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

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

### Lunch

*Flex lunch = 1 PF + 1 SC*

- Half Sandwich made with 1 slice whole-grain bread **1 SC**, 2 oz. turkey deli meat **1 PF** and 1 Tbsp. reduced-fat mayonnaise **1 Ex**
- 2 cups salad **2 V** served with 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

*Tip: Add veggies such as lettuce, tomato slices, or cucumbers to your sandwich for a nutrition boost! Also, swap out mayo **1 Ex** for mustard **FF** if you prefer to add other Extras to your day.*

### Afternoon Snack

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

### Dinner

- Nutrisystem dinner entrée
- 2 oz. lean ground turkey **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem snack
- 8 oz. water

## Day 4

### Breakfast

*Flex Breakfast = 1 PF + 1 SC*

- 1 large, scrambled egg **1 PF**
- 1 slice whole-grain toast **1 SC** with 1 tsp. butter **1 Ex**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

*Tip: Add unlimited non-starchy veggies such as mushrooms, onions, or peppers to your eggs for even more flavor and nutrition!*

### Morning Snack

- 2 Tbsp. almonds **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem lunch entrée
- 1 cup roasted broccoli & red bell peppers **2 V**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem dinner entrée
- 2 oz. baked salmon **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### Evening Snack

*Flex snack = 1 PF + 1 SC*

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

## Day 5

### Breakfast

- Nutrisystem breakfast entrée
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 large, hard-boiled egg **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem lunch entrée
- 1 cup baby carrots **1 V**
- 1 cup red bell peppers **1 V**
- 16 oz. water

### Afternoon Snack

- ½ cup low-fat cottage cheese **1 PF**
- 1 cup raspberries **1 SC**
- 8 oz. water

### Dinner

*Flex dinner = 3 PF + 1 SC*

- 6 oz. roasted chicken breast **3 PF**
- ½ cup sweet potato **1 SC** topped with 1 tsp. butter **1 Ex**
- 1 cup roasted asparagus **2 V**
- 16 oz. water

### Evening Snack

- Nutrisystem snack
- 8 oz. water

## Day 6

### Breakfast

- Nutrisystem breakfast entrée
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

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

### Lunch

*Flex lunch = 1 PF + 1 SC*

- Large salad made with 2 cups salad **2 V**, 2 oz. grilled chicken **1 PF**, ½ cup chickpeas **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

### Afternoon Snack

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

### Dinner

- Nutrisystem dinner entrée
- 1 cup cooked carrots **2 V** mixed with ½ cup shelled edamame **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem snack
- 8 oz. water

# Day 7

## Breakfast

*Flex Breakfast = 1 PF + 1 SC*

- 1 large, scrambled egg **1 PF**
- 1 slice whole-grain toast **1 SC** with 1 tsp. butter **1 Ex**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

- 1 Tbsp. peanut butter **1 PF**
- 2 medium celery stalks **1 V**
- 8 oz. water

## Lunch

- Nutrisystem lunch entrée
- 1 cup cooked broccoli **2 V**
- 16 oz. water

## Afternoon Snack

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

## Dinner

- Nutrisystem dinner entrée
- 2 oz. grilled chicken **1 PF**
- 1 cup sautéed zucchini **2 V** with garlic **FF**
- 16 oz. water

## Evening Snack

- Nutrisystem snack
- 8 oz. water