

Nutrisystem® for **men**

# SAMPLE MEAL PLAN

for 7 Days of Your Plan!

## UNIQUELY YOURS MAX+

*with 5 Days of Meals/Week or  
plans with SmartAdapt enabled*

### 2200 – 2299 Calories

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. Your plan will include Nutrisystem entrees and snacks plus fresh grocery food add-ins we refer to as PowerFuels, SmartCarbs, Vegetables, Extras and Free Foods.

While 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/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.*



Nutrisystem plans with “Most Days Covered” deliver Nutrisystem breakfasts, lunches, dinners and snacks to fuel your weight loss most days of the week. You will also get to add in Flex Meals each week – 2 Flex breakfasts, 2 Flex lunches, 2 Flex dinners and 4 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 help set you up for long-term success!

**Keep in mind: If your first week of the Nutrisystem plan includes 7 in 7, you will want to use the 7 in 7 Sample Meal Plan for the first week and this sample meal plan beginning in your second week.**

**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
- 1 cup (8 oz.) fat-free or low-fat milk **1 PF**
- 1 large hard-boiled egg **1 PF**
- 1 medium apple **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## MORNING SNACK

**Flex Snack = 2 PF + 2 SC**

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF** and 2 slices whole wheat bread **2 SC** with 1 Tbsp. reduced-fat mayonnaise **1 Ex**
- 1 cup baby carrots **1 V**
- 8 oz. water

## LUNCH

- Nutrisystem Lunch Entrée
- 2 oz. grilled chicken **1 PF**
- ½ cup cooked cauliflower **1 V**
- 16 oz. water

## AFTERNOON SNACK

- 2 Tbsp. peanut butter **2 PF**
- 1 medium apple **1 SC**
- ¼ cup whole grain crackers **1 SC**
- 8 oz. water

## DINNER

**Flex Dinner = 3 PF + 1 SC**

- Turkey burger made with 4 oz. turkey burger **2 PF** with 1 slice cheese **1 PF** on a small whole grain roll **1 SC** topped with 1 tsp. mustard, lettuce and tomato slices **FF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

## EVENING SNACK

- Nutrisystem Snack
- 1 cup strawberries **1 SC**
- 8 oz. water

## DAY 2

### BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 cup low-fat cottage cheese **2 PF**
- 1 cup blueberries **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- Nutrisystem Snack
- 1 Tbsp. peanut butter **1 PF**
- ¼ cup whole-grain crackers **1 SC**
- 2 medium celery stalks **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

- ⅔ cup low-fat yogurt **1 PF**
- 2 Tbsp. almonds **1 PF**
- 2 cups strawberries **2 SC**
- 8 oz. water

### DINNER

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

### EVENING SNACK

*Flex Snack = 1 PF + 2 SC*

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

## DAY 3

### BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 cup (8 oz.) fat-free or low-fat milk **1 PF**
- ⅔ cup low-fat yogurt **1 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- Nutrisystem Snack
- Half Egg Salad Sandwich made with 1 large, hard-boiled egg **1 PF** mixed with 1 Tbsp. low-fat mayonnaise **1 Ex** on 1 slice whole wheat bread **1 SC**
- 8 oz. water

### LUNCH

**Flex Lunch = 2 PF + 1 SC**

- Grilled Chicken Salad: Toss together 4 oz. grilled chicken **2 PF**, ½ cup whole wheat pasta **1 SC**, 2 cups lettuce & non-starchy vegetables such as cucumbers, bell peppers, cherry tomatoes **2 V** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

### AFTERNOON SNACK

- Turkey Sandwich made with 4 oz. turkey deli meat **2 PF** and 2 slices whole-grain bread **2 SC** and 1 tsp. mustard **FF**
- 8 oz. water

### DINNER

- Nutrisystem Dinner Entrée
- 2 oz grilled chicken **1 PF**
- 1 cup roasted asparagus **2 V**
- 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
- ½ cup applesauce **1 SC**
- 8 oz. water

## DAY 4

### BREAKFAST

**Flex Breakfast = 3 PF + 2 SC**

- 3 large, scrambled eggs **3 PF**
- 2 slices whole wheat toast **2 SC** with 1 tsp. butter **1 Ex**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- Nutrisystem Snack
- 2 Tbsp. peanuts **1 PF**
- ½ cup applesauce **1 SC**
- 8 oz. water

### LUNCH

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

### AFTERNOON SNACK

- ⅔ cup low-fat yogurt **1 PF**
- 2 Tbsp. almonds **1 PF**
- 2 cups strawberries **2 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

**Flex Snack = 1 PF + 2 SC**

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

## DAY 5

### BREAKFAST

- Nutrisystem Breakfast Entrée
- 2 large scrambled eggs **2 PF**
- 1 cup strawberries **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

*Flex Snack = 2 PF + 2 SC*

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF** and 2 slices whole wheat bread **2 SC** with 1 Tbsp. reduced-fat mayonnaise **1 Ex**
- 8 oz. water

### LUNCH

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

### AFTERNOON SNACK

- 2 Tbsp. peanut butter **2 PF**
- 1 medium apple **1 SC**
- ¼ cup whole grain crackers **1 SC**
- 8 oz. water

### DINNER

*Flex Dinner = 3 PF + 1 SC*

- 6 oz. baked salmon **3 PF**
- 1 small sweet potato **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### EVENING SNACK

- Nutrisystem Snack
- 1 cup raspberries **1 SC**
- 8 oz. water

## DAY 6

### BREAKFAST

- Nutrisystem Breakfast Entrée
- 2 Tbsp. Peanut Butter **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- Nutrisystem Snack
- 1 Tbsp. peanut butter **1 PF**
- ¼ cup whole-grain crackers **1 SC**
- 2 medium celery stalks **1 V**
- 8 oz. water

### LUNCH

**Flex Lunch = 2 PF + 1 SC**

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF**, 1 whole-wheat sandwich thin **1 SC**, 1 Tbsp. reduced-fat mayonnaise **1 Ex**, lettuce & tomato slices **FF**
- 1 cup baby carrots **1 V**
- 1 cup cherry tomatoes **1 V**
- 16 oz. water

### AFTERNOON SNACK

- ⅔ cup low-fat yogurt **1 PF**
- 2 Tbsp. almonds **1 PF**
- 2 cups strawberries **2 SC**
- 8 oz. water

### DINNER

- Nutrisystem Dinner Entrée
- 2 cups salad **2 V** with ½ cup deshelled edamame **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Ex** 16 oz. water

*Tip: Buy deshelled edamame in the freezer section of the grocery store for a quick PowerFuel add-in.*

### EVENING SNACK

- Nutrisystem Snack
- 1 medium orange **1 SC**
- 8 oz. water



# DAY 7

## BREAKFAST

**Flex Breakfast = 3 PF + 2 SC**

- Berry Parfait made with 1 cup low-fat cottage cheese **2 PF** and 1 cup berries **1 SC**
- 1 slice whole wheat toast **1 SC** with 1 Tbsp. peanut butter **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## MORNING SNACK

- Nutrisystem Snack
- Half Egg Salad Sandwich made with 1 large, hard-boiled egg **1 PF** mixed with 1 Tbsp. low-fat mayonnaise **1 Ex** on 1 slice whole wheat bread **1 SC**
- 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. reduced-fat salad dressing for dipping veggies **1 Ex**
- 16 oz. water

## AFTERNOON SNACK

- Turkey Sandwich made with 4 oz. turkey deli meat **2 PF** and 2 slices whole-grain bread **2 SC** and 1 tsp. mustard **FF**
- 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
- 1 cup raspberries **1 SC**
- 8 oz. water