

# Low Carb Meal Plan Overview

# Finding the Right Menu Plan for Your Goals

Calorie needs will vary based on your weight management goals, gender, and activity level. Club Advantage offers four personalized options to help meet your goals - 1200, 1500, 1700 and 2000. This low carb meal plan supports a 1500 calorie per day goal. Check out the chart below to make sure this plan will help you reach your weight goals.

Goal: Weight Loss	1200	1500	1700	2000
Women	<b>(</b>			
Women with 100+ lbs. to lose				
Women exercising 60+ min. per day		<b>Ø</b>		
Men		<b>Ø</b>		
Men with 100+ lbs. to lose			<b>Ø</b>	
Men exercising 60+ min. per day			<b>Ø</b>	

Goal: Weight Maintenance	1200	1500	1700	2000
Women		<b>Ø</b>		
Women exercising 60+ min. per day			<b>Ø</b>	
Men			<b>Ø</b>	
Men exercising 60+ min. per day				<b>Ø</b>

It's easy and convenient to swap out some of your own meals with Nutrisystem meals! Here is how you do it!

Nutrisystem Breakfast =



Nutrisystem Lunch =





Nutrisystem

Nutrisystem Hearty Inspirations® Meal =





Nutrisystem Snack =

# **Grocery Add-In Guide**

Check out the <u>Club Advantage Guide</u> and <u>Grocery Guide</u> for more information on grocery food add-ins.

- **PF** 9 PowerFuels per day
- up to **3 Extras** per day
- 6 SmartCarbs per day
- unlimited Free Foods
- 4+ Vegetables per day
- 🛜 at least **64 oz. water** per day

## Suggested Low Carb Meal Plan

#### **Breakfast**

Nutrisystem Turkey Sausage and Egg Muffin PF SC with 1 slice cheese PF

## **Morning Snack**

- 2 Tbsp. almonds PF
- ¼ cup dried cranberries

#### Lunch

- Large side salad 2V and 1Tbsp. reduced-fat dressing Ex

### **Afternoon Snack**

- 1Tbsp. almond butter PF
- 1 medium apple SC

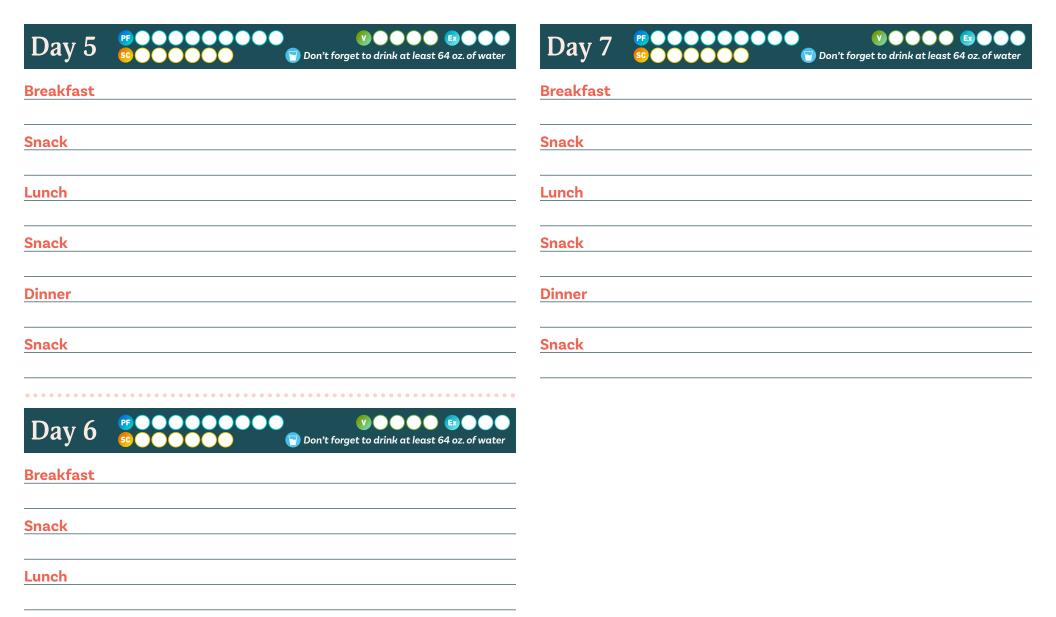
### **Dinner**

- 6 oz. baked salmon (3PF)
- ½ cup brown rice SC
- 1 cup green beans (2V)

## **Evening Snack**

- 6 oz. container Greek yogurt PF
- 1 cup raspberries SC





Snack

**Dinner** 

**Snack**