

Nutrisystem®

# SAMPLE MEAL PLAN

for 7 Days of Your Plan!

## NUTRISYSTEM COMPLETE FOR WOMEN

*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
- 2 large scrambled eggs **2 PF** with 1 slice whole grain toast **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

*Tip: Add salsa or diced tomatoes to your scrambled egg for extra flavor!*

## MORNING SNACK

- $\frac{2}{3}$  cup low-fat yogurt **1 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

## LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with  $\frac{1}{2}$  cup shelled edamame **1 PF**, 1 cup corn **2 SC** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

## AFTERNOON SNACK

- 2 oz. turkey deli meat **1 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 cup low-fat cottage cheese **2 PF**  
with 1 cup blueberries **1 SC**
- Coffee or Tea with low (< 10 calories)  
or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- 2 Tbsp. almonds **1 PF**
- 1 medium banana **1 SC**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- 2 oz. grilled chicken **1 PF** on a small whole grain roll **1 SC**
- ¼ cup hummus **1 SC**
- 1 cup baby carrots **1 V**
- 1 cup cucumber slices **1 V**
- 16 oz. water

### AFTERNOON SNACK

- ⅔ cup low-fat yogurt **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
- 2 large hard-boiled eggs **2 PF**
- ½ cup (4 oz.) 100% orange juice **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- ⅔ cup low-fat yogurt **1 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

### LUNCH

**Flex Lunch = 3 PF + 2 SC**

- Grilled Chicken & Fruit Salad made by tossing together, 4 oz. grilled chicken **2 PF**, ¼ cup shredded cheese **1 PF**, ½ cup chickpeas or garbanzo beans **1 SC**, 1 cup strawberries (sliced) **1 SC** and 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

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

### DINNER

- Nutrisystem Dinner Entrée
- 2 oz. baked salmon **1 PF** with 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!*

### EVENING SNACK

- Nutrisystem Snack
- 8 oz. water

## DAY 4

### BREAKFAST

**Flex Breakfast = 3 PF + 2 SC**

- 2 large scrambled eggs **2 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

*Tip: Add unlimited non-starchy vegetables like spinach, mushrooms and tomatoes to your scrambled eggs!*

### MORNING SNACK

- 2 Tbsp. almonds **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- Ham Sandwich made with 2 oz. ham deli meat **1 PF** on  
2 slices whole grain bread **2 SC** with 1 tsp. mustard **FF**
- 1 cup cooked asparagus **2 V**
- 16 oz. water

### AFTERNOON SNACK

- ⅔ cup low-fat yogurt **1 PF**
- 1 cup strawberries **1 SC**
- 8 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

### 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**
- ½ cup cooked oatmeal **1 SC** with 2 Tbsp. walnuts **1 PF** and 1 tsp. brown sugar **1 Ex**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- 1 string cheese **1 PF**
- ¼ cup whole-grain crackers **1 SC**
- 1 cup baby carrots **1 V**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with ½ cup shelled edamame **1 PF**, 1 cup corn **2 SC** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

### AFTERNOON SNACK

- 2 oz. turkey deli meat **1 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 cup low-fat cottage cheese **2 PF**
- 1 medium banana **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- 1 large, hard-boiled egg **1 PF**
- ¼ cup whole grain crackers **1 SC**
- 8 oz. water

### LUNCH

**Flex Lunch = 3 PF + 2 SC**

- Turkey Sandwich made with 4 oz. turkey deli meat **2 PF**, 1 slice cheese **1 PF** and 2 slices whole grain bread **2 SC** and 1 tsp. mayonnaise **1 Ex**
- 2 cups salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

*Tip: Top your sandwich with unlimited non-starchy veggies like lettuce, tomato and cucumber slices!*

### AFTERNOON SNACK

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

### DINNER

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

### EVENING SNACK

- Nutrisystem Snack
- 8 oz. water



# DAY 7

## BREAKFAST

*Flex Breakfast = 3 PF + 2 SC*

- Berry Parfait made with 1 cup low-fat cottage cheese (2 PF), 2 Tbsp. almonds (1 PF) and 1 cup berries (1 SC)
- ½ cup cooked oatmeal (1 SC) with 1 tsp. brown sugar (1 Ex)
- Coffee or Tea with low (< 10 calories) or no-calorie creamer (FF)
- 8 oz. water

## MORNING SNACK

- 1 string cheese (1 PF)
- ¼ cup whole grain crackers (1 SC)
- 8 oz. water

## LUNCH

- Nutrisystem Lunch Entrée
- Ham Sandwich made with 2 oz. ham deli meat (1 PF) on 2 slices whole grain bread (2 SC) with 1 tsp. mustard (FF)
- 1 cup red or orange bell pepper slices (1 V)
- 1 cup cucumber slices (1 V)
- 16 oz. water

## AFTERNOON SNACK

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

## DINNER

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

## EVENING SNACK

- Nutrisystem Snack
- 8 oz. water