

Nutrisystem®

SAMPLE MEAL PLAN

for 7 Days of Your Plan!

NUTRISYSTEM FOR MEN 50+

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

2200 – 2299 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
- 1 medium banana **1 SC** + 1 Tbsp. peanut butter **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**—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**
- 1 small whole-grain roll **1 SC**
- 16 oz. water

AFTERNOON SNACK

- Nutrisystem Snack
- ⅔ cup low-fat Greek yogurt **1 PF** mixed with 1 cup fresh berries **1 SC**
- 16 oz. water

DINNER

Flex Dinner = 4 PF + 1 SC

- Turkey Burger made with 6 oz. turkey burger **3 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
- 1 medium banana **1 SC** + 1 Tbsp. peanut butter **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** + 1 slice whole-grain bread **1 SC**
- 1 medium apple, sliced or whole **1 SC**
- 8 oz. water

LUNCH

- Nutrisystem Lunch Entrée + 4 oz. grilled chicken breast **2 PF**
- 1 cup cooked carrots **2 V** and 1 cup cooked squash (e.g., butternut or acorn) **1 SC**
- 16 oz. water

AFTERNOON SNACK

Flex Snack = 2 PF + 2 SC

- 4 Tbsp. almonds (about 24 nuts) **2 PF**
- ½ cup unsweetened applesauce **1 SC**
- ¼ cup hummus **1 SC**
- 1 cup red bell pepper slices **1 V**
- 16 oz. water

DINNER

- Nutrisystem Hearty Inspirations Entrée + ¼ cup shredded cheese **1 NS Entrée** **2 PF** **1 V**
- 16 oz. water

DAY 3

BREAKFAST

- Nutrisystem Breakfast Entrée
- 6 oz. Low-Fat Greek yogurt (1 PF) + 1 cup blueberries (1 SC) topped with 2 Tbsp Walnuts (1 PF)
- Coffee or tea with low (<10 calories) or no-calorie creamer (FF)
- 8 oz. water

MORNING SNACK

- Protein bar (1 PF)

Tip: Protein bars should contain at least 8 grams of protein and between 80-120 calories. Serving size can vary based on brand of bar; use individual product's Nutrition Facts Panel.

- 1 medium apple (1 SC)
- 1 slice whole-grain toast (1 SC) topped with 1 Tbsp. peanut butter (1 PF)
- 8 oz. water

LUNCH

Flex Lunch = 3 PF + 2 SC

- 6 oz. grilled chicken (3 PF)
- 1 cup diced & roasted sweet potatoes (2 SC)
- 2 cups salad (2V) 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
- 2 Tbsp. unsalted almonds (1 PF) and ¼ cup dried fruit (e.g., apricots, cranberries) (1 SC)
- 16 oz. water

DINNER

- Nutrisystem Dinner Entrée + 4 oz. baked salmon (2 PF)
- 1 cup roasted asparagus (2V)
- 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 + 2 SC

- 3 large scrambled eggs **3 PF** with 1 slice whole-grain toast **1 SC**
- 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**
- 2 medium tangerines **1 SC**
- 16 oz. water

AFTERNOON SNACK

Flex Snack = 2 PF + 2 SC

- ⅔ cup low-fat yogurt **1 PF**
- ¼ cup raisins **1 SC**
- 1 medium banana **1 SC** with 1 Tbsp. peanut butter **1 PF**
- 16 oz. water

DINNER

- Nutrisystem Dinner Entrée + 4 oz. grilled chicken **4 PF**
- 2 cups salad **2 V** with 1 Tbsp. reduced fat salad dressing **1 Ex**
- 16 oz. water

DAY 5

BREAKFAST

- Nutrisystem Breakfast Entrée
- 1 medium banana **1 SC** + 1 Tbsp. peanut butter **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

- $\frac{2}{3}$ cup low-fat Greek yogurt **1 PF** mixed with 2 Tbsp. chia seeds **1 PF** and topped with 1 cup blueberries **1 SC**
- $\frac{1}{4}$ cup whole-grain crackers **1 SC**
- 8 oz. water

LUNCH

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

AFTERNOON SNACK

- Nutrisystem Snack
- $\frac{1}{2}$ cup 1% fat, no salt added cottage cheese **1 PF** topped with 1 cup pineapple **1 SC**
- 16 oz. water

DINNER

Flex Dinner = 4 PF + 1 SC

- 8 oz. pork tenderloin **4 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
- 1 medium banana **1 SC** + 1 Tbsp. peanut butter **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** + 1 slice whole-grain bread **1 SC**
- 1 cup blueberries **1 SC**
- 8 oz. water

LUNCH

Flex Lunch = 3 PF + 2 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**, 1 cup cooked brown rice **2 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
- ¾ cup low-fat Greek yogurt **1 PF** topped with 1 cup pineapple **1 SC**
- 16 oz. water

DINNER

- Nutrisystem Dinner Entrée + 4 oz. cooked turkey breast **2 PF**
- 1 cup cooked greens beans **2 V**
- 16 oz. water

DAY 7

BREAKFAST

Flex Breakfast = 3 PF + 2 SC

- 3 large hard-boiled eggs **3 PF**
- 1 medium banana **1 SC**
- 1 slice whole-grain toast **1 SC** with 1 tsp. butter or 1 Tbsp. avocado **1 Ex**
- Coffee or tea with low (<10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 1 slice whole-grain bread **1 SC** topped with ¼ cup guacamole **1 PF** and 2 oz. turkey deli meat **1 PF**
- 1 medium apple – sliced or whole **1 SC**
- 8 oz. water

LUNCH

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

AFTERNOON SNACK

- Nutrisystem Snack
- 2 Tbsp. unsalted almonds **1 PF** with ¼ cup dried fruit (e.g., apricots or cranberries) **1 SC**
- 16 oz. water

DINNER

- Nutrisystem Dinner Entrée
- 1 cup cooked broccoli **2 V** topped with ½ cup reduced-fat shredded cheese **2 PF**
- 16 oz. water