



## 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 2000 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	✓			
Women with 100+ lbs. to lose		✓		
Women exercising 60+ min. per day		✓		
Men		✓		
Men with 100+ lbs. to lose			✓	
Men exercising 60+ min. per day			✓	

Goal: Weight Maintenance	1200	1500	1700	2000
Women		✓		
Women exercising 60+ min. per day			✓	
Men			✓	
Men exercising 60+ min. per day				✓

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  
Dinner =



Nutrisystem Hearty  
Inspirations® Meal =



Nutrisystem  
Snack =



### Grocery Add-In Guide

Check out the [Club Advantage Guide](#) and [Grocery Guide](#) for more information on grocery food add-ins.

**PF** 14 PowerFuels per day

**SC** 6 SmartCarbs per day

**V** 4+ Vegetables per day

**Ex** up to 3 Extras per day

**FF** unlimited Free Foods

at least 64 oz. water per day

### Suggested Low Carb Meal Plan

#### Breakfast

- Nutrisystem Cinnamon Roll **PF** **SC**
- 2 hard-boiled eggs **2PF**

#### Morning Snack

- 1 string cheese **PF**
- ¼ cup dried cranberries **SC**

#### Lunch

- Nutrisystem Classic Hamburger **PF** **SC** with 1 slice cheese **PF**
- Large side salad **2V** with ⅓ avocado **PF** and 1 Tbsp. reduced-fat dressing **Ex**

#### Afternoon Snack

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

#### Dinner

- 8 oz. baked salmon **4PF**
- ½ cup brown rice **SC**
- 1 cup green beans **2V**

#### Evening Snack

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

# Day 1

PF

SC



V



Ex



Don't forget to drink at least 64 oz. of water

Breakfast

Snack

Lunch

Snack

Dinner

Snack

# Day 2

PF

SC



V



Ex



Don't forget to drink at least 64 oz. of water

Breakfast

Snack

Lunch

Snack

Dinner

Snack

# Day 3

PF

SC



V



Ex



Don't forget to drink at least 64 oz. of water

Breakfast

Snack

Lunch

Snack

Dinner

Snack

# Day 4

PF

SC



V



Ex



Don't forget to drink at least 64 oz. of water

Breakfast

Snack

Lunch

Snack

Dinner

Snack

# Day 5

PF

SC



V



Ex



Don't forget to drink at least 64 oz. of water

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

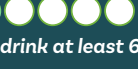
# Day 6

PF

SC



V



Ex



Don't forget to drink at least 64 oz. of water

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

# Day 7

PF

SC



V



Ex



Don't forget to drink at least 64 oz. of water

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack