



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

**SAMPLE DAILY MEAL PLAN**

**1200 – 1299 CALORIES**

**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 your Nutrisystem® meal plan for seven days, which will include Nutrisystem® 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. 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/>

The Uniquely Yours Max+ plan with “Every Day Covered” delivers Nutrisystem® 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.**



**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 string cheese **1 PF**
- 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

- Nutrisystem dinner entrée
- 2 oz. grilled chicken **1 PF**
- 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 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

- Nutrisystem snack
- 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 string cheese **1 PF**
- 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

- 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

- 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**
- 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

- Nutrisystem snack
- 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**
- 1 cup baby carrots **1 V**
- 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

- Nutrisystem Hearty Inspirations® entrée  
**1 NS Entrée 1 PF 1 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

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

### Lunch

- Nutrisystem lunch entrée
- 1 cup roasted broccoli **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
- 1 cup cooked greens beans **2 V** with 2 Tbsp. toasted almonds **1 PF**
- 16 oz. water

### Evening Snack

- Nutrisystem snack
- 8 oz. water

## Day 7

### 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**
- 8 oz. water

### Lunch

- Nutrisystem lunch entrée
- 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
- 8 oz. water