

Menu Plan Overview

Finding the Right Menu Plan for Your Goals

Calorie needs will vary based on your weight management goals, gender, and activity level. Club Advantage offers four personalized options to help meet your goals - 1200, 1500, 1700 and 2000. This meal plan supports a 1200 calorie per day goal. Check out the chart below to make sure this plan will help you reach your weight goals.

Goal: Weight Loss	1200	1500	1700	2000
Women				
Women with 100+ lbs. to lose				
Women exercising 60+ min. per day		Ø		
Men		Ø		
Men with 100+ lbs. to lose			Ø	
Men exercising 60+ min. per day			Ø	

Goal: Weight Maintenance	1200	1500	1700	2000
Women				
Women exercising 60+ min. per day			Ø	
Men			Ø	
Men exercising 60+ min. per day				Ø

It's easy and convenient to swap out some of your own meals with Nutrisystem meals! Here is how you do it!

Nutrisystem Breakfast =











Nutrisystem

Nutrisystem Hearty Inspirations® Meal =









Grocery Add-In Guide

Check out the Club Advantage Guide and Grocery Guide for more information on grocery food add-ins.

- PF 8 PowerFuels per day
- up to **3 Extras** per day
- 50 5 SmartCarbs per day
- unlimited Free Foods
- **4+ Vegetables** per day
- 🛜 at least **64 oz. water** per day

Suggested Meal Plan

Breakfast

Nutrisystem Turkey Sausage and Egg Muffin PF SC

Morning Snack

• 2 Tbsp. almonds PF

Lunch

- Large side salad (2V) with 1Tbsp. reduced-fat dressing (Ex)

Afternoon Snack

- 1Tbsp. almond butter PF
- 1 medium apple SC

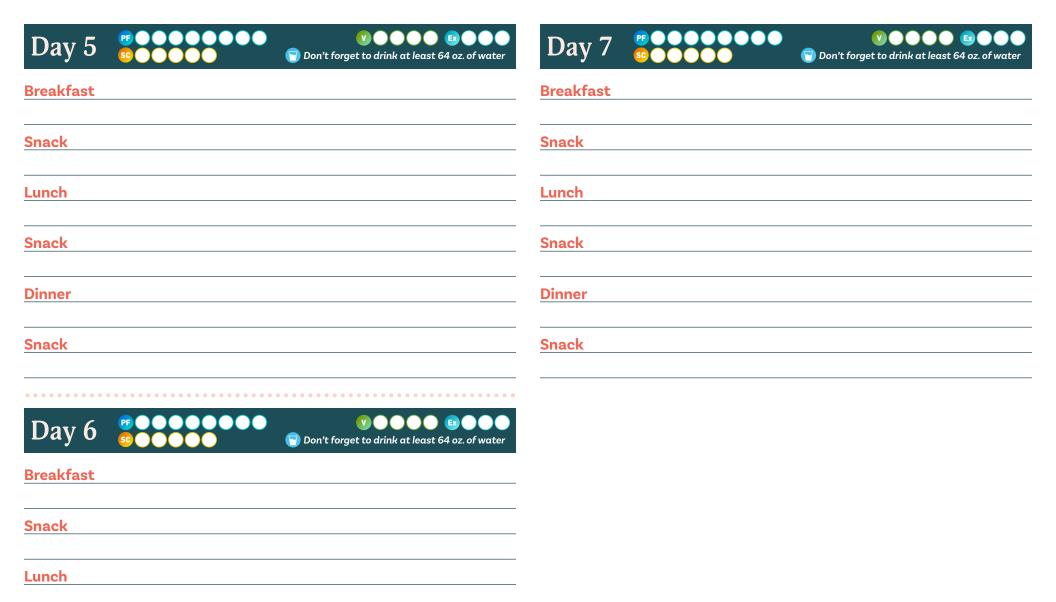
Dinner

- 6 oz. baked salmon (3PF)
- ½ cup brown rice SC
- 1 cup green beans (2V)

Evening Snack

- 6 oz. container Greek yogurt PF
- 1 cup raspberries SC





Snack

Dinner

Snack