

# Nutrisystem<sup>®</sup>

## Fast 5 SAMPLE DAILY MEAL PLAN

### 7 Days' Worth of Delicious Ideas!

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 the Fast 5 week of your Nutrisystem plan. Fast 5 is designed to deliver a jumpstart to your weight loss. This first week your meal plan will include Nutrisystem Entrees, snacks and shakes. Plus, you will get to add in your own unlimited non-starchy vegetables.

The Fast 5 Sample Meal Plan is designed to show you what your first 7 days on the program will look like. Feel free to make it your own! You can swap out any of the suggested vegetables for others that you enjoy – just be sure they are non-starchy vegetables. Scan the QR code below to access the Nutrisystem Grocery Guide with more details and examples of more non-starchy vegetables or visit the Leaf at:

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



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

Keep in mind if you have 100 or more pounds to lose you will need to add an additional 2 PowerFuels to your meal plan each day.\* If you are using the NuMi app to track your daily meal plan, these extra PowerFuels will automatically be added to your meal plan. The Nutrisystem Grocery Guide will also provide details on what types of foods count as your PowerFuel add-ins.

#### Food Categories

**V** Vegetable    **FF** Free Food

Here's a taste of what the Nutrisystem  
Fast 5 First Week might look like:

*\*The Fast 5 week provides an average of around 1,000 calories per day. If you have 100 or more pounds to lose, your daily calorie goal will be 1,200 during the Fast 5 week.*

# Day 1

## Breakfast

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

## Morning Snack

- Nutrisystem shake

## Lunch

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

## Afternoon Snack

- Nutrisystem snack
- 16 oz. water

## Dinner

- Nutrisystem dinner entrée
- 2 cups salad served with low (< 10 calories) or no-calorie salad dressing **2V 1FF**
- 16 oz. water

## Day 2

### Breakfast

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

### Morning Snack

- Nutrisystem shake

### Lunch

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

### Afternoon Snack

- Nutrisystem snack
- 16 oz. water

### Dinner

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

## Day 3

### Breakfast

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

### Morning Snack

- Nutrisystem shake

### Lunch

- Nutrisystem lunch entrée
- 2 cups salad served with low (< 10 calories) or no-calorie salad dressing **2V** **1FF**
- 16 oz. water

### Afternoon Snack

- Nutrisystem snack
- 16 oz. water

### Dinner

- Nutrisystem dinner entrée
- 1 cup cooked carrots **2V**
- 16 oz. water

## Day 4

### Breakfast

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

### Morning Snack

- Nutrisystem shake

### Lunch

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

### Afternoon Snack

- Nutrisystem snack
- 16 oz. water

### Dinner

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

## Day 5

### Breakfast

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

### Morning Snack

- Nutrisystem shake

### Lunch

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

### Afternoon Snack

- Nutrisystem snack
- 16 oz. water

### Dinner

- Nutrisystem dinner entrée
- 2 cups salad served with low (< 10 calories) or no-calorie salad dressing **2V 1FF**
- 16 oz. water

## Day 6

### Breakfast

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

### Morning Snack

- Nutrisystem shake

### Lunch

- Nutrisystem lunch entrée
- 2 cups salad served with low (< 10 calories) or no-calorie salad dressing **2V** **1FF**
- 16 oz. water

### Afternoon Snack

- Nutrisystem snack
- 16 oz. water

### Dinner

- Nutrisystem dinner entrée
- 1 cup cooked carrots **2V**
- 16 oz. water

## Day 7

### Breakfast

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

### Morning Snack

- Nutrisystem shake

### Lunch

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

### Afternoon Snack

- Nutrisystem snack
- 16 oz. water

### Dinner

- Nutrisystem dinner entrée
- 1 cup sauteed zucchini with garlic **2V**
- 16 oz. water