



UNIQUELY YOURS MAX+ WITH 5 DAYS OF MEALS

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

1300 – 1399 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 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!

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.



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

Morning Snack

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

Lunch

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

Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **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 low fat 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
- 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

- 2 Tbsp. almonds **1 PF**
- 1 medium banana **1 SC**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

Lunch

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

Afternoon Snack

- 1 cup low-fat yogurt **1 PF**
- 1 cup strawberries **1 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 + 1 SC

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

Lunch

Flex Lunch = 1 PF + 1 SC

- Grilled chicken salad made by tossing together, 2 oz. grilled chicken **1 PF**, ½ cup chickpeas or garbanzo beans **1 SC**, and 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

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Dinner

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

Leaf Video for Roasted Asparagus

<https://leaf.nutrisystem.com/recipes/video-roasted-asparagus/>

Tip: Roast extra asparagus for tomorrow's lunch!

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-wheat toast **1 SC** with ½ Tbsp. margarine **1 Ex**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Tip: Add unlimited non-starchy vegetables like spinach, mushrooms, or tomatoes to your scrambled egg!

Morning Snack

- 2 Tbsp. almonds **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

Lunch

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

Afternoon Snack

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

Dinner

- Nutrisystem dinner entrée
- 2 cups salad **2 V** with 1 large, hard-boiled egg **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

Evening Snack

Flex Snack = 1 PF + 1 SC

- 1 Tbsp. peanut butter **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 string cheese **1 PF**
- ¼ cup whole-grain crackers **1 SC**
- 8 oz. water

Lunch

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

Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Dinner

Flex Dinner = 3 PF + 1 SC

- 6 oz. baked salmon **3 PF**
- 1 small baked sweet potato **1 SC** with 1 tsp. brown sugar **1 Ex**
- 1 cup cooked green beans **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 string cheese **1 PF**
- ¼ cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

Lunch

Flex Lunch = 1 PF + 1 SC

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

Tip: Top your sandwich with unlimited non-starchy veggies like lettuce, tomato and cucumber slices!

Afternoon Snack

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

Dinner

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

Evening Snack

- Nutrisystem snack
- 8 oz. water

Day 7

Breakfast

Flex Breakfast = 1 PF + 1 SC

- Berry parfait made with 1 cup low-fat yogurt **1 PF** and 1 cup berries **1 SC**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- 2 Tbsp. almonds **1 PF**
- ¼ cup raisins **1 SC**
- 8 oz. water

Lunch

- Nutrisystem lunch entrée
- 1 cup red and orange bell pepper slices **1 V**
- 1 cup cucumber slices **1 V**
- 16 oz. water

Afternoon Snack

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

Dinner

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

Evening Snack

- Nutrisystem snack
- 8 oz. water