

Nutri<sup>system</sup>

7 IN 7  
Recipe Book







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# YOUR ULTIMATE RECIPE GUIDE

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Welcome to your ultimate guide for creating delicious, nutritious and satisfying shakes and vegetable dishes for your first week on Nutrisystem programs for those under 50. 7 in 7 is designed to be lower in calories compared to the rest of your Nutrisystem plan. However, it's brimming with flavor, variety and, most importantly, it delivers results.

With 7 in 7, you have the potential to lose up to 7 pounds in just 7 days!\* Each day, you'll enjoy a variety of Nutrisystem menu items, plus unlimited non-starchy vegetables.

\*In a study, avg. weight loss was 5.1 lbs. in first 7 days.







# NUTRISYSTEM<sup>®</sup> PROSYNC<sup>®</sup> SHAKES

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ProSync<sup>®</sup> shakes combine high-protein nutrition with smarter, slower digesting carbs like fiber. This low-glycemic shake helps to minimize blood sugar spikes, supporting steady blood sugar levels after you drink it.

Through this approach, you can achieve the balance your body needs, helping you control hunger, burn fat and sustain energy. In fact, Nutrisystem<sup>®</sup> ProSync<sup>®</sup> shakes have been shown to crush hunger for up to three hours!\*

In addition to protein and fiber, ProSync<sup>®</sup> shakes also contain Chromax<sup>®</sup> chromium picolinate, a clinically tested ingredient to help reduce body fat and support lean body mass.\*\* When you drink one of these delicious shakes, you're getting a guaranteed punch of this powerful, fat-fighting nutrition in every glass!

These shakes are a great replacement for your morning PowerFuel snack during the 7 in 7 week OR a great PowerFuel choice while on the program any day of the week.

\*In a study, average time was 2.9 hours.

\*\*As part of a healthy diet and exercise program.





Learn more about your first week in the [7 in 7 Guide!](#)



# 7 IN 7 RECIPES

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Discover the perfect balance of taste and nutrition with our specially crafted recipes for a successful start on your weight loss journey. In this book, we've curated simple and delicious ideas for preparing your shakes and non-starchy vegetables during the first week.

## **Shake Recipes**

In the first section of this recipe book, we enhance the ProSync® shake with Free Foods and Vegetables for extra flavor and nutrition. These shake recipes can be enjoyed as your morning snack during your first week.

## **Unlimited Vegetable Recipes**

In the second section, we'll dive into some of our most popular unlimited veggie recipes created with non-starchy Vegetables and Free Foods. We also provide some delicious ideas for low-calorie and veggie-based salad dressings!



# READY TO GET STARTED?

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Shake up your menu with the remarkable recipes on the following pages! They're easy to make, delicious to drink and designed to help you achieve your weight loss goals.

Keep in mind that these are just suggestions and you can feel free to adjust each recipe to your liking. Check out the [Nutrisystem Grocery Guide](#) for an extensive list of Vegetables and Free Foods to create and customize recipes!





Check out these delicious tips to customize your shakes with ease:

- Boost the nutrition by sneaking in extra veggies like frozen cauliflower rice, frozen zucchini and spinach – you won't even notice them!
- Level up the flavor using sugar-free syrups and extracts.
- Easily tweak the consistency by adjusting the amount of water and ice.
- Try zero-calorie liquids like black coffee or unsweetened tea for a different taste.





# SHAKE RECIPES

Chocolate ProSync® Shake with Free Foods & Vegetables



# PEPPERMINT MOCHA SHAKE

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**SERVINGS:**

1

**CALORIES  
PER SERVING:**

122

**COUNT AS:**

1 PowerFuel

**INGREDIENTS:**

1 serving Chocolate ProSync®  
Shake Mix  
½ Tbsp. sugar-free peppermint syrup  
1 cup (8 oz.) hot or cold coffee  
½ cup (4 oz.) ice (optional)

**DIRECTIONS:**

1. Place all ingredients into a blender. Blend until smooth.

# CHOCOLATE COCONUT SMOOTHIE

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**SERVINGS:**

1

**CALORIES  
PER SERVING:**

120

**COUNT AS:**

1 PowerFuel

**INGREDIENTS:**

1 serving Chocolate ProSync®  
Shake Mix  
½ tsp. coconut extract  
1 cup (8 oz.) cold water  
½ cup (4 oz.) ice (optional)

