

Nutrisystem® for **men**

SAMPLE MEAL PLAN

for 7 Days of Your Plan!

UNIQUELY YOURS MAX+

with 7 Days of Meals 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, 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/grocery-guide/>



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



The Uniquely Yours Max+ plan with “Every Day Covered” 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!

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 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- Nutrisystem Snack
- 1 string cheese **1 PF**
- ½ cup applesauce **1 SC**
- 1 cup sugar snap peas **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

- 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
- 3 oz. cooked shrimp **1 PF**
- 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

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

DAY 3

BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 cup (8 oz.) fat-free or low-fat milk **1 PF**
- $\frac{2}{3}$ 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

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with $\frac{1}{2}$ cup deshelled edamame **1 PF** 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
- $\frac{1}{2}$ cup applesauce **1 SC**
- 8 oz. water

DAY 4

BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 cup low-fat cottage cheese **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
- 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

- Nutrisystem Snack
- 1 medium orange **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

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

- 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 green beans **2 V** with 2 Tbsp. chopped almonds **1 PF**
- 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

- Nutrisystem Lunch Entrée
- 3 oz. shrimp **1 PF**
- 1 cup sugar snap peas **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

- 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
- 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