



**UNIQUELY YOURS MAX+ WITH 5 DAYS OF MEALS  
BASIC & UNIQUELY YOURS PLANS WITH  
SMARTADAPT ENABLED  
2100 – 2199 CALORIES**

## Sample Meal Plan for 7 Days of Your Plan!

If you're ready to start Nutrisystem<sup>®</sup>, you've come to the right place! This Sample Meal Plan provides detailed, day-to-day examples of how to complete your Nutrisystem<sup>®</sup> meal plan for seven days. Your plan will include Nutrisystem<sup>®</sup> 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<sup>®</sup> program guidelines. Scan the QR code below to access the Nutrisystem<sup>®</sup> Grocery Guide with more details and examples of more add-ins or visit the Leaf at <https://leaf.nutrisystem.com/for-customers/guides/>

Nutrisystem<sup>®</sup> plans with “Most Days Covered” deliver Nutrisystem<sup>®</sup> 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<sup>®</sup> 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
- 2 large scrambled eggs **2 PF** with 1 slice whole-grain toast **1 SC**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

*Tip: Add salsa or diced tomatoes to your scrambled egg for extra flavor!*

## 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 ½ cup shelled edamame **1 PF**, ¼ cup shredded cheese **1 PF**, 1 cup corn **2 SC**, 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

*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 string cheese **1 PF**
- 8 oz. water

## Day 2

### Breakfast

- Nutrisystem breakfast entrée
- 1 cup low-fat cottage cheese **2 PF** with 1 cup blueberries **1 SC**
- 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
- 2 oz. grilled chicken **1 PF** and 1 slice cheese **1 PF** on a small whole-grain roll **1 SC**
- ¼ cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 1 cup cucumber slices **1 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 = 2 PF + 1 SC*

- 2 Tbsp. peanut butter **2 PF**
- 1 medium apple **1 SC**
- 8 oz. water

## Day 3

### Breakfast

- Nutrisystem breakfast entrée
- 2 large hard-boiled eggs **2 PF**
- ½ cup (4 oz.) 100% orange juice **1 SC**
- 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 = 4 PF + 2 SC*

- Grilled Chicken & Fruit Salad made by tossing together, 4 oz. grilled chicken **2 PF**, ¼ cup shredded cheese **1 PF**, 1/3 medium avocado **1 PF**, ½ cup chickpeas or garbanzo beans **1 SC**, 1 cup strawberries (sliced) **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
- 1 string cheese **1 PF**
- 8 oz. water

## Day 4

### Breakfast

*Flex Breakfast = 3 PF + 2 SC*

- 2 large scrambled eggs **2 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

*Tip: Add unlimited non-starchy vegetables like spinach, mushrooms, and tomatoes to your scrambled eggs!*

### Morning Snack

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

### Lunch

- Nutrisystem lunch entrée
- Ham sandwich made with 2 oz. ham deli meat **1 PF** and 1 slice cheese **1 PF** on 2 slices whole-grain bread **2 SC** with 1 tsp. mustard **FF**
- 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 = 2 PF + 1 SC*

- 2 Tbsp. peanut butter **2 PF**
- 1 medium apple **1 SC**
- 8 oz. water

## Day 5

### Breakfast

- Nutrisystem breakfast entrée
- 1 cup low-fat yogurt **1 PF**
- ½ cup cooked oatmeal **1 SC** with 2 Tbsp. walnuts **1 PF** and 1 tsp. brown sugar **1 Ex**
- 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**
- 1 cup baby carrots **1 V**
- 8 oz. water

### Lunch

- Nutrisystem lunch entrée
- 2 cups salad **2 V** with 3 oz. shrimp **1 PF**, ½ cup shelled edamame **1 PF**, 1 cup corn **2 SC**, 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

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

## Day 6

### Breakfast

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

### Morning Snack

- 1 large, hard-boiled egg **1 PF**
- ¼ cup whole-grain crackers **1 SC**
- 8 oz. water

### Lunch

*Flex Lunch = 4 PF + 2 SC*

- Turkey sandwich made with 4 oz. turkey deli meat **2 PF**, 1 slice cheese **1 PF**, and 2 slices whole-grain bread **2 SC** and 1 tsp. mayonnaise **1 Ex**
- 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

*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 dinner entrée
- 1 cup cooked greens beans **2 V** with 2 Tbsp. toasted almonds **1 PF**
- 16 oz. water

### Evening Snack

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

# Day 7

## Breakfast

*Flex Breakfast = 3 PF + 2 SC*

- Berry parfait made with 1 cup cottage cheese (2 PF), 2 Tbsp almonds (1 PF) and 1 cup berries (1 SC)
- ½ cup cooked oatmeal (1 SC) with 1 tsp. brown sugar (1 Ex)
- 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
- Ham sandwich made with 2 oz. ham deli meat (1 PF) and 1 slice cheese (1 PF) on 2 slices whole-grain bread (2 SC) with 1 tsp. mustard (FF)
- 1 cup red or 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
- 1 string cheese (1 PF)
- 8 oz. water