

# 1500 CALORIES

## Daily Tracking for



### BREAKFAST

(Nutrisystem Breakfast + 1 PowerFuel **OR** Flex: 2 PowerFuels+ 1 SmartCarb)

### MORNING SNACK

(1 PowerFuel + 1 SmartCarb **OR** Nutrisystem Snack)

### LUNCH

(Nutrisystem Lunch + 1 PowerFuel **OR** Flex: 2 PowerFuels + 1 SmartCarb)

### AFTERNOON SNACK

(1 PowerFuel + 1 SmartCarb **OR** Nutrisystem Snack)

### DINNER

(Nutrisystem Dinner + 1 PowerFuel **OR** Flex: 3 PowerFuels + 1 SmartCarb)

### EVENING SNACK

(Nutrisystem Snack **OR** Flex: 1 PowerFuel + 1 SmartCarb)

**\*If you have more than 100 pounds to lose, add 1 PowerFuel + 1 SmartCarb to your daily meal plan each day.**

<b>v</b> <b>Vegetables</b>	<b>Water</b>	<b>Ex</b> <b>Extras (optional)</b>
<i>Mark 1 circle for each serving</i>	<i>Mark 1 circle for each 8oz. glass of water</i>	<i>Write in 1 Extra on each line</i>
○○○○	○○○○ ○○○○	_____ _____ _____

**My Daily 3**

*Write in one 10-minute activity on each line*

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

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