

Nutrisystem®

# SAMPLE MEAL PLAN

for 7 Days of Your Plan!

## WOMEN'S COMPLETE 50

*7 Days' Worth  
of Delicious Ideas!*

### 1900 – 1999 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**
- 2 slices whole-grain toast **2 SC** topped with ¼ cup mashed avocado **1 PF**
- 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**
- 1 Tbsp. peanut butter **1 PF**
- 8 oz. water

*\*Tip: replace milk with 8 oz unsweetened almond milk **1 Ex** and blend with the peanut butter, 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**, 2 oz. grilled chicken **1 PF** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 1 cup raspberries **1 SC**
- 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
- ½ cup cooked oatmeal **1 SC** mixed with 2 Tbsp. chia seeds **1 PF** and 1 medium banana, chopped **1 SC**
- Top oatmeal with 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 low-fat cottage cheese **2 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- 1 string cheese **1 PF**
- 2 Tbsp. almonds **1 PF**
- 1 cup raw carrots and 1 cup red bell pepper slices **2 V** dipped in ¼ cup hummus **1 SC**
- 16 oz. water

### AFTERNOON SNACK

- Nutrisystem Snack
- 1 cup cucumber 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
- 2 slices whole-grain toast **2 SC** with 2 Tbsp. peanut butter **2 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 medium apple **1 SC**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- 4 oz. grilled chicken **2 PF**
- 2 cups salad **2 V** topped with ¼ cup dried fruit (ex. dried cranberries or raisins) **1 SC**; 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
- Egg sandwich made with 1 whole-grain English muffin **1 SC** and 2 large, scrambled eggs **2 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

*Tip: Scramble eggs with non-starchy vegetables like spinach and mushrooms for extra flavor!*

### MORNING SNACK

- 1 cup canned tuna fish **2 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**
- 2 medium tangerines **1 SC**
- 2 Tbsp. almonds **1 PF**
- 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 oz. (2 - 3 slices) turkey bacon **1 PF**
- 2 slices whole-grain toast **2 SC** topped with ¼ cup mashed avocado **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**
- 1 cup blueberries **1 SC**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with 1 large, hard-boiled egg **1 PF**, ½ cup canned tuna or salmon **1 PF** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 1 medium apple **1 SC**
- 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** and 1 large egg, scrambled **1 PF**
- 2 slices of whole-wheat toast **2 SC**

*\*Tip: assemble into a breakfast sandwich!*

- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- 1 cup low-fat or 1% cottage cheese **2 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- 1 string cheese **1 PF**
- 2 cups raw vegetables (ex. broccoli, carrots, cucumbers) **2 V** with ¼ cup hummus **1 SC**
- ⅔ cup low-fat Greek yogurt **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 large egg, scrambled (1 PF) with ¼ cup shredded cheese (1 PF)
- 1 slice whole-grain toast (1 SC)
- 2 tangerines (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)
- 1 Tbsp. peanut butter (1 PF)
- 8 oz. water

*Tip: replace milk with 8 oz unsweetened almond milk (1 Ex) and blend with the peanut butter, 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
- 4 Tbsp. unsalted almonds (2 PF)
- 1 cup red or orange bell pepper slices and 1 cup cucumber slices (2 V) with ¼ cup hummus (1 SC)
- 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