

Nutrisystem®

SAMPLE MEAL PLAN

for 7 Days of Your Plan!

WOMEN'S COMPLETE 50

*7 Days' Worth
of Delicious Ideas!*

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 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** with 1 Tbsp. Olive oil **1 PF** and red wine vinegar **FF**
- ¼ cup whole-grain crackers **1 SC**
- 1 cup raspberries **1 SC**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- 2 Tbsp. almonds **1 PF**
- 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
- 2 string cheese **2 PF**
- 1 cup raw carrots and 1 cup red bell pepper slices **2 V** dipped in ½ cup hummus **2 SC**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- 1 large hard-boiled egg **1 PF**
- 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 (e.g. dried cranberries) **1 SC** and 1 Tbsp. reduced fat salad dressing **1 Ex**
- 1 small whole-grain roll **1 SC**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- ½ cup shelled edamame **1 PF**
- 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
- Pasta salad made by mixing together 1 cup whole grain pasta **2 SC**, ¼ cup shredded cheese **1 PF**, 2 cups fresh vegetables (like cherry tomatoes, cucumbers, bell peppers, etc.) **2 V**, 1 Tbsp. Olive oil **1 PF**, lemon juice and fresh or dried herbs to taste **FF**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- 2 oz. turkey deli meat **1 PF**
- 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, chopped hard-boiled egg **1 PF**, 1 Tbsp. Olive oil **1 PF** and red wine vinegar **FF**
- 1 small whole-grain roll **1 SC**
- ½ cup unsweetened applesauce **1 SC**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- 1 cup baby carrots **1 V** and 1 string cheese **1 PF**
- 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 scrambled egg **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
- 2 string cheeses **2 PF**
- 2 cups raw vegetables (ex. broccoli, carrots, cucumbers) **2 V** with ¼ cup hummus **1 SC**
- 1 medium apple **1 SC**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- Olives, large, approx. 8-10 olives **1 PF**
- 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 scrambled egg **1 PF** with ¼ cup shredded cheese **1 PF**
- 1 slice whole-grain toast **1 SC**
- 2 medium 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 ½ cup hummus **2 SC**
- 16 oz. water

AFTERNOON SNACK

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