

Nutrisystem®

SAMPLE MEAL PLAN

for 7 Days of Your Plan!

WOMEN'S HEALTH 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
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**
- 2 slices whole-grain toast **2 SC** topped with ¼ 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**
- 1 Tbsp. peanut butter **1 PF**
- 8 oz. water

*Tip: Replace milk with 8 oz unsweetened almond milk **1 Ex** and blend with the peanut butter, 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
- ½ cup cooked oatmeal **1 SC** mixed with 2 Tbsp. chia seeds **1 PF** and 1 medium banana, chopped **1 SC**
- Top oatmeal with 1 Tbsp. peanut butter **1 PF**
- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 1 cup low-fat cottage cheese **2 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 ¼ cup hummus **1 SC**
- 16 oz. water

AFTERNOON SNACK

Flex Snack = 1 PF + 1 SC

- 1 string cheese **1 PF**
- ¼ cup hummus **1 SC**
- 1 cup cucumber 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
- 2 slices whole-grain toast **2 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

- 4 oz. turkey deli meat **2 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 + 3 SC

- ½ cup low-fat cottage cheese **1 PF**
- 1 cup blueberries **1 SC**
- 2 slices whole grain toast **2 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

- 1 cup canned tuna fish **2 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
- 2 oz. (2-3 slices) turkey bacon **1 PF**
- 2 slices whole-grain toast **2 SC** topped with ¼ mashed avocado **1 PF**
- 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** mixed with 2 Tbsp. chia seeds **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 large egg, scrambled **1 PF**
- 2 slices of whole-wheat toast **2 SC**

Tip: Assemble into a breakfast sandwich!

- Coffee or tea with low (< 10 calories) or no-calorie creamer **FF**
- 8 oz. water

MORNING SNACK

- 1 cup low-fat or 1% Cottage Cheese **2 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 + 3 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**
- 2 slices whole-grain toast **2 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**
- 1 Tbsp. peanut butter **1 PF**
- 8 oz. water

*Tip: Replace milk with 8 oz unsweetened almond milk **1 Ex** and blend with the peanut butter, 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