

Nutrisystem®

# SAMPLE MEAL PLAN

for 7 Days of Your Plan!

## UNIQUELY YOURS MAX+

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

### 1400 – 1499 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 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 help set you up for long-term success!

**Keep in mind if your Nutrisystem plan includes the 7 in 7 week, you will want to use the 7 in 7 Sample Meal Plan for your 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 large, hard-boiled egg **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## MORNING SNACK

- 2/3 cup low-fat yogurt **1 PF**
- 1 cup blueberries **1 SC**
- 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

*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
- 8 oz. water

## DAY 2

### BREAKFAST

- Nutrisystem Breakfast Entrée
- ½ cup low-fat cottage cheese **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- 2 Tbsp. almonds **1 PF**
- 1 medium banana **1 SC**
- 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

- ⅔ 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

*Flex Snack = 1 PF + 1 SC*

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

## DAY 3

### BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 large, hard-boiled egg **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

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

### LUNCH

*Flex Lunch = 1 PF + 1 SC*

- Grilled Chicken Salad made by tossing together, 2 oz. grilled chicken **1 PF**, 1/2 cup chickpeas or garbanzo beans **1 SC** and 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

- 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

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

- 2 large scrambled eggs **2 PF**
- 1 slice whole wheat 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 vegetables like spinach, mushrooms and tomatoes to your scrambled eggs!*

## MORNING SNACK

- 2 Tbsp. almonds **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

## LUNCH

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

## AFTERNOON SNACK

- 2/3 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

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

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

## DAY 5

### BREAKFAST

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

### MORNING SNACK

- 1 string cheese **1 PF**
- ¼ cup whole-grain crackers **1 SC**
- 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

*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
- 8 oz. water

## DAY 6

### BREAKFAST

- Nutrisystem Breakfast Entrée
- ½ cup low-fat cottage cheese **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

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

### LUNCH

*Flex Lunch = 1 PF + 1 SC*

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

*Tip: Top your sandwich with unlimited non-starchy veggies like lettuce, tomato and cucumber slices!*

### AFTERNOON SNACK

- ⅔ 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

*Flex Breakfast = 2 PF + 1 SC*

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

## MORNING SNACK

- 1 string cheese **1 PF**
- ¼ cup whole grain crackers **1 SC**
- 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