

Nutrisystem® for **men**

SAMPLE MEAL PLAN

for 7 Days of Your Plan!

NUTRISYSTEM COMPLETE FOR MEN

with Flex meals and Hearty Inspirations™ dinners

2300 – 2399 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 cup (8 oz.) fat-free or low-fat milk **1 PF**
- 2 large hard-boiled eggs **2 PF**
- 1 medium pear **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**
- ¼ cup whole grain crackers **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
- 1 cup strawberries **1 SC**
- 8 oz. water

DAY 2

BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 cup low-fat cottage cheese **2 PF**
- 2 Tbsp. walnuts **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
- 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**
- 2 cups strawberries **2 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 + 2 SC

- 1 slice whole grain toast **1 SC** with
1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

DAY 3

BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 cup (8 oz.) fat-free or low-fat milk **1 PF**
- 4 Tbsp. almonds **2 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
- 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

- Turkey Sandwich made with 4 oz. turkey deli meat **2 PF** and 2 slices whole-grain bread **2 SC** and 1 tsp. mustard **FF**
- 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
- ½ cup applesauce **1 SC**
- 8 oz. water

DAY 4

BREAKFAST

Flex Breakfast = 4 PF + 2 SC

- 3 large, scrambled eggs **3 PF** with ¼ cup shredded cheese **1 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** served 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**
- 2 cups strawberries **2 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 + 2 SC

- 1 slice whole grain toast **1 SC** with 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

DAY 5

BREAKFAST

- Nutrisystem Breakfast Entrée
- 3 large scrambled eggs **3 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**
- ¼ cup whole grain crackers **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
- 1 cup raspberries **1 SC**
- 8 oz. water

DAY 6

BREAKFAST

- Nutrisystem Breakfast Entrée
- 2 large, scrambled eggs **2 PF** and 1 slice cheese **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**
- 2 cups strawberries **2 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
- 1 medium orange **1 SC**
- 8 oz. water

DAY 7

BREAKFAST

Flex Breakfast = 4 PF + 2 SC

- Berry Parfait made with 1 cup low-fat cottage cheese **2 PF** and 1 cup berries **1 SC**
- 1 slice whole wheat toast **1 SC** with 1 Tbsp. peanut butter **1 PF**
- 1 cup (8 oz.) low-fat or fat-free milk **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

- Turkey Sandwich made with 4 oz. turkey deli meat **2 PF** and 2 slices whole-grain bread **2 SC** and 1 tsp. mustard **FF**
- 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

- Nutrisystem Snack
- 1 cup raspberries **1 SC**
- 8 oz. water