**DIRECTIONS:**

1. Place all ingredients into a blender. Blend until smooth.

Chocolate  
Coconut Smoothie





## SPICY CHOCOLATE SHAKE

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**SERVINGS:**

1

**CALORIES  
PER SERVING:**

144

**COUNT AS:**

1 PowerFuel

1 Vegetable

**INGREDIENTS:**

1 serving Chocolate ProSync®  
Shake Mix

1 Tbsp. sugar-free cinnamon syrup

1 cup frozen zucchini

¼ tsp. cayenne pepper

1 cup (8 oz.) cold water

½ cup (4 oz.) ice (optional)

**DIRECTIONS:**

1. Place all ingredients into a blender. Blend until smooth.

## BANANA CHOCOLATE CHAI SMOOTHIE

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**SERVINGS:**

1

**CALORIES  
PER SERVING:**

120

**COUNT AS:**

1 PowerFuel

**INGREDIENTS:**

1 serving Chocolate ProSync®  
Shake Mix

½ tsp. banana extract

1 Tbsp. sugar-free vanilla syrup

1 cup (8 oz.) hot or cold chai tea

½ cup (4 oz.) ice (optional)

**DIRECTIONS:**

1. Place all ingredients into a blender. Blend until smooth.





## CARAMEL MOCHA SHAKE

### SERVINGS:

1

### CALORIES PER SERVING:

122

### COUNT AS:

1 PowerFuel

### INGREDIENTS:

1 serving Chocolate ProSync®  
Shake Mix  
1 Tbsp. sugar-free caramel syrup  
1 cup (8 oz.) hot or cold coffee  
½ cup (4 oz.) ice (optional)

### DIRECTIONS:

1. Place all ingredients into a blender. Blend until smooth.

## CHOCOLATE MINT SMOOTHIE

### SERVINGS:

1

### CALORIES PER SERVING:

120

### COUNT AS:

1 PowerFuel

### INGREDIENTS:

1 serving Chocolate ProSync®  
Shake Mix  
½ Tbsp. sugar-free peppermint syrup  
1 cup (8 oz.) cold water  
½ cup (4 oz.) ice (optional)

### DIRECTIONS:

1. Place all ingredients into a blender. Blend until smooth.



# CHOCOLATE PUMPKIN SPICE LATTE SHAKE

SERVINGS:	INGREDIENTS:	DIRECTIONS:
1	1 serving Chocolate ProSync® Shake Mix	1. Place all ingredients into a blender. Blend until smooth.
<b>CALORIES PER SERVING:</b>	½ tsp. pumpkin pie spice	
145	1 Tbsp. sugar-free vanilla syrup	
<b>COUNT AS:</b>	¾ cup frozen cauliflower rice	
1 PowerFuel	1 cup (8 oz.) hot or cold coffee	
1 Vegetable	½ cup (4 oz.) ice (optional)	

# GINGERBREAD CHOCOLATE SHAKE

SERVINGS:	INGREDIENTS:	DIRECTIONS:
1	1 serving Chocolate ProSync® Shake Mix	1. Place all ingredients into a blender. Blend until smooth.
<b>CALORIES PER SERVING:</b>	¼ tsp. ground ginger	
148	¼ tsp. cinnamon	
<b>COUNT AS:</b>	1 Tbsp. sugar-free vanilla syrup	
1 PowerFuel	½ tsp. maple extract	
1 Vegetable	¾ cup frozen cauliflower rice	
	1 cup (8 oz.) cold water	
	½ cup (4 oz.) ice (optional)	

Chocolate Pumpkin  
Spice Latte Shake





## SALTED CARAMEL CHOCOLATE SHAKE

### SERVINGS:

1

### CALORIES PER SERVING:

120

### COUNT AS:

1 PowerFuel

### INGREDIENTS:

1 serving Chocolate ProSync®  
Shake Mix

1 Tbsp. sugar-free caramel syrup

1 pinch coarse sea salt

1 cup (8 oz.) cold water

½ cup (4 oz.) ice (optional)

