

Nutrisystem<sup>®</sup> for men

# MAX VITALITY

## SAMPLE DAILY MEAL PLAN

2400 – 2499 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 Entrees 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 Grocery Guide with more details and examples of more add-ins or visit the Leaf at <https://leaf.nutrisystem.com/guides/>.

**During your first month, the Max Vitality (for men 50+) plan delivers Nutrisystem breakfasts, lunches, dinners, snacks, and FUEL™ shakes 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<sup>®</sup> for Men Max Vitality plan might look like:

# Day 1

## Breakfast

- Nutrisystem Breakfast Entrée
- **FUEL shake**: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC**, and 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 canned tuna fish **2 PF** plain or mixed with 1 Tbsp. reduced fat mayo or 1 tsp. regular mayo **1 Ex**
- ½ cup whole-grain crackers **2 SC**
- 8 oz. water

## Lunch

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with 2 large hard-boiled eggs, **2 PF** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 1 small whole-grain roll **1 SC**
- 16 oz. water

## Afternoon Snack

- Nutrisystem Snack
- ¾ cup low-fat or fat-free Greek yogurt **1 PF** mixed with 2 Tbsp. chia seeds **1 PF**; topped with 1 cup fresh berries **1 SC**
- 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
- **FUEL shake**: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC**, and 1 Tbsp. peanut butter **1 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 slice whole-grain bread **1 SC**
- 1 medium apple, sliced or whole **1 SC**
- 8 oz. water

### Lunch

- Nutrisystem Lunch Entrée
- 4 oz. grilled chicken breast **2 PF**
- 1 cup cooked carrots **2 V** and 1 cup cooked squash (eg, butternut or acorn) **1 SC**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Snack
- 1 cup 1% fat, no salt added cottage cheese **2 PF**
- 1 small whole-grain roll **1 SC**
- 1 cup salad **1 V** with 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

### Dinner

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

## Day 3

### Breakfast

- Nutrisystem Breakfast Entrée
- **FUEL shake**: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC**, and 1 Tbsp. peanut butter **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- Protein bar\* **1 PF**

*\*Tip: protein bars should contain at least 10 grams of protein and up to 120 calories. Serving size can vary based on brand of bar, use individual product's Nutrition Facts Panel.*

- 1 medium apple **1 SC**
- 1 slice whole-grain toast **1 SC** topped with 1 Tbsp. peanut butter **1 PF**
- 8 oz. water

### Lunch

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with 2 large hard-boiled eggs, **2 PF** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 1 small cooked sweet potato **1 SC**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Snack
- 1 large hard-boiled egg **1 PF**
- 2 Tbsp. unsalted almonds **1 PF** and ¼ cup dried fruit (eg, apricots, cranberries) **1 SC**
- 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
- **FUEL shake**: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC**, and 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 canned tuna fish **2 PF** – plain or mixed with 1 Tbsp. reduced fat mayo or 1 tsp. regular mayo **1 Ex**
- ½ cup whole-grain crackers **2 SC**
- 8 oz. water

### Lunch

- Nutrisystem Lunch Entrée
- 2 large hard-boiled eggs **2 PF**
- 1 cup leftover cooked asparagus **2 V**
- 2 medium tangerines **1 SC**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Snack
- 1 cup almond milk with added protein **1 PF**
- 1 slice whole-grain bread **1 SC** topped with 2 oz. turkey deli meat **1 PF**
- 16 oz. water

### Dinner

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

## Day 5

### Breakfast

- Nutrisystem Breakfast Entrée
- **FUEL shake**: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC**, and 1 Tbsp. peanut butter **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- $\frac{3}{4}$  cup low-fat or fat-free Greek yogurt **1 PF** mixed with 2 Tbsp. chia seeds **1 PF** topped with 1 cup blueberries **1 SC**
- $\frac{1}{4}$  cup whole-grain crackers **1 SC**
- 8 oz. water

### Lunch

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** topped with 2 oz. turkey deli meat **1 PF** and 1 oz. reduced fat cheese **1 PF** with 1 Tbsp. reduced fat salad dressing **1 Ex**
- 1 small whole-grain roll **1 SC**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Snack
- 1 cup 1% fat, no salt added cottage cheese **2 PF** topped with 1 cup pineapple **1 SC**
- 1 cup baby carrots **1 V**
- 16 oz. water

### Dinner

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

## Day 6

### Breakfast

- Nutrisystem Breakfast Entrée
- **FUEL shake**: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC**, and 1 Tbsp. peanut butter **1 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 slice whole-grain bread **1 SC**
- 1 cup blueberries **1 SC**
- 8 oz. water

### Lunch

- Nutrisystem Lunch Entrée
- 4 oz. grilled chicken **2 PF**
- 1 small cooked sweet potato **1 SC**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Snack
- $\frac{3}{4}$  cup low-fat or fat-free Greek yogurt **1 PF** mixed with 2 Tbsp. chia seeds **1 PF**; topped with 1 cup pineapple **1 SC**
- 16 oz. water

### Dinner

- Nutrisystem Dinner Entrée
- 2 oz. cooked turkey breast **1 PF**
- 1 cup cooked greens beans **2 V**
- 16 oz. water

## Day 7

### Breakfast

- Nutrisystem Breakfast Entrée
- **FUEL shake**: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC**, and 1 Tbsp. peanut butter **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### Morning Snack

- 1 slice whole-grain bread **1 SC** topped with ¼ cup guacamole **1 PF** and 2 oz. turkey deli meat **1 PF**
- 1 medium apple, sliced or whole **1 SC**
- 8 oz. water

### Lunch

- Nutrisystem Lunch Entrée
- 2 large hard-boiled eggs **2 PF**
- 1 cup red or orange bell pepper slices and 1 cup cucumber slices **2 V**
- 2 medium tangerines **1 SC**
- 16 oz. water

### Afternoon Snack

- Nutrisystem Snack
- 4 Tbsp. unsalted almonds **2 PF** with ¼ cup dried fruit (eg, apricots or cranberries) **1 SC**
- 16 oz. water

### Dinner

- Nutrisystem Dinner Entrée
- 1 cup cooked broccoli **2 V** topped with ¼ cup reduced fat shredded cheese **1 PF**
- 16 oz. water