

Nutrisystem®

SAMPLE MEAL PLAN

for 7 Days of Your Plan!

UNIQUELY YOURS

*7 Days' Worth
of Delicious Ideas!*

1200 – 1299 Calories

If you're ready to start Nutrisystem, you've come to the right place! This 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. 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.

The Uniquely Yours Plan includes Nutrisystem breakfasts, lunches, dinners and snacks to fuel your weight loss most days of the week. You'll 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 meals and snacks. These meals are a great way to learn healthy habits and to help set you up for long-term success! Find more details and examples for add-ins on The Leaf at:

<https://leaf.nutrisystem.com/guides/grocery-guide/>



GROCERY GUIDE: Take the guesswork out of the fresh grocery add-ins. Learn more about PowerFuels, SmartCarbs, Vegetables, Extras and Free Foods.



As you begin to explore the following meal suggestions, please be sure to keep a couple of things in mind:

If your Nutrisystem plan includes 7 in 7, you'll want to use the 7 in 7 Sample Meal Plan for your first week and this sample meal plan beginning in your second week.

If you are using the NuMi app and have enabled SmartAdapt, you will want to follow the NuMi SmartAdapt sample meal plan that corresponds with your personalized daily calorie goal.

If you have 100 pounds or more to lose, you will need to add in an additional 1 PowerFuel and 1 SmartCarb to your meal plan each day. If you are using the NuMi app to track your daily meal plan, these extra grocery add-ins will automatically be added to your meal plan.

Here's a taste of what 7 days on Nutrisystem might look like:

FOOD CATEGORIES

V

Vegetable

PF

PowerFuel

SC

SmartCarb

FF

Free Food

Ex

Extra

DAY 1

BREAKFAST

- Nutrisystem Breakfast Entrée
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- $\frac{2}{3}$ cup low-fat yogurt **1 PF**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 1 cup cooked broccoli **2 V**
- 16 oz. water

AFTERNOON SNACK

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

DINNER

- Nutrisystem Dinner Entrée
- 2 cups salad **2 V** served with $\frac{1}{4}$ cup shredded cheese **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

EVENING SNACK

Flex Snack = 1 PF + 1 SC

- 1 string cheese **1 PF**
- 1 medium apple **1 SC**
- 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

- 1 large, hard-boiled egg **1 PF**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 1 cup cooked green beans **2 V**
- 16 oz. water

AFTERNOON SNACK

- ½ cup low-fat cottage cheese **1 PF**
- 1 cup raspberries **1 SC**
- 8 oz. water

DINNER

Flex Dinner = 3 PF + 1 SC

- 6 oz. baked salmon **3 PF**
- ½ cup cooked brown rice **1 SC** with 1 tsp. butter **1 Ex**
- 1 cup cooked broccoli **2 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

- $\frac{2}{3}$ cup low-fat yogurt **1 PF**
- 8 oz. water

LUNCH

Flex Lunch = 1 PF + 1 SC

- Half Sandwich made with 1 slice whole-grain bread **1 SC**, 2 oz. turkey deli meat **1 PF** and 1 Tbsp. reduced-fat mayonnaise **1 Ex**
- 2 cups salad **2 V** served with 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

*Tip: Add veggies such as lettuce, tomato slices, or cucumbers to your sandwich for a nutrition boost! Also, swap out mayo **1 Ex** for mustard (Free Food) if you prefer to add other Extras to your day.*

AFTERNOON SNACK

- 1 oz. cheddar cheese **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

DINNER

- Nutrisystem Dinner Entrée
- 2 oz. lean ground turkey **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

EVENING SNACK

- Nutrisystem Snack
- 8 oz. water

DAY 4

BREAKFAST

Flex Breakfast = 1 PF + 1 SC

- 1 large, scrambled egg **1 PF**
- 1 slice whole-grain toast **1 SC** with 1 tsp. butter **1 Ex**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

Tip: Add unlimited non-starchy veggies such as mushrooms, onions, peppers to your eggs for even more flavor and nutrition!

MORNING SNACK

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

LUNCH

- Nutrisystem Lunch Entrée
- 1 cup roasted broccoli & red bell peppers **2 V**
- 16 oz. water

AFTERNOON SNACK

- 2/3 cup low-fat yogurt **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

DINNER

- Nutrisystem Dinner Entrée
- 2 oz. baked salmon **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

EVENING SNACK

Flex Snack = 1 PF + 1 SC

- 1 string cheese **1 PF**
- 1 medium apple **1 SC**
- 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 large, hard-boiled egg **1 PF**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 1 cup baby carrots **1 V**
- 1 cup red bell peppers **1 V**
- 16 oz. water

AFTERNOON SNACK

- ½ cup low-fat cottage cheese **1 PF**
- 1 cup raspberries **1 SC**
- 8 oz. water

DINNER

Flex Dinner = 3 PF + 1 SC

- 6 oz. roasted chicken breast **3 PF**
- ½ cup sweet potato **1 SC** topped with 1 tsp. butter **1 Ex**
- 1 cup roasted asparagus **2 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

- $\frac{2}{3}$ cup low-fat yogurt **1 PF**
- 8 oz. water

LUNCH

Flex Lunch = 1 PF + 1 SC

- Large salad made with 2 cups salad **2 V**, 2 oz. grilled chicken **1 PF**, $\frac{1}{2}$ cup chickpeas **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

AFTERNOON SNACK

- 1 oz. cheddar cheese **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

DINNER

- Nutrisystem Dinner Entrée
- 1 cup cooked carrots **2 V** mixed with $\frac{1}{2}$ cup shelled edamame **1 PF**
- 16 oz. water

EVENING SNACK

- Nutrisystem Snack
- 8 oz. water

DAY 7

BREAKFAST

Flex Breakfast = 1 PF + 1 SC

- 1 large, scrambled egg **1 PF**
- 1 slice whole-grain toast **1 SC** with 1 tsp. butter **1 Ex**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

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

LUNCH

- Nutrisystem Lunch Entrée
- 1 cup cooked broccoli **2 V**
- 16 oz. water

AFTERNOON SNACK

- 2/3 cup low-fat yogurt **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

DINNER

- Nutrisystem Dinner Entrée
- 2 oz. grilled chicken **1 PF**
- 1 cup sauteed zucchini **2 V** sauteed with garlic **FF**
- 16 oz. water

EVENING SNACK

- Nutrisystem Snack
- 8 oz. water