

Nutrisystem[®] for men

UNIQUELY YOURS MAX+ WITH 5 DAYS OF MEALS

**BASIC & UNIQUELY YOURS PLANS WITH
SMARTADAPT ENABLED**

2300 – 2399 CALORIES

Sample Meal Plan for 7 Days of Your Plan!

If you're ready to start Nutrisystem[®], you've come to the right place! This Sample Meal Plan provides detailed, day-to-day examples of how to complete your Nutrisystem[®] meal plan for seven 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.

While the meal plan is designed to show you what 7 days on the program will look like—feel free to make it your own! 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. Scan the QR code below to access the Nutrisystem[®] Grocery Guide with more details and examples of more add-ins or visit the Leaf at

<https://leaf.nutrisystem.com/for-customers/guides/>

Nutrisystem plans with “Most Days Covered” deliver Nutrisystem[®] breakfasts, lunches, dinners and snacks to fuel your weight loss most days of the week. You will also get to add in Flex Meals each week—2 Flex breakfasts, 2 Flex lunches, 2 Flex dinners and 4 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!

Keep 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.

On the Men's Partner Plans, Hearty Inspirations[®] entrées are included in the plan as a dinner option only. If you choose to eat as a lunch option, you will need to adjust your meal plan to eat a Nutrisystem[®] lunch at dinner.



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

Food Categories

V
Vegetable

PF
PowerFuel

SC
SmartCarb

FF
Free Food

Ex
Extra

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

Day 1

Breakfast

- Nutrisystem breakfast entrée
- 1 cup (8 oz.) fat-free or low-fat milk **1 PF**
- 2 large hard-boiled eggs **2 PF**
- 1 medium pear **1 SC**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

Flex Snack = 2 PF + 2 SC

- Turkey sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF**, and 2 slices whole-wheat bread **2 SC** with 1 Tbsp. reduced-fat mayonnaise **1 Ex**
- 1 cup baby carrots **1 V**
- 8 oz. water

Lunch

- Nutrisystem Hearty Inspirations® entrée **1 NS Entrée 1 PF 1 V**
- 16 oz. water

Afternoon Snack

- 2 Tbsp. peanut butter **2 PF**
- 1 medium apple **1 SC**
- ¼ cup whole-grain crackers **1 SC**
- 8 oz. water

Dinner

Flex Dinner = 3 PF + 1 SC

- Turkey burger made with 4 oz. turkey burger **2 PF** with 1 slice cheese **1 PF** on a small whole-grain roll **1 SC** topped with 1 tsp. mustard, lettuce and tomato slices **FF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem snack
- 1 cup strawberries **1 SC**
- 8 oz. water

Day 2

Breakfast

- Nutrisystem breakfast entrée
- 1 cup low-fat cottage cheese **2 PF**
- 2 Tbsp. walnuts **1 PF**
- 1 cup blueberries **1 SC**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem snack
- 1 Tbsp. peanut butter **1 PF**
- ¼ cup whole-grain crackers **1 SC**
- 2 medium celery stalks **1 V**
- 8 oz. water

Lunch

- Nutrisystem lunch entrée
- 1 string cheese **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 2 Tbsp. almonds **1 PF**
- 2 cup strawberries **2 SC**
- 8 oz. water

Dinner

- Nutrisystem Hearty Inspirations® entrée
1 NS Entrée 1 PF 1 V
- 16 oz. water

Evening Snack

Flex Snack = 1 PF + 2 SC

- 1 slice whole-grain toast **1 SC** with 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Day 3

Breakfast

- Nutrisystem breakfast entrée
- 1 cup (8 oz.) fat-free or low-fat milk **1 PF**
- 4 Tbsp. almonds **2 PF**
- 1 medium banana **1 SC**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem snack
- Half egg salad sandwich made with 1 large, hard-boiled egg **1 PF** mixed with 1 Tbsp. low-fat mayonnaise **1 Ex** on 1 slice whole-wheat bread **1 SC**
- 8 oz. water

Lunch

Flex Lunch = 2 PF + 1 SC

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

Afternoon Snack

- Turkey sandwich made with 4 oz. turkey deli meat **2 PF** and 2 slices whole-grain bread **2 SC** and 1 tsp. mustard **FF**
- 8 oz. water

