

Nutrisystem®

SAMPLE MEAL PLAN

for 7 Days of Your Plan!

NUTRISYSTEM COMPLETE FOR WOMEN

with Flex meals and Hearty Inspirations™ dinners

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 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**,
 $\frac{1}{4}$ cup shredded cheese **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
- 1 string cheese **1 PF**
- 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** and 1 slice cheese **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 = 2 PF + 1 SC

- 2 Tbsp. peanut butter **2 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

- ¾ cup low-fat yogurt **1 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

LUNCH

Flex Lunch = 4 PF + 2 SC

- Grilled Chicken & Fruit Salad made by tossing together, 4 oz. grilled chicken **2 PF**, ¼ cup shredded cheese **1 PF**, ⅓ medium avocado **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
- 1 string cheese **1 PF**
- 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** and
1 slice cheese **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 = 2 PF + 1 SC

- 2 Tbsp. peanut butter **2 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 3 oz. shrimp **1 PF**, 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
- 2 Tbsp. almonds **1 PF**
- 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 = 4 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 large hard-boiled egg **1 PF** and 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
- 2 Tbsp. almonds **1 PF**
- 8 oz. water

DAY 7

BREAKFAST

Flex Breakfast = 3 PF + 2 SC

- Berry Parfait made with 1 cup 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** and 1 slice cheese **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
- 1 string cheese **1 PF**
- 8 oz. water