### DIRECTIONS:

1. Place all ingredients into a blender. Blend until smooth.

## HAZELNUT CHOCOLATE SMOOTHIE

### SERVINGS:

1

### CALORIES PER SERVING:

120

### COUNT AS:

1 PowerFuel

### INGREDIENTS:

1 serving Chocolate ProSync®  
Shake Mix

1 Tbsp. sugar-free hazelnut syrup

1 cup (8 oz.) cold water

½ cup (4 oz.) ice (optional)

### DIRECTIONS:

1. Place all ingredients into a blender. Blend until smooth.



# UNLIMITED VEGETABLE RECIPES

Vegetables & Free Foods



# SLOW COOKER VEGETABLE STEW

 [LEAF.NUTRISYSTEM.COM/RECIPES/SLOW-COOKER-VEGETABLE-STE](https://leaf.nutrisystem.com/recipes/slow-cooker-vegetable-stew)

SERVINGS:	INGREDIENTS:	DIRECTIONS:
24 (1 serving = ~½ cup)	1 cup mushrooms, chopped	1. Add all ingredients to a slow cooker.
<b>CALORIES PER SERVING:</b>	1 head cauliflower, chopped	2. Cook on low for 10 hours or overnight.
21	1 bunch celery, chopped	
<b>COUNT AS:</b>	2 bell peppers, chopped	
1 Vegetable	1 box low-sodium vegetable broth	
	1 box spicy Pico de Gallo	
	1 container fresh salsa	
	½ cup snap peas	
	1 can (8 oz.) bamboo shoots	

# FIRE ROASTED TOMATO BASIL SOUP

 [LEAF.NUTRISYSTEM.COM/RECIPES/FIRE-ROASTED-TOMATO-BASIL-SOUP-RECIPE](https://leaf.nutrisystem.com/recipes/fire-roasted-tomato-basil-soup-recipe)

SERVINGS:	INGREDIENTS:	DIRECTIONS:
8 (1 serving = ~2 cups)	Zero-calorie cooking spray	1. Preheat a large pot and spray with cooking spray.
<b>CALORIES PER SERVING:</b>	1 large onion, chopped	2. Add the onions and garlic and cook for 5-7 minutes.
36	2 Tbsp. garlic, minced	3. Add the remaining ingredients except for the fresh basil. Bring to a boil.
<b>COUNT AS:</b>	2 cans (15-oz. each) diced fire roasted tomatoes	4. Reduce the heat and simmer uncovered for about 30 minutes, stirring occasionally.
1 Vegetable	4 cups low-sodium chicken stock	5. Add the fresh basil and continue cooking another 20 minutes.
	8 oz. fresh salsa	6. Remove the soup from the heat and let it cool for at least 30 minutes.
	1 tsp. salt	7. Blend the soup using a regular or immersion blender until it reaches your desired consistency.
	1 tsp. black pepper	
	1 tsp. marjoram	
	1 tsp. chili powder (optional)	
	¼ cup fresh basil	



# CREAMY BROCCOLI CAULIFLOWER SOUP

 [LEAF.NUTRISYSTEM.COM/RECIPES/BROCCOLI-CAULIFLOWER-SOUP-RECIPE](https://leaf.nutrisystem.com/recipes/broccoli-cauliflower-soup-recipe)

## SERVINGS:

4 (1 serving = ~½ cup)

## CALORIES PER SERVING:

46

## COUNT AS:

1 Vegetable

## INGREDIENTS:

1 cup low-sodium vegetable broth  
2 cups broccoli, chopped  
2 cups cauliflower, chopped  
2 large carrots, chopped  
1 jalapeño, diced and deseeded

## DIRECTIONS:

1. Pour the vegetable broth into a large pot. Bring to a simmer over medium heat.
2. Add the broccoli, cauliflower, carrots and jalapeno into the simmering broth. Cook for 10 minutes.
3. Purée the soup with a handheld immersion blender until smooth.

