

Nutrisystem®

COMPLETE 55

SAMPLE DAILY MEAL PLAN

2100 – 2199 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/>.

During your first month, the Complete 55 plan 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!



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 oz. (3-4 slices) turkey bacon **1 PF**
- 2 slices whole-grain toast **2 SC** topped with ¼ cup mashed avocado **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- 1 cup fat-free/low-fat milk **1 PF**
- 1 medium banana **1 SC**
- 1 Tbsp. peanut butter **1 PF**
- 8 oz. water

*Tip: Replace milk with 8 oz unsweetened almond milk **1 Ex** and blend with the peanut butter, banana, and 1 serving protein powder **1 PF** for an extra boost of protein! NOTE: Serving size can vary based on brand of powder or shake, use individual product's Nutrition Facts Panel.*

Lunch

- Nutrisystem lunch entrée
- 2 cups salad **2 V** with 1 large, hard-boiled egg **1 PF** with 1 Tbsp. Olive oil **1 PF** and red wine vinegar **FF**
- ¼ cup whole-grain crackers **1 SC**
- 1 cup raspberries **1 SC**
- 16 oz. water

Afternoon Snack

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

Dinner

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

Day 2

Breakfast

- Nutrisystem breakfast entrée
- ½ cup cooked oatmeal **1 SC** mixed with 2 Tbsp. chia seeds **1 PF** and 1 medium banana, chopped **1 SC**
- Top oatmeal with 1 Tbsp. peanut butter **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- 1 cup low-fat cottage cheese **2 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

Lunch

- Nutrisystem lunch entrée
- 2 string cheese **2 PF**
- 1 cup raw carrots and 1 cup red bell pepper slices **2 V** dipped in ½ cup hummus **2 SC**
- 16 oz. water

Afternoon Snack

- Nutrisystem snack
- 1 large hard-boiled egg **1 PF**
- 1 cup cucumber slices **1 V**
- 16 oz. water

Dinner

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

Day 3

Breakfast

- Nutrisystem breakfast entrée
- 2 slices whole-grain toast **2 SC** with 2 Tbsp. peanut butter **2 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

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

Lunch

- Nutrisystem lunch entrée
- 4 oz. grilled chicken **2 PF**
- 2 cups salad **2 V** topped with ¼ cup dried fruit (e.g. dried cranberries) **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 1 small whole-grain roll **1 SC**
- 16 oz. water

Afternoon Snack

- Nutrisystem snack
- ½ cup shelled edamame **1 PF**
- 16 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!

Day 4

Breakfast

- Nutrisystem breakfast entrée
- Egg sandwich made with 1 whole-grain English muffin **1 SC** and 2 large, scrambled eggs **2 PF** cooked with 1 tsp. butter or cooking oil **1 Ex**
- 1 medium apple **1 SC**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Tip: Scramble eggs with non-starchy vegetables like spinach and mushrooms for extra flavor!

Morning Snack

- 1 cup canned tuna fish **2 PF** mixed with 1 Tbsp. reduced-fat mayo or 1 tsp regular mayo **1 Ex**
- ¼ cup whole-grain crackers **1 SC**
- 8 oz. water

Lunch

- Nutrisystem lunch entrée
- Pasta salad made by mixing together 1 cup whole grain pasta **2 SC**, ¼ cup shredded cheese **1 PF**, 2 cups fresh vegetables (like cherry tomatoes, cucumbers, bell peppers, etc.) **2 V**, 1 Tbsp. olive oil **1 PF**, lemon juice and fresh or dried herbs to taste **FF**
- 16 oz. water

Afternoon Snack

- Nutrisystem snack
- 2 oz. turkey deli meat **1 PF**
- 16 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

Day 5

Breakfast

- Nutrisystem breakfast entrée
- 2 oz. (3-4 slices) turkey bacon **1 PF**
- 2 slices whole-grain toast **2 SC** topped with ¼ cup mashed avocado **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- 1 cup low-fat yogurt **1 PF** mixed with 2 Tbsp. chia seeds **1 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

Lunch

- Nutrisystem lunch entrée
- 2 cups salad **2 V** with 1 large, chopped hard-boiled egg **1 PF**, 1 Tbsp. olive oil **1 PF** and red wine vinegar **FF**
- 1 small whole-grain roll **1 SC**
- ½ cup unsweetened applesauce **1 SC**
- 16 oz. water

Afternoon Snack

- Nutrisystem snack
- 1 cup baby carrots **1 V** and 1 string cheese **1 PF**
- 16 oz. water

Dinner

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

Day 6

Breakfast

- Nutrisystem breakfast entrée
- 2 oz. (3-4 slices) turkey bacon **1 PF** and 1 large scrambled egg **1 PF**
- 2 slices of whole-wheat toast **2 SC**

Tip: Assemble into a breakfast sandwich!

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

Morning Snack

- 1 cup low-fat or 1% cottage cheese **2 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

Lunch

- Nutrisystem lunch entrée
- 2 string cheeses **2 PF**
- 2 cups raw vegetables (ex. broccoli, carrots, cucumbers) **2 V** with ¼ cup hummus **1 SC**
- 1 medium apple **1 SC**
- 16 oz. water

Afternoon Snack

- Nutrisystem snack
- Olives, large, approx. 8-10 olives **1 PF**
- 16 oz. water

Dinner

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

Day 7

Breakfast

- Nutrisystem breakfast entrée
- 1 large scrambled egg **1 PF** with ¼ cup shredded cheese **1 PF**
- 1 slice whole-grain toast **1 SC**
- 2 medium tangerines **1 SC**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Morning Snack

- 1 cup fat-free/low-fat milk **1 PF**
- 1 medium banana **1 SC**
- 1 Tbsp. peanut butter **1 PF**
- 8 oz. water

*Tip: Replace milk with 8 oz unsweetened almond milk **1 Ex** and blend with the peanut butter, banana, and 1 serving protein powder **1 PF** for an extra boost of protein! NOTE: Serving size can vary based on brand of powder or shake, use individual product's Nutrition Facts Panel.*

Lunch

- Nutrisystem lunch entrée
- 4 Tbsp. unsalted almonds **2 PF**
- 1 cup red or orange bell pepper slices and 1 cup cucumber slices **2 V** with ½ cup hummus **2 SC**
- 16 oz. water

Afternoon Snack

- Nutrisystem snack
- 1 string cheese **1 PF**
- 16 oz. water

Dinner

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