

Nutrisystem®

# SAMPLE MEAL PLAN

for 7 Days of Your Program!

## WOMEN'S HEALTH

with Flex Meals and Hearty Inspirations® dinners

### 1200 – 1299 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 meals 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 for more details and examples of 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 programs allow you to choose the number of days' worth of Nutrisystem meals you receive each month. Programs 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.** We recommend spreading your Flex Meals and snacks out throughout the week, rather than eating them all on the same day. And, if your program includes 7 days of Nutrisystem foods, you will not need to add in Flex Meals or snacks because we've got you covered for every day!

**Keep in mind: If your first week of the Nutrisystem program includes 7 in 7, you will want to use the 7 in 7 Sample Meal Plan for the first week and this sample meal plan beginning in your second week.**

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

#### GROCERY ADD-INS

**V**  
Vegetable

**PF**  
PowerFuel

**SC**  
SmartCarb

**FF**  
Free Food

**Ex**  
Extra

# DAY 1

## BREAKFAST

- Nutrisystem Breakfast Entrée
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## MORNING SNACK

- 1 string cheese **1 PF**
- 8 oz. water

## LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

## AFTERNOON SNACK

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 8 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

## EVENING SNACK

- Nutrisystem Snack
- 8 oz. water

## DAY 2

### BREAKFAST

- Nutrisystem Breakfast Entrée
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- 2 Tbsp. almonds **1 PF**
- 1 cup sugar snap peas **1 V**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- 1 cup cooked carrots **2 V**
- 16 oz. water

### AFTERNOON SNACK

- $\frac{2}{3}$  cup low-fat yogurt **1 PF**
- 1 cup strawberries **1 SC**
- 8 oz. water

### DINNER

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

### EVENING SNACK

*Flex Snack = 1 PF + 1 SC*

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

## DAY 3

### BREAKFAST

- Nutrisystem Breakfast Entrée
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- 1 string cheese **1 PF**
- 8 oz. water

### LUNCH

*Flex Lunch = 1 PF + 1 SC*

- Grilled Chicken Salad made by tossing together, 2 oz. grilled chicken **1 PF**, ½ cup chickpeas or garbanzo beans **1 SC** and 2 cups lettuce & non-starchy vegetables such as cucumbers, bell peppers, cherry tomatoes **2 V** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

### AFTERNOON SNACK

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 8 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!*

### EVENING SNACK

- Nutrisystem Snack
- 8 oz. water

## DAY 4

### BREAKFAST

**Flex Breakfast = 1 PF + 1 SC**

- 1 large, scrambled egg **1 PF**
- 1 slice whole wheat toast **1 SC** with 1 tsp. butter **1 Ex**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

*Tip: Add unlimited non-starchy vegetables like spinach, mushrooms and tomatoes to your scrambled eggs!*

### MORNING SNACK

- 2 Tbsp. almonds **1 PF**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- 1 cup cooked asparagus **2 V**
- 16 oz. water

### AFTERNOON SNACK

- 2/3 cup low-fat yogurt **1 PF**
- 1 cup strawberries **1 SC**
- 8 oz. water

### DINNER

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

### EVENING SNACK

**Flex Snack = 1 PF + 1 SC**

- 1 Tbsp. peanut butter **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

## DAY 5

### BREAKFAST

- Nutrisystem Breakfast Entrée
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- 1 string cheese **1 PF**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

### AFTERNOON SNACK

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

### DINNER

*Flex Dinner = 3 PF + 1 SC*

- 6 oz. baked salmon **3 PF**
- 1 small baked sweet potato **1 SC** with 1 tsp. brown sugar **1 Ex**
- 1 cup cooked green beans **2 V**
- 16 oz. water

### EVENING SNACK

- Nutrisystem Snack
- 8 oz. water

## DAY 6

### BREAKFAST

- Nutrisystem Breakfast Entrée
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- 2 Tbsp. almonds **1 PF**
- 8 oz. water

### LUNCH

**Flex Lunch = 1 PF + 1 SC**

- Half Turkey Sandwich made with 2 oz. turkey deli meat **1 PF** and 1 slice whole grain bread **1 SC** and 1 tsp. mayonnaise **1 Ex**
- 2 cups salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Ex**
- 16 oz. water

*Tip: Top your sandwich with unlimited non-starchy veggies like lettuce, tomato and cucumber slices!*

### AFTERNOON SNACK

- $\frac{2}{3}$  cup low-fat yogurt **1 PF**
- 1 cup strawberries **1 SC**
- 8 oz. water

### DINNER

- Nutrisystem Dinner Entrée
- 1 cup cooked greens beans **2 V** with 2 Tbsp. toasted almonds **1 PF**
- 16 oz. water

### EVENING SNACK

- Nutrisystem Snack
- 8 oz. water



## DAY 7

### BREAKFAST

*Flex Breakfast = 1 PF + 1 SC*

- Berry Parfait made with  $\frac{2}{3}$  cup low-fat yogurt **1 PF** and 1 cup berries **1 SC**
- Coffee or Tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- 1 string cheese **1 PF**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- 1 cup red or orange bell pepper slices **1 V**
- 1 cup cucumber slices **1 V**
- 16 oz. water

### AFTERNOON SNACK

- 2 oz. turkey deli meat **1 PF**
- 1 medium apple **1 SC**
- 8 oz. water

### DINNER

- Nutrisystem Dinner Entrée
- 1 cup cooked broccoli **2 V** topped with  $\frac{1}{4}$  cup shredded cheese, melted **1 PF**
- 16 oz. water

### EVENING SNACK

- Nutrisystem Snack
- 8 oz. water