

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		✓		
Men		✓		
Men with 100+ lbs. to lose			✓	
Men exercising 60+ min. per day			✓	

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

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
Lunch =



Nutrisystem
Dinner =



Nutrisystem Hearty
Inspirations® Meal =



Nutrisystem
Snack =



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

SC 5 SmartCarbs per day

V 4+ Vegetables per day

Ex up to 3 Extras per day

FF unlimited Free Foods

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

- Nutrisystem Classic Hamburger **PF** **SC**
- Large side salad **2V** with 1 Tbsp. reduced-fat dressing **Ex**

Afternoon Snack

- 1 Tbsp. 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**

Day 1



Don't forget to drink at least 64 oz. of water

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Day 2



Don't forget to drink at least 64 oz. of water

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Day 3



Don't forget to drink at least 64 oz. of water

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Day 4



Don't forget to drink at least 64 oz. of water

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Day 5



Don't forget to drink at least 64 oz. of water

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Day 6



Don't forget to drink at least 64 oz. of water

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Day 7



Don't forget to drink at least 64 oz. of water

Breakfast

Snack

Lunch

Snack

Dinner

Snack