

Nutrisystem® for **men**

# SAMPLE MEAL PLAN

for 7 Days of Your Plan!

## NUTRISYSTEM COMPLETE FOR MEN

*with Flex meals and Hearty Inspirations™ dinners*

**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 meals 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 for more details and examples of 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.

Nutrisystem plans allow you to choose the number of days' worth of Nutrisystem meals you receive each month. Plans that provide less than 7-days' worth of Nutrisystem foods include Flex meals. Flex meals and snacks are healthy home- and restaurant-made meals that will replace some of your Nutrisystem meals and snacks with your own grocery food add-ins. Don't worry! We provide guidance to help you learn how to make your own healthy and balanced meals using the suggested grocery food add-ins. These meals are a great way to learn healthy habits and help set you up for long-term success!

**This meal plan is designed to include Nutrisystem meals to cover 5 days of your week, with Flex meals covering the remaining 2 meal and snack occasions.** If your plan includes fewer days' worth of Nutrisystem foods, you may need to substitute more of the Nutrisystem meals in this sample meal plan with your own Flex meals and snacks. We recommend spreading your Flex meals and snacks out throughout the week, rather than eating them all on the same day. And, if your plan includes 7 days of Nutrisystem foods, you will not need to add in Flex meals or snacks because we've got you covered for every day!

**Keep in mind: If your first week of the Nutrisystem plan includes 7 in 7, you will want to use the 7 in 7 Sample Meal Plan for the first week and this sample meal plan beginning in your second week.**

**Here's a taste of what 7 days on Nutrisystem might look like:**

#### FOOD CATEGORIES

**V**  
Vegetable

**PF**  
PowerFuel

**SC**  
SmartCarb

**FF**  
Free Food

**Ex**  
Extra

# DAY 1

## BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 large, hard-boiled egg **1 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## MORNING SNACK

*Flex Snack = 2 PF + 2 SC*

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF** and 2 slices whole wheat bread **2 SC** with 1 Tbsp. reduced-fat mayonnaise **1 Ex**
- 1 cup baby carrots **1 V**
- 8 oz. water

## LUNCH

- Nutrisystem Lunch Entrée
- 2 oz. grilled chicken **1 PF**
- ½ cup cooked cauliflower **1 V**
- 16 oz. water

## AFTERNOON SNACK

- 2 Tbsp. peanut butter **2 PF**
- 1 medium apple **1 SC**
- 8 oz. water

## DINNER

*Flex Dinner = 3 PF + 1 SC*

- Turkey burger made with 4 oz. turkey burger **2 PF** with 1 slice cheese **1 PF** on a small whole grain roll **1 SC** topped with 1 tsp. mustard, lettuce and tomato slices **FF**
- 1 cup cooked green beans **2 V**
- 16 oz. water

## EVENING SNACK

- Nutrisystem Snack
- 8 oz. water

## DAY 2

### BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 large hard-boiled egg **1 PF**
- 1 medium apple **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- Nutrisystem Snack
- 1 Tbsp. peanut butter **1 PF**
- ¼ cup whole-grain crackers **1 SC**
- 2 medium celery stalks **1 V**
- 8 oz. water

### LUNCH

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

### AFTERNOON SNACK

- ⅔ cup low-fat yogurt **1 PF**
- 2 Tbsp. almonds **1 PF**
- 1 cup strawberries **1 SC**
- 8 oz. water

### DINNER

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

### EVENING SNACK

*Flex Snack = 1 PF + 1 SC*

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

## DAY 3

### BREAKFAST

- Nutrisystem Breakfast Entrée
- ⅔ cup low-fat yogurt **1 PF**
- 1 cup blueberries **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- Nutrisystem Snack
- Half Egg Salad Sandwich made with 1 large, hard-boiled egg **1 PF** mixed with 1 Tbsp. low-fat mayonnaise **1 Ex** on 1 slice whole wheat bread **1 SC**
- 8 oz. water

### LUNCH

*Flex Lunch = 2 PF + 1 SC*

- Grilled Chicken Salad: Toss together 4 oz. grilled chicken **2 PF**, ½ cup whole wheat pasta **1 SC**, 2 cups lettuce & non-starchy vegetables such as cucumbers, bell peppers, cherry tomatoes **2 V** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

### AFTERNOON SNACK

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

### DINNER

- Nutrisystem Dinner Entrée
- 2 oz grilled chicken **1 PF**
- 1 cup roasted asparagus **2 V**
- 16 oz. water

*Check out the Leaf for a quick recipe for Roasted Asparagus!*

<https://leaf.nutrisystem.com/recipes/video-roasted-asparagus/>

### EVENING SNACK

- Nutrisystem Snack
- 8 oz. water

## DAY 4

### BREAKFAST

*Flex Breakfast = 2 PF + 2 SC*

- 2 large, scrambled eggs **2 PF**
- 2 slices whole wheat toast **2 SC** with 1 tsp. butter **1 Ex**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- Nutrisystem Snack
- 2 Tbsp. peanuts **1 PF**
- ½ cup applesauce **1 SC**
- 8 oz. water

### LUNCH

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

### AFTERNOON SNACK

- ⅔ cup low-fat yogurt **1 PF**
- 2 Tbsp. almonds **1 PF**
- 1 cup strawberries **1 SC**
- 8 oz. water

### DINNER

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

### EVENING SNACK

*Flex Snack = 1 PF + 1 SC*

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

## DAY 5

### BREAKFAST

- Nutrisystem Breakfast Entrée
- ⅔ cup low-fat yogurt **1 PF**
- 1 cup strawberries **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

*Flex Snack = 2 PF + 2 SC*

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF** and 2 slices whole wheat bread **2 SC** with 1 Tbsp. reduced-fat mayonnaise **1 Ex**
- 8 oz. water

### LUNCH

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

### AFTERNOON SNACK

- 2 Tbsp. peanut butter **2 PF**
- 1 medium apple **1 SC**
- 8 oz. water

### DINNER

*Flex Dinner = 3 PF + 1 SC*

- 6 oz. baked salmon **3 PF**
- 1 small sweet potato **1 SC**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### EVENING SNACK

- Nutrisystem Snack
- 8 oz. water

## DAY 6

### BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 large hard-boiled egg **1 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- Nutrisystem Snack
- 1 Tbsp. peanut butter **1 PF**
- ¼ cup whole-grain crackers **1 SC**
- 2 medium celery stalks **1 V**
- 8 oz. water

### LUNCH

*Flex Lunch = 2 PF + 1 SC*

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF**, 1 whole-wheat sandwich thin **1 SC**, 1 Tbsp. reduced-fat mayonnaise **1 Ex**, lettuce & tomato slices **FF**
- 1 cup baby carrots **1 V**
- 1 cup cherry tomatoes **1 V**
- 16 oz. water

### AFTERNOON SNACK

- ⅔ cup low-fat yogurt **1 PF**
- 2 Tbsp. almonds **1 PF**
- 1 cup strawberries **1 SC**
- 8 oz. water

### DINNER

- Nutrisystem Dinner Entrée
- 2 cups salad **2 V** with ½ cup deshelled edamame **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

*Tip: Buy deshelled edamame in the freezer section of the grocery store for a quick PowerFuel add-in.*

### EVENING SNACK

- Nutrisystem Snack
- 8 oz. water



# DAY 7

## BREAKFAST

*Flex Breakfast = 2 PF + 2 SC*

- Berry Parfait made with  $\frac{2}{3}$  cup low-fat yogurt (1 PF) and 1 cup berries (1 SC)
- 1 slice whole wheat toast (1 SC) with 1 Tbsp. peanut butter (1 PF)
- Coffee or Tea with low (< 10 calories) or no-calorie creamer (FF)
- 8 oz. water

## MORNING SNACK

- Nutrisystem Snack
- Half Egg Salad Sandwich made with 1 large, hard-boiled egg (1 PF) mixed with 1 Tbsp. low-fat mayonnaise (1 Ex) on 1 slice whole wheat bread (1 SC)
- 8 oz. water

## LUNCH

- Nutrisystem Lunch Entrée
- 1 string cheese (1 PF)
- 1 cup red and orange bell pepper slices (1 V)
- 1 cup cucumber slices (1 V)
- 1 Tbsp. reduced-fat salad dressing for dipping veggies (1 Ex)
- 16 oz. water

## AFTERNOON SNACK

- 4 oz. turkey deli meat (2 PF)
- 1 medium apple (1 SC)
- 8 oz. water

## DINNER

- Nutrisystem Dinner Entrée
- 1 cup cooked broccoli (2 V) topped with  $\frac{1}{4}$  cup shredded cheese (1 PF)
- 16 oz. water

## EVENING SNACK

- Nutrisystem Snack
- 8 oz. water