

Nutrisystem®

SAMPLE MEAL PLAN

for 7 Days of Your Plan!

WOMEN'S COMPLETE 50

*7 Days' Worth
of Delicious Ideas!*

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, 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 Complete 50 plan 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!

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
- 2 oz. (2 - 3 slices) turkey bacon **1 PF**
- 1 whole-grain English muffin **1 SC** topped with 1 Tbsp. avocado **1 Ex**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 1 cup fat-free/low-fat milk **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

*Tip: replace milk with 8 oz unsweetened almond milk **1 Ex** and blend with banana and 1 serving protein powder **1 PF** for an extra boost of protein! NOTE: Serving size can vary based on brand of powder or shake, use individual product's Nutrition Facts Panel.*

LUNCH

- Nutrisystem Lunch 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

AFTERNOON SNACK

- Nutrisystem Snack
- 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
- $\frac{2}{3}$ cup low-fat Greek 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

- $\frac{1}{2}$ cup low-fat cottage cheese **1 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 1 string cheese **1 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- 1 cup red bell pepper slices **1 V**
- 16 oz. water

DINNER

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

DAY 3

BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 cup fat-free/low-fat milk* **1 PF**

**May replace with 1 cup almond milk with added protein if preferred*

- ½ cup unsweetened applesauce **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

LUNCH

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

AFTERNOON SNACK

- Nutrisystem Snack
- 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
- 1 large scrambled egg **1 PF** cooked with 1 tsp. butter or cooking oil **1 Ex**
- 1 medium apple **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- ½ cup canned tuna fish **1 PF** mixed with 1 Tbsp. reduced-fat mayo or 1 tsp. regular mayo **1 Ex**
- ¼ cup whole-grain crackers **1 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
 - 1 cup fat-free/low-fat milk* **1 PF**
- *May replace with 1 cup almond milk with added protein if preferred*
- 1 cup cooked asparagus **2 V**
 - 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- 16 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

DAY 5

BREAKFAST

- Nutrisystem Breakfast Entrée
- 2 Tbsp. unsalted almonds **1 PF** mixed with ¼ cup dried fruit of choice – e.g. dried apricots or cranberries **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- ¾ cup low-fat Greek 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**; topped with 1 chopped hard-boiled egg **1 PF**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- 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
- 2 oz. (2 – 3 slices) turkey bacon **1 PF**
- 2 medium tangerines **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- ½ cup low-fat or 1% cottage cheese **1 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 1 cup roasted broccoli **2 V** topped with ¼ cup shredded cheese **1 PF**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- 16 oz. water

DINNER

- Nutrisystem Dinner Entrée
- 1 cup cooked greens beans **2 V** with 2 Tbsp. toasted almonds **1 PF**
- 16 oz. water

DAY 7

BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 slice (about 1 ounce) reduced-fat cheese **1 PF**
- ¼ dried fruit of choice – e.g. dried apricots or cranberries **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 1 cup fat-free/low-fat milk **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

*Tip: replace milk with 8 oz unsweetened almond milk **1 Ex** and blend with banana and 1 serving protein powder **1 PF** for an extra boost of protein! NOTE: Serving size can vary based on brand of powder or shake, use individual product's Nutrition Facts Panel.*

LUNCH

- Nutrisystem Lunch Entrée
- 2 Tbsp. unsalted almonds **1 PF**
- 1 cup red or orange bell pepper slices and 1 cup cucumber slices **2 V** with 2 Tbsp. fat-free dressing **1 Ex**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- 16 oz. water

DINNER

- Nutrisystem Dinner Entrée
- 1 cup cooked broccoli **2 V** topped with ¼ cup shredded cheese, melted **1 PF**
- 16 oz. water