# Nutrisystemifor men SAMPLE MEAL PLAN for 7 Days of Your Plan! 

# COMPLETE 50 FOR MEN <br> 7 Days' Worth <br> of Delicious Ideas! 

## 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, shakes 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 Complete 50 plan delivers Nutrisystem breakfasts, lunches, dinners, snacks and FUEL™ shakes to fuel your weight loss 7 days a week. That means you get to enjoy our convenient meals every day!

# Here's a taste of what 7 days on Nutrisystem Complete $\mathbf{5 0}$ plan might look like: 

## DAY 1

## BREAKFAST

- Nutrisystem Breakfast Entrée
- FUELTM shake: prepare with 8 oz. low-fat milk or almond milk with added protein (1PF and 1 medium banana 1 SC
- Coffee or Tea with low (< 10 calories) or no-calorie creamer $\operatorname{FF}$
- 8 oz. water


## MORNING SNACK

- 1 cup canned tuna fish 2PF - plain or mixed with 1 Tbsp. reduced-fat mayo or 1 tsp. regular mayo (1Ex
- $1 / 2$ cup whole-grain crackers 2 Sc
- 8 oz. water


## LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad 2 V with 2 large hard-boiled eggs, chopped 2 PF and 1 Tbsp. reduced-fat salad dressing (Ex
- 1 small whole-grain roll 1 Sc
- 16 oz. water


## AFTERNOON SNACK

- Nutrisystem Snack
- 2/3 cup low-fat Greek yogurt 1 PF mixed with 1 cup fresh berries 1 Sc
- 16 oz. water


## DINNER

- Nutrisystem Dinner Entrée + 2 oz. grilled chicken 1 PF
- 1 cup cooked green beans 2V
- 16 oz. water


## DAY 2

## BREAKFAST

- Nutrisystem Breakfast Entrée
- FUELTM shake: prepare with 8 oz. low-fat milk or almond milk with added protein (1PF and 1 medium banana (15C
- Coffee or Tea with low (< 10 calories) or no-calorie creamer $\operatorname{FF}$
- 8 oz. water


## MORNING SNACK

- 4 oz. turkey deli meat 2PF + 1 slice whole-grain bread 1SC
- 1 medium apple, sliced or whole 1 SC
- 8 oz. water


## LUNCH

- Nutrisystem Lunch Entrée + 4 oz. grilled chicken breast 2PF
- 1 cup cooked carrots 2 V and 1 cup cooked squash (e.g. butternut or acorn) 1 (SC
- 16 oz. water


## AFTERNOON SNACK

- Nutrisystem Snack
- $1 / 2$ cup $1 \%$ fat, no salt added cottage cheese 1 PF
- 1 cup salad (10 with 1 Tbsp. reduced-fat salad dressing (1Ex
- 1 small whole-grain roll 1 Sc
- 16 oz. water


## DINNER

- Nutrisystem Hearty Inspirations ${ }^{\circledR}$ Entrée 1 NS Entrée 1 PF (1V
- 16 oz. water


## DAY 3

## BREAKFAST

- Nutrisystem Breakfast Entrée
- FUEL ${ }^{\text {TM }}$ shake: prepare with 8 oz . low-fat milk or almond milk with added protein 1 PF and 1 medium banana 1 SC
- Coffee or Tea with low (< 10 calories) or no-calorie creamer FF
- 8 oz. water


## MORNING SNACK

- Protein bar* 1 PF
*Tip: protein bars should contain at least 8 grams of protein and between 80-120 calories. Serving size can vary based on brand of bar, use individual product's Nutrition Facts Panel.
- 1 medium apple 1 SC
- 1 slice whole-grain toast 1 Sc topped with 1 Tbsp. peanut butter 1 PF
- 8 oz. water


## LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad 2 V with 2 large hard-boiled eggs, chopped 2 PF and 1 Tbsp. reduced-fat salad dressing 1 Ex
- 1 small cooked sweet potato 1 Sc
- 16 oz. water


## AFTERNOON SNACK

- Nutrisystem Snack
- 2 Tbsp. unsalted almonds 1 PF and $1 / 4$ cup dried fruit (e.g. apricots, cranberries) 1 SC
- 16 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!