# ONE-PAN OVEN ROASTED VEGETABLES

 [LEAF.NUTRISYSTEM.COM/RECIPES/ONE-PAN-OVEN-ROASTED-VEGETABLES](https://leaf.nutrisystem.com/recipes/one-pan-oven-roasted-vegetables)

## SERVINGS:

8 (1 serving = ~½ cup)

## CALORIES PER SERVING:

21

## COUNT AS:

1 Vegetable

## INGREDIENTS:

Zero-calorie cooking spray  
1 cup baby carrots  
1 cup red bell peppers, sliced  
1 cup red and yellow tomatoes, chopped  
1 cup broccoli florets  
1 Tbsp. garlic powder  
Italian seasoning, to taste

## DIRECTIONS:

1. Preheat oven to 350°F. Spray a baking pan with cooking spray.
2. Place the baby carrots, bell peppers, tomatoes and broccoli into the pan. Spray them with cooking spray.
3. Sprinkle the vegetables with the garlic powder and Italian seasoning. Toss to coat.
4. Bake for 15-20 minutes, until tender yet still crunchy.

One-Pan Oven  
Roasted Vegetables







## CILANTRO LIME CAULIFLOWER RICE

 [LEAF.NUTRISYSTEM.COM/RECIPES/RECIPE-CILANTRO-LIME-CAULIFLOWER-RICE](https://leaf.nutrisystem.com/recipes/recipe-cilantro-lime-cauliflower-rice)

### SERVINGS:

4 (1 serving = ~½ cup)

### CALORIES PER SERVING:

27

### COUNT AS:

1 Vegetable

### INGREDIENTS:

1 small head of cauliflower,  
cut into florets

Zero-calorie cooking spray

1 lime, juice and zest

¼ cup cilantro, minced

### DIRECTIONS:

1. Grate cauliflower florets on the largest holes of a cheese grater or pulse them in a food processor to create a rice-like texture.
2. Spray a large pan with cooking spray and bring to medium-high heat. Add the cauliflower rice and cook for about 10 minutes, stirring occasionally.
3. Once the cauliflower rice is tender and golden in color, add the lime juice, lime zest and cilantro. Mix well and continue cooking for 3-5 minutes.
4. Let cool before serving.

## PICO DE GALLO

 [LEAF.NUTRISYSTEM.COM/RECIPES/PARTY-PERFECT-PICO-DE-GALLO](https://leaf.nutrisystem.com/recipes/party-perfect-pico-de-gallo)

### SERVINGS:

4 (1 serving = ~1 cup)

### CALORIES PER SERVING:

32

### COUNT AS:

1 Vegetable

### INGREDIENTS:

4 medium tomatoes, chopped

¼ cup white onion, diced

2 jalapeño peppers,  
seeded and minced

2 Tbsp. green bell pepper, chopped

1 clove garlic, minced

¼ cup cilantro leaves, chopped

2 Tbsp. fresh lime juice

Dash of salt and pepper

### DIRECTIONS:

1. Combine all ingredients and mix well.
2. Refrigerate for at least 1 hour before serving.

# CUCUMBER DILL SALAD

 [LEAF.NUTRISYSTEM.COM/RECIPES/CUCUMBER-AND-DILL-SALAD](https://leaf.nutrisystem.com/recipes/cucumber-and-dill-salad)

## SERVINGS:

3 (1 serving = ~1 cup)

## CALORIES PER SERVING:

22

## COUNT AS:

1 Vegetable

## INGREDIENTS:

2 Tbsp. white vinegar  
1 Tbsp. fresh parsley, chopped  
1 Tbsp. fresh dill, chopped  
1 Tbsp. garlic, minced  
½ tsp. salt  
1 seedless cucumber, chopped

## DIRECTIONS:

1. Whisk together the vinegar, parsley, dill, garlic and salt in a bowl.
2. Add the cucumber and stir to coat.
3. Cover and refrigerate for at least 4 hours before serving.

