

Nutrisystem®

SAMPLE MEAL PLAN

for 7 Days of Delicious Ideas!

UNIQUELY YOURS MAX+

*with 7 Days of Meals or
plans with SmartAdapt enabled*

2100 – 2199 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 Nutrisystem plan includes 7 in 7, 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
- 2 large, hard-boiled eggs **2 PF**
- ½ cup (4 oz.) 100% orange juice **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- ⅔ cup low-fat yogurt **1 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with ½ cup canned tuna **1 PF**, ¼ cup shredded cheese **1 PF**, ½ cup black beans **1 SC** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 1 small whole-grain roll **1 SC**
- 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. grilled chicken **1 PF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

EVENING SNACK

- Nutrisystem Snack
- 1 string cheese **1 PF**
- 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

- 2 Tbsp. almonds **1 PF**
- ¼ cup whole grain crackers **1 SC**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- Turkey sandwich made with 2 slices whole grain bread **2 SC**, 2 oz. turkey deli meat **1 PF** and 1 slice cheese **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

Tip: Top your sandwich with unlimited veggies such as lettuce, tomato and cucumber slices!

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

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

DAY 3

BREAKFAST

- Nutrisystem Breakfast Entrée
- 2 large, hard-boiled eggs **2 PF**
- 1 slice whole-grain toast **1 SC** with 2 tsp. Butter Substitute, such as Benecol or Smart Balance **1 Ex**
- 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 2 oz. grilled chicken **1 PF**, 1/4 cup shredded cheese **1 PF**, 1/2 cup black beans **1 SC**, 1/2 cup corn **1 SC** 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
- 2 Tbsp. almonds **1 PF**
- 8 oz. water

DAY 4

BREAKFAST

- Nutrisystem Breakfast Entrée
- 2 oz. lean turkey sausage **1 PF**
- 1 Tbsp. peanut butter **1 PF** with 1 slice whole grain toast **1 SC**
- 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**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- Turkey Sandwich made with 2 slices whole grain bread **2 SC**, 2 oz. turkey deli meat **1 PF** and 1 slice cheese **1 PF**
- 1 cup cooked asparagus **2 V**
- 16 oz. water

AFTERNOON SNACK

- $\frac{2}{3}$ 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

- Nutrisystem Snack
- 1 string cheese **1 PF**
- 8 oz. water

DAY 5

BREAKFAST

- Nutrisystem Breakfast Entrée
- Yogurt Parfait made with $\frac{2}{3}$ cup low-fat yogurt **1 PF**, 2 Tbsp. walnuts **1 PF** and 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**
- $\frac{1}{4}$ 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 2 oz. grilled chicken **1 PF**, $\frac{1}{4}$ cup shredded cheese **1 PF**, $\frac{1}{2}$ cup black beans **1 SC**, $\frac{1}{2}$ cup corn **1 SC** 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 Hearty Inspirations® Entrée
1 NS Entrée 1 PF 1 V
- 16 oz. water

EVENING SNACK

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

DAY 6

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

- 1 large, hard-boiled egg **1 PF**
- ¼ cup whole grain crackers **1 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 1 small whole grain roll **1 SC** with 2 oz. turkey deli meat **1 PF**
- 1 string cheese **1 PF**
- 1 medium apple **1 SC**
- 1 cup roasted broccoli **2 V**
- 16 oz. water

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
- 1 string cheese **1 PF**
- 8 oz. water

DAY 7

BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 large, scrambled egg **1 PF** with
¼ cup shredded cheese **1 PF**
- 1 slice whole grain toast **1 SC**
- Coffee or Tea with low (< 10 calories)
or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- ⅔ cup low-fat yogurt **1 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 4 oz. grilled chicken **2 PF** with
1 small whole grain roll **1 SC**
- 1 cup red or orange bell pepper slices **1 V**
- 1 cup cucumber slices **1 V**
- ¼ cup hummus **1 SC**
- 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
- 2 Tbsp. almonds **1 PF**
- 8 oz. water