

Nutrisystem®

# SAMPLE MEAL PLAN

for 7 Days of Your Plan!

## WOMEN'S HEALTH 50+

with Flex Meals and Hearty Inspirations® dinners

### 1600 – 1699 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  
Women's Health 50+ might look like:**

#### GROCERY ADD-INS

**V**  
Vegetable

**PF**  
PowerFuel

**SC**  
SmartCarb

**FF**  
Free Food

**Ex**  
Extra

# DAY 1

## BREAKFAST

- Nutrisystem Breakfast Entrée
- 2 oz. (2-3 slices) turkey bacon **1 PF**
- 1 whole-grain English muffin **1 SC** topped with ¼ cup mashed avocado **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## MORNING SNACK

- 1 cup fat-free/low-fat milk **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

*Tip: Replace milk with 8 oz unsweetened almond milk **1 Ex** and blend with banana and 1 serving protein powder **1 PF** for an extra boost of protein! Note: Serving size can vary based on brand of powder or shake; use individual product's Nutrition Facts Panel.*

## LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with 1 large, hard-boiled egg **1 PF** and 1 Tbsp. reduced-fat salad dressing **1 Ex**
- ¼ cup whole-grain crackers **1 SC**
- 16 oz. water

## AFTERNOON SNACK

- Nutrisystem Snack
- 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
- $\frac{2}{3}$  cup low-fat Greek yogurt **1 PF** mixed with 2 Tbsp. chia seeds **1 PF** and 1 medium banana, chopped **1 SC**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- $\frac{1}{2}$  cup low-fat cottage cheese **1 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- 1 string cheese **1 PF**
- 1 cup raw carrots and 1 cup red bell pepper slices **2 V** dipped in  $\frac{1}{4}$  cup hummus **1 SC**
- 16 oz. water

### AFTERNOON SNACK

*Flex Snack = 1 PF + 1 SC*

- 1 string cheese **1 PF**
- $\frac{1}{4}$  cup hummus **1 SC**
- 1 cup red bell peppers **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
- 1 slice whole-grain toast **1 SC** with 2 Tbsp. peanut butter **2 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

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

### LUNCH

**Flex Lunch = 2 PF + 2 SC**

- 4 oz. grilled chicken **2 PF**
- 1 cup diced & roasted sweet potatoes **2 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
- 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 + 2 SC**

- 1 cup low-fat cottage cheese **2 PF**
- 1 cup blueberries **1 SC**
- 1 slice whole grain toast **1 SC** with 1 Tbsp. peanut butter **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- ½ cup canned tuna fish **1 PF** mixed with 1 Tbsp. reduced-fat mayo or 1 tsp regular mayo **1 Ex**
- ¼ cup whole-grain crackers **1 SC**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
  - 1 cup fat-free/low-fat milk\* **1 PF**
- \*May replace with 1 cup almond milk with added protein if preferred*
- 1 cup cooked asparagus **2 V**
  - 2 medium tangerines **1 SC**
  - 16 oz. water

### AFTERNOON SNACK

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

- 1 string cheese **1 PF**
- 1 medium apple **1 SC**
- 16 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

## DAY 5

### BREAKFAST

- Nutrisystem Breakfast Entrée
- 4 Tbsp. unsalted almonds **2 PF** mixed with ¼ cup dried fruit of choice – e.g., dried apricots or cranberries **1 SC**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- ⅔ cup low-fat Greek yogurt **1 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

### LUNCH

- Nutrisystem Lunch Entrée
- 2 cups salad **2 V** with 1 Tbsp. reduced-fat salad dressing **1 Ex**; topped with 1 chopped hard-boiled egg **1 PF**
- 1 whole-grain roll **1 SC**
- 16 oz. water

### AFTERNOON SNACK

- Nutrisystem Snack
- 16 oz. water

### DINNER

*Flex Dinner = 3 PF + 1 SC*

- 6 oz. pork tenderloin **3 PF**
- ½ cup corn **1 SC**
- 1 cup roasted broccoli & cauliflower **2 V**
- 16 oz. water

## DAY 6

### BREAKFAST

- Nutrisystem Breakfast Entrée
- 2 oz. (2-3 slices) turkey bacon **1 PF** and 1 string cheese **1 PF**
- 2 medium tangerines **1 SC**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

### MORNING SNACK

- ½ cup low-fat or 1% Cottage Cheese **1 PF**
- 1 cup blueberries **1 SC**
- 8 oz. water

### LUNCH

**Flex Lunch = 2 PF + 2 SC**

- Turkey Sandwich made with 2 oz. turkey deli meat **1 PF**, 1 slice cheese **1 PF** and 2 slices whole grain bread **2 SC** and 1 tsp. mayonnaise or 1 Tbsp. avocado **1 Ex**
- 2 cups assorted vegetables (ex. baby carrots, bell peppers, cucumber slices) **2 V**
- 16 oz. water

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

### AFTERNOON SNACK

- Nutrisystem Snack
- 16 oz. water

### DINNER

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



# DAY 7

## BREAKFAST

**Flex Breakfast = 3 PF + 2 SC**

- Berry Parfait made with 1 cup low-fat cottage cheese **2 PF**, 2 Tbsp. pistachios **1 PF** and 1 cup strawberry slices **1 SC**
- 1 whole mini bagel **1 SC** with 1 Tbsp. avocado or low-fat cream cheese **1 Ex**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

## MORNING SNACK

- 1 cup fat-free/low-fat milk **1 PF**
- 1 medium banana **1 SC**
- 8 oz. water

*Tip: Replace milk with 8 oz unsweetened almond milk **1 Ex** and blend with banana and 1 serving protein powder **1 PF** for an extra boost of protein! Note: Serving size can vary based on brand of powder or shake; use individual product's Nutrition Facts Panel.*

## LUNCH

- Nutrisystem Lunch Entrée
- 2 Tbsp. unsalted almonds **1 PF**
- 1 cup red or orange bell pepper slices and 1 cup cucumber slices **2 V** with ¼ cup hummus **1 SC**
- 16 oz. water

## AFTERNOON SNACK

- Nutrisystem Snack
- 16 oz. water

## DINNER

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