Cucumber Dill Salad







## EASY ROASTED BROCCOLI AND CAULIFLOWER

 [LEAF.NUTRISYSTEM.COM/RECIPES/OIL-FREE-ROASTED-BROCCOLI-AND-CAULIFLOWER](https://leaf.nutrisystem.com/recipes/oil-free-roasted-broccoli-and-cauliflower)

SERVINGS:	INGREDIENTS:	DIRECTIONS:
2 (1 serving = ~½ cup)	1 cup broccoli	1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
<b>CALORIES PER SERVING:</b>	1 cup cauliflower	2. Place the broccoli and cauliflower onto a baking sheet.
37	2 cloves garlic, minced	3. Sprinkle the vegetables with garlic and pepper. Drizzle lemon juice on top.
<b>COUNT AS:</b>	½ lemon, juiced	4. Spray mixture with cooking spray.
1 Vegetable	Black pepper, to taste	5. Bake for 20 minutes.
	Zero-calorie cooking spray	

## CRUNCHY KALE CHIPS

 [LEAF.NUTRISYSTEM.COM/RECIPES/CRUNCHY-KALE-CHIPS](https://leaf.nutrisystem.com/recipes/crunchy-kale-chips)

SERVINGS:	INGREDIENTS:	DIRECTIONS:
4 (1 serving = ~1 cup)	1 large bunch (about 4 cups) fresh kale	1. Preheat oven to 350°F.
<b>CALORIES PER SERVING:</b>	Zero-calorie cooking spray	2. Spray the kale with cooking spray.
17	2 tsp. garlic powder	3. Sprinkle the kale with garlic powder, onion powder, salt and pepper.
<b>COUNT AS:</b>	2 tsp. onion powder	4. Bake kale for about 10-15 minutes, until the edges are brown but not burnt.
1 Vegetable	Salt and pepper, to taste	



# ROASTED BRUSSELS SPROUTS AND RED ONIONS

 [LEAF.NUTRISYSTEM.COM/RECIPES/ROASTED-BRUSSELS-SPROUTS](https://leaf.nutrisystem.com/recipes/roasted-brussels-sprouts)

## SERVINGS:

6 (1 serving = ~½ cup)

## CALORIES PER SERVING:

31

## COUNT AS:

1 Vegetable

## INGREDIENTS:

2 cups Brussels sprouts, halved

1 cup red onion, sliced

Zero-calorie cooking spray

Black pepper, to taste

Sprinkle of salt

## DIRECTIONS:

1. Preheat oven to 425°F.
2. Spread the Brussels sprouts and onions on a baking tray. Spray with cooking spray.
3. Sprinkle with black pepper, salt and desired seasonings.
4. Bake for 15-20 minutes.

Roasted Brussels  
Sprouts and Red Onions







3-Ingredient  
Eggplant Fries

## 3-INGREDIENT EGGPLANT FRIES

 [LEAF.NUTRISYSTEM.COM/RECIPES/VIDEO-VEGGIESEXY-EGGPLANT-FRIES](https://leaf.nutrisystem.com/recipes/video-veggiesexy-eggplant-fries)

### SERVINGS:

4 (1 serving = ~½ cup)

### CALORIES PER SERVING:

88

### COUNT AS:

1 Vegetable

### INGREDIENTS:

3 medium eggplants  
Zero-calorie cooking spray  
1 tsp. curry powder  
1 pinch cumin powder

### DIRECTIONS:

1. Preheat oven to 375°F.
2. Slice the eggplant into long, thin strips to make fries.
3. Spray the eggplant fries with cooking spray. Toss them in the curry and cumin.
4. Spread the fries evenly on a baking sheet.
5. Bake for about 25 minutes or until tender. (Check every 10 minutes or so to be sure they don't burn.)

# SALAD DRESSING

## *Ideas*

Combine your favorite leafy greens and chopped veggies to make your own healthy salad! You can then use these Free Foods to create your own delicious salad dressings.

- Vinegar
- Lemon or Lime Juice
- Fresh or Dried Herbs
- Spices
- Salsa or Pico de Gallo
- Roasted Vegetables

These unlimited vegetable recipes could also be used as salad dressings and toppings:

- Chill the Fire Roasted Tomato Basil Soup or Creamy Broccoli Cauliflower Soup and drizzle it on your salad.
- Purée the Cilantro Lime Cauliflower Rice in your blender to make a creamy dressing.
- Our Pico de Gallo recipe doubles as a flavorful salad dressing or dip for vegetables.
- The marinated veggies in the Zesty Cucumber and Dill Salad add major crunch and flavor to salads.
- Any of our roasted vegetable recipes would be delicious served over a bed of greens.





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**7 IN 7 RECIPE BOOK**