

# Nutrisystem<sup>®</sup> for **men**

**UNIQUELY YOURS MAX+ WITH 7 DAYS OF MEALS**

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

**1500–1599 CALORIES**

## **7 Days' Worth of Delicious Ideas!**

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 meal plan for seven days, which 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.

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 for PowerFuels, SmartCarbs, Vegetables, Extras and Free Foods. 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 plans with "Every Day Covered" deliver Nutrisystem<sup>®</sup> breakfasts, lunches, dinners and snacks to fuel your weight loss 7 days a week. That means you get to enjoy our convenient meals every day!

**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<sup>®</sup> 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<sup>®</sup> 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
- 2 Tbsp. almonds **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## Morning Snack

- Nutrisystem snack
- 8 oz. water

## Lunch

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

## Afternoon Snack

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

## Dinner

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

## Evening Snack

- 1 Nutrisystem snack
- 8 oz. water

## Day 2

### Breakfast

- Nutrisystem breakfast entrée
- 1 large, hard-boiled egg **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem snack
- 1 cup cucumber slices **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**
- 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 3

### Breakfast

- Nutrisystem breakfast entrée
- 1 cup low-fat yogurt **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem snack
- 8 oz. water

### Lunch

- Nutrisystem lunch entrée
- 2 cups salad **2V** topped with ½ cup edamame **1 PF** 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. grilled chicken **1 PF**
- 1 cup roasted asparagus **2V**
- 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
- 8 oz. water

## Day 4

### Breakfast

- Nutrisystem breakfast entrée
- 1 Tbsp. almond butter **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem snack
- 8 oz. water

### Lunch

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

### Afternoon Snack

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

- Nutrisystem snack
- 8 oz. water

## Day 5

### Breakfast

- Nutrisystem breakfast entrée
- 1 cup low-fat yogurt **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem snack
- 8 oz. water

### Lunch

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

### Afternoon Snack

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

### Dinner

- Nutrisystem dinner entrée
- 1 cup cooked green beans **2V** with 2 Tbsp. chopped almonds **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem snack
- 8 oz. water

## Day 6

### Breakfast

- Nutrisystem breakfast entrée
- 1 large, scrambled egg **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem snack
- 8 oz. water

### Lunch

- Nutrisystem lunch entrée
- 3 oz. shrimp **1 PF**
- 2 cups sugar snap peas **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 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
- 8 oz. water

## Day 7

### Breakfast

- Nutrisystem breakfast entrée
- 1 cup low-fat yogurt **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Nutrisystem snack
- 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

- 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 **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem snack
- 8 oz. water