

Nutrisystem® for **men**

SAMPLE MEAL PLAN

for 7 Days of Your Plan!

COMPLETE 50 FOR MEN

*7 Days' Worth
of Delicious Ideas!*

2500 – 2599 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 50 plan might look like:

FOOD CATEGORIES

V

Vegetable

PF

PowerFuel

SC

SmartCarb

FF

Free Food

Ex

Extra

DAY 1

BREAKFAST

- Nutrisystem Breakfast Entrée
- FUEL™ shake: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC** and 1 Tbsp. peanut butter **1 PF**
- 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**
- ½ cup whole-grain crackers **2 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with ½ cup beans **1 SC**, 2 large hard-boiled eggs, chopped **2 PF** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 1 small whole-grain roll **1 SC**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- ⅔ cup low-fat Greek yogurt **1 PF** mixed with 2 Tbsp. chia seeds **1 PF**; topped 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 **2 V**
- 16 oz. water

DAY 2

BREAKFAST

- Nutrisystem Breakfast Entrée
- FUEL™ shake: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC** and 1 Tbsp. peanut butter **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

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

LUNCH

- Nutrisystem Lunch Entrée + 4 oz. grilled chicken breast **2 PF**
- 2 cups raw carrots **2 V** with ½ cup hummus **2 SC**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- 1 cup 1% fat, no salt added cottage cheese **2 PF**
- 1 cup salad **1 V** with 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 1 small whole-grain roll **1 SC**
- 16 oz. water

DINNER

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

DAY 3

BREAKFAST

- Nutrisystem Breakfast Entrée
- FUEL™ shake: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC** and 1 Tbsp. peanut butter **1 PF**
- 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 bread **1 SC** topped with 1 Tbsp. peanut butter **1 PF**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with ½ cup beans **1 SC**, 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
- 1 large hard-boiled egg **1 PF**
- 2 Tbsp. unsalted almonds **1 PF** and ¼ 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™ shake: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC** and 1 Tbsp. peanut butter **1 PF**
- 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**
- ½ cup whole-grain crackers **2 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée + 2 large hard-boiled eggs **2 PF** with 1 slice whole-grain bread **1 SC**
- 1 cup leftover cooked asparagus **2 V**
- 2 medium tangerines **1 SC**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- 1 cup almond milk with added protein **1 PF**
- 1 slice whole-grain bread **1 SC** with 2 ounces turkey deli meat **1 PF**
- 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
- FUEL™ shake: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC** and 1 Tbsp. peanut butter **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- ⅔ cup low-fat Greek yogurt **1 PF** mixed with 2 Tbsp. chia seeds **1 PF** and topped with 1 cup blueberries **1 SC**
- ¼ cup whole-grain crackers **1 SC**
- 8 oz. water

LUNCH

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

AFTERNOON SNACK

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

DINNER

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

DAY 6

BREAKFAST

- Nutrisystem Breakfast Entrée
- FUEL™ shake: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC** and 1 Tbsp. peanut butter **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

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

LUNCH

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

AFTERNOON SNACK

- Nutrisystem Snack
- $\frac{2}{3}$ cup low-fat Greek yogurt **1 PF** mixed with 2 Tbsp. chia seeds **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™ shake: prepare with 8 oz. low-fat milk or almond milk with added protein **1 PF**, 1 medium banana **1 SC** and 1 Tbsp. peanut butter **1 PF**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 1 slice whole-grain bread **1 SC** topped with ¼ 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** with ¼ cup hummus **1 SC**
- 2 medium tangerines **1 SC**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- 4 Tbsp. unsalted almonds **2 PF** with ¼ 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 ¼ cup reduced-fat shredded cheese **1 PF**
- 16 oz. water