1200 CALORI	ES Daily Țra	cking for	1200 CALORIES	S Daily Tra	cking for
BREAKFAST ——/——			BREAKFAST	/_	_/
(Nutrisystem Breakfast <i>OR</i> Flex: 1 PowerFuel + 1 SmartCarb)			(Nutrisystem Breakfast OR Flex: 1 PowerFuel + 1 SmartCarb)		
MORNING SNACK (1 PowerFuel)			MORNING SNACK (1 PowerFuel)		
LUNCH			LUNCH		
(Nutrisystem Lunch <i>OR</i> Flex: 1 PowerFuel + 1 SmartCarb)			(Nutrisystem Lunch OR Flex: 1 PowerFuel + 1 SmartCarb)		
AFTERNOON SNACK			AFTERNOON SNACK		
(1 PowerFuel + 1 SmartCarb OR Nutrisystem Snack)			(1 PowerFuel + 1 SmartCarb <i>OR</i> Nutrisystem Snack)		
DINNER			DINNER		
(Nutrisystem Dinner + 1 PowerFuel <i>OR</i> Flex: 3 PowerFuels + 1 SmartCarb)			(Nutrisystem Dinner + 1 PowerFuel <i>OR</i> Flex: 3 PowerFuels + 1 SmartCarb)		
EVENING SNACI	K		EVENING SNACK		
(Nutrisystem Snack OR Flex: 1 PowerFuel + 1 SmartCarb)			(Nutrisystem Snack OR Flex: 1 PowerFuel + 1 SmartCarb)		
*If you have more than 1 your daily meal plan eac	LOO pounds to lose, add 1 Po h day.	owerFuel + 1 SmartCarb to	*If you have more than 100 your daily meal plan each d	•	owerFuel + 1 SmartCarb to
v Vegetables	Water	Extras (optional)	v Vegetables	Water	Extras (optional)
Mark 1 circle for each serving	Mark 1 circle for each 8oz. glass of water	Write in 1 Extra on each line	Mark 1 circle for each serving	Mark 1 circle for each 8oz. glass of water	Write in 1 Extra on each line
0000	0000		0000	0000	
Write in one 10-minute activity on each line			Write in one 10-minute activity on each line		
<u>1.</u>	2.	3.	<u>1.</u>	2.	<u>3.</u>