Dinner

- Nutrisystem dinner entrée
- 2 oz grilled chicken **1 PF**
- 1 cup roasted asparagus **2 V**
- 16 oz. water

Check out the Leaf for a quick recipe for Roasted Asparagus!
<https://leaf.nutrisystem.com/recipes/video-roasted-asparagus/>

Evening Snack

- Nutrisystem snack
- ½ cup applesauce **1 SC**
- 8 oz. water

Day 4

Breakfast

Flex Breakfast = 4 PF + 2 SC

- 3 large, scrambled eggs **3 PF** with ¼ cup shredded cheese **1 PF**
- 2 slices whole-wheat toast **2 SC** with ½ Tbsp. margarine **1 Ex**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem snack
- 2 Tbsp. peanuts **1 PF**
- ½ cup applesauce **1 SC**
- 8 oz. water

Lunch

- Nutrisystem lunch entrée
- 2 Tbsp. cashews **1 PF**
- 2 cups salad **2 V** served with 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 2 Tbsp. almonds **1 PF**
- 2 cup strawberries **2 SC**
- 8 oz. water

Dinner

- Nutrisystem dinner entrée
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

Evening Snack

Flex Snack = 1 PF + 2 SC

- 1 slice whole-grain toast **1 SC** with 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Day 5

Breakfast

- Nutrisystem breakfast entrée
- 3 large scrambled eggs **3 PF**
- 1 cup strawberries **1 SC**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

Flex Snack = 2 PF + 2 SC

- Turkey sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF**, and 2 slices whole-wheat bread **2 SC** with 1 Tbsp. reduced-fat mayonnaise **1 Ex**
- 8 oz. water

Lunch

- Nutrisystem lunch entrée
- 2 cups salad **2 V** with 2 oz. grilled chicken **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

Afternoon Snack

- 2 Tbsp. peanut butter **2 PF**
- 1 medium apple **1 SC**
- ¼ cup whole-grain crackers **1 SC**
- 8 oz. water

Dinner

Flex Dinner = 3 PF + 1 SC

- 6 oz. baked salmon **3 PF**
- 1 small sweet potato **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

Evening Snack

- Nutrisystem snack
- 1 cup raspberries **1 SC**
- 8 oz. water

Day 6

Breakfast

- Nutrisystem breakfast entrée
- 2 large, scrambled eggs **2 PF** and 1 slice cheese **1 PF**
- 1 medium banana **1 SC**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem snack
- 1 Tbsp. peanut butter **1 PF**
- ¼ cup whole-grain crackers **1 SC**
- 2 medium celery stalks **1 V**
- 8 oz. water

Lunch

Flex Lunch = 2 PF + 1 SC

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

Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 2 Tbsp. almonds **1 PF**
- 2 cup strawberries **2 SC**
- 8 oz. water

Dinner

- Nutrisystem dinner entrée
- 2 cups salad **2 V** with ½ cup shelled edamame **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

Tip: Buy shelled edamame in the freezer section of the grocery store for a quick PowerFuel add-in.

Evening Snack

- Nutrisystem snack
- 1 medium orange **1 SC**
- 8 oz. water

Day 7

Breakfast

Flex Breakfast = 4 PF + 2 SC

- Berry parfait made with 1 cup low-fat cottage cheese **2 PF** and 1 cup berries **1 SC**
- 1 slice whole-wheat toast **1 SC** with 1 Tbsp. peanut butter **1 PF**
- 1 cup (8 oz.) low-fat or fat-free milk **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- Nutrisystem snack
- Half egg salad sandwich made with 1 large, hard-boiled egg **1 PF** mixed with 1 Tbsp. low-fat mayonnaise **1 Ex** on 1 slice whole-wheat bread **1 SC**
- 8 oz. water

Lunch

- Nutrisystem lunch entrée
- 1 string cheese **1 PF**
- 1 cup red and orange bell pepper slices **1 V**
- 1 cup cucumber slices **1 V**
- 1 Tbsp. hummus **1 Ex**
- 16 oz. water

Afternoon Snack

- Turkey sandwich made with 4 oz. turkey deli meat **2 PF** and 2 slices whole-grain bread **2 SC** and 1 tsp. mustard **FF**
- 8 oz. water

Dinner

- Nutrisystem dinner entrée
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

Evening Snack

- Nutrisystem snack
- 1 cup raspberries **1 SC**
- 8 oz. water