## DAY 4

## BREAKFAST

- Nutrisystem Breakfast Entrée
- FUEL ${ }^{\text {TM }}$ shake: prepare with 8 oz . low-fat milk or almond milk with added protein 1 PF and 1 medium banana 1 SC
- Coffee or Tea with low (< 10 calories) or no-calorie creamer FF
- 8 oz. water


## MORNING SNACK

- 1 cup canned tuna fish 2 PF - plain or mixed with 1 Tbsp. reduced-fat mayo or 1 tsp . regular mayo 1 Ex
- $1 / 2$ cup whole-grain crackers 2 Sc
- 8 oz. water


## LUNCH

- Nutrisystem Lunch Entrée + 2 large hard-boiled eggs 2 PF
- 1 cup leftover cooked asparagus 2 V
- 2 medium tangerines 156
- 16 oz. water


## AFTERNOON SNACK

- Nutrisystem Snack
- Protein bar* 1 PF
*Tip: protein bars should contain at least 8 grams of protein and between 80-120 calories. Serving size can vary based on brand of bar, use individual product's Nutrition Facts Panel.
- 1 medium apple 150
- 16 oz. water


## DINNER

- Nutrisystem Dinner Entrée + 2 oz. grilled chicken 1 PF
- 2 cups salad $2 V$ with 1 Tbsp. reduced-fat salad dressing 1 Ex
- 16 oz. water


## DAY 5

## BREAKFAST

- Nutrisystem Breakfast Entrée
- FUELTM shake: prepare with 8 oz. low-fat milk or almond milk with added protein 1 PF and 1 medium banana 1 SC
- Coffee or Tea with low (< 10 calories) or no-calorie creamer $\operatorname{FF}$
- 8 oz. water


## MORNING SNACK

- 2/3 cup low-fat Greek yogurt 1PF mixed with 2 Tbsp. chia seeds 1 PF and topped with 1 cup blueberries 1 Sc
- $1 / 4$ cup whole-grain crackers 150
- 8 oz. water


## LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad 2V topped with 2 oz. turkey deli meat 1 PF and 1 oz . reduced-fat cheese 1 PF with 1 Tbsp. reducedfat salad dressing 1 Ex
- 1 small whole-grain roll 1sc
- 16 oz. water


## AFTERNOON SNACK

- Nutrisystem Snack
- $1 / 2$ cup $1 \%$ fat, no salt added cottage cheese 1 PF
topped with 1 cup pineapple 1 SC
- 1 cup baby carrots 1 V
- 16 oz. water


## DINNER

- Nutrisystem Hearty Inspirations ${ }^{\circ}$ Entrée 1 NS Entrée (1PF $1 V$
- 16 oz. water


## DAY 6

## BREAKFAST

- Nutrisystem Breakfast Entrée
- FUELTM shake: prepare with 8 oz. low-fat milk or almond milk with added protein ( 1 PF and 1 medium banana 1 SC
- Coffee or Tea with low (< 10 calories) or no-calorie creamer ${ }^{\text {FF }}$
- 8 oz. water


## MORNING SNACK

- 4 oz. turkey deli meat 2PF + 1 slice whole-grain bread 1SC
- 1 cup blueberries 1 SC
- 8 oz. water


## LUNCH

- Nutrisystem Lunch Entrée + 4 oz. grilled chicken 2PF
- 1 small cooked sweet potato 150
- 1 cup cooked broccoli 2 V
- 16 oz. water


## AFTERNOON SNACK

- Nutrisystem Snack
- 2/3 cup low-fat Greek yogurt 1 PF topped with 1 cup pineapple 1 Sc
- 16 oz. water


## DINNER

- Nutrisystem Dinner Entrée + 2 oz. cooked turkey breast 1 PF
- 1 cup cooked greens beans 2 V
- 16 oz. water


## DAY 7

## BREAKFAST

- Nutrisystem Breakfast Entrée
- FUEL ${ }^{\text {TM }}$ shake: prepare with 8 oz. low-fat milk or almond milk with added protein 1 PF and 1 medium banana 1 SC
- Coffee or Tea with low (< 10 calories) or no-calorie creamer FF
- 8 oz. water


## MORNING SNACK

- 1 slice whole-grain bread $15 C$ topped with $1 / 4$ cup guacamole 1 PF and 2 oz. turkey deli meat 1 PF
- 1 medium apple - sliced or whole 1 Sc
- 8 oz. water


## LUNCH

- Nutrisystem Lunch Entrée + 2 large hard-boiled eggs 2 PF
- 1 cup red or orange bell pepper slices and 1 cup cucumber slices 2 V
- 2 medium tangerines 1 Sc
- 16 oz. water


## AFTERNOON SNACK

- Nutrisystem Snack
- 2 Tbsp. unsalted almonds 1 PF with $1 / 4$ cup dried fruit (e.g. apricots or cranberries) 1 Sc
- 16 oz. water


## DINNER

- Nutrisystem Dinner Entrée
- 1 cup cooked broccoli $2 v$ topped with $1 / 4$ cup reducedfat shredded cheese 1 PF
- 16 oz. water

