

Nutrisystem®

SAMPLE MEAL PLAN

for 7 Days of Your Plan!

NUTRISYSTEM FOR MEN 50+

with *Flex Meals* and *Hearty Inspirations®* dinners

1800 – 1899 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 Entrées 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 with more details and examples of more 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. Keep in mind, we recommend spreading your Flex Meals and snacks out throughout the week, rather than eating them all on the same day.

**Here's a taste of what 7 days on
Nutrisystem for Men 50+ might look like:**

GROCERY ADD-INS

V
Vegetable

PF
PowerFuel

SC
SmartCarb

FF
Free Food

Ex
Extra

DAY 1

BREAKFAST

- Nutrisystem Breakfast Entrée
- 6 oz. Low-Fat Greek Yogurt **1 PF** + 1 large hard-boiled egg **1 PF**
- Coffee or tea with low (<10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 1 cup canned tuna fish **2 PF**—served plain or mixed with 1 Tbsp. reduced-fat mayo or 1 tsp. regular mayo **1 Ex**
- ½ cup whole-grain crackers **2 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with 2 large hard-boiled eggs, chopped **2 PF** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack + 1 medium apple **1 SC**
- 16 oz. water

DINNER

Flex Dinner = 3 PF + 1 SC

- Turkey Burger made with 4 oz. turkey burger **2 PF** with 1 slice low-fat 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

DAY 2

BREAKFAST

- Nutrisystem Breakfast Entrée
- 2 large scrambled eggs **2 PF**
- Coffee or tea with low (<10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 4 oz. turkey deli meat **2 PF** + 1 medium apple, sliced **1 SC** + ¼ cup whole grain crackers **1 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée + 4 oz. grilled chicken breast **2 PF**
- 1 cup cooked carrots **2 V**
- 16 oz. water

AFTERNOON SNACK

Flex Snack = 1 PF + 2 SC

- 2 Tbsp. almonds (about 12 nuts) **1 PF**
- ½ cup hummus **2 SC**
- 1 cup red bell pepper slices **1 V**
- 16 oz. water

DINNER

- Nutrisystem Hearty Inspirations Entrée **1 NS Entrée 1 PF 1 V**
- 16 oz. water

DAY 3

BREAKFAST

- Nutrisystem Breakfast Entrée
- 6 oz. low fat Greek Yogurt **1 PF** + 1 large hard-boiled egg **1 PF**
- Coffee or tea with low (<10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 4 oz turkey deli meat **2 PF** + ½ cup whole grain crackers **2 SC**
- 8 oz. water

LUNCH

Flex Lunch = 3 PF + 1 SC

- 6 oz. grilled chicken **3 PF**
- ½ cup diced & roasted sweet potatoes **1 SC**
- 2 cups salad **2 V** with 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

Tip: Toss chicken and potatoes with salad to make a large entrée salad.

AFTERNOON SNACK

- Nutrisystem Snack + 1 medium banana **1 SC**
- 16 oz. water

DINNER

- Nutrisystem Dinner Entrée + 2 oz. baked salmon **1 PF**
- 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!

DAY 4

BREAKFAST

Flex Breakfast = 3 PF + 1 SC

- 3 large hard-boiled eggs **3 PF**
- 1 cup blueberries **1 SC**
- Coffee or tea with low (<10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 1 cup canned tuna fish **2 PF**—plain or mixed with 1 Tbsp. reduced-fat mayo or 1 tsp regular mayo **1 Ex**
- ½ cup whole-grain crackers **2 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 4 oz. grilled chicken **2 PF**
- 1 cup leftover cooked asparagus **2 V**
- 16 oz. water

AFTERNOON SNACK

Flex Snack = 1 PF + 2 SC

- ⅔ cup low-fat yogurt **1 PF**
- 1 medium banana **1 SC** + 1 cup blueberries **1 SC**
- 16 oz. water

DINNER

- Nutrisystem Dinner Entrée + 2 oz. grilled chicken **1 PF**
- 2 cups salad **2 V** with 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

DAY 5

BREAKFAST

- Nutrisystem Breakfast Entrée
- 2 large scrambled egg **2 PF**
- Coffee or tea with low (<10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- $\frac{2}{3}$ cup low-fat Greek yogurt **1 PF** mixed with 2 Tbsp. chia seeds **1 PF** and topped with 1 cup blueberries **1 SC** and 1 cup strawberries **1 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** topped with 2 oz. turkey deli meat and 1 oz. reduced-fat cheese **2 PF** with 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack + 1 medium banana **1 SC**
- 16 oz. water

DINNER

Flex Dinner = 3 PF + 1 SC

- 6 oz. pork tenderloin **3 PF**
- $\frac{1}{2}$ cup corn **1 SC**
- 1 cup roasted broccoli & cauliflower **2 V**
- 16 oz. water

Tip: Prepare extra broccoli & cauliflower for a flex lunch tomorrow.

DAY 6

BREAKFAST

- Nutrisystem Breakfast Entrée
- 2 large scrambled eggs **2 PF**
- Coffee or tea with low (<10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 4 oz. turkey deli meat **2 PF**
- 2 cups blueberries **2 SC**
- 8 oz. water

LUNCH

Flex Lunch = 3 PF + 1 SC

- Salmon Grain Bowl – In a large bowl, toss together ½ cup canned salmon **1 PF**, ½ cup shelled edamame **1 PF**, 1 cup roasted broccoli & cauliflower **2 V**, ½ cup cooked brown rice **1 SC**, 1 Tbsp. olive oil **1 PF** and 2 Tbsp. fresh lemon juice **FF**
- 16 oz. water

Tips: Choose precooked ingredients like frozen, shelled edamame and shelf-stable, precooked brown rice from your grocery store for quick adds to salads and grain bowls. Assemble the night before for a quick, make ahead flex lunch!

AFTERNOON SNACK

- Nutrisystem Snack + 1 medium apple **1 SC**
- 16 oz. water

DINNER

- Nutrisystem Dinner Entrée + 2 oz. cooked turkey breast **1 PF**
- 1 cup cooked greens beans **2 V**
- 16 oz. water

DAY 7

BREAKFAST

Flex Breakfast = 3 PF + 1 SC

- 3 large hard-boiled eggs **3 PF**
- 1 medium banana **1 SC**
- Coffee or tea with low (<10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 4 oz turkey deli meat **2 PF** + ½ cup whole grain crackers **2 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée
- 4 oz. cooked chicken breast **2 PF**
- 1 cup red or orange bell pepper slices and 1 cup cucumber slices **2 V**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack + 1 cup blueberries **1 SC**
- 16 oz. water

DINNER

- Nutrisystem Dinner Entrée
- 1 cup cooked broccoli **2 V** topped with ¼ cup reduced-fat shredded cheese **1 PF**
- 16 oz. water