

# Menopause Meal Plan - 1200 calories

## Nutrisystem® Menopause Meal Plan Overview

### Finding the Right Meal Plan for Your Goals















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

Additionally, you can download the Nutrisystem App to get a more personalized calorie recommendation and to track your progress.

Goal: Weight Loss	1200	1500	1700
Women	✓		
Women with 100+ lbs. to lose		✓	
Women exercising 60+ min. per day		✓	

Goal: Weight Maintenance	1200	1500	1700
Women		✓	
Women 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 =  
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### Grocery Add-In Guide

Check out the Grocery Guide for more information on grocery food add-ins.

 **8 PowerFuels** per day

 **5 SmartCarbs** per day

 **4+ Vegetables** per day

 up to **3 Extras** per day

 **unlimited Free Foods**



 at least **64 oz. water** per day

### Suggested Meal Plan

#### Breakfast

Nutrisystem Breakfast + 

OR

Flex Breakfast =  + 

#### Morning Snack

Nutrisystem Snack



OR

Flex Snack =  + 

#### Lunch

Nutrisystem Lunch

OR

Flex Lunch =  + 

#### Afternoon Snack

Nutrisystem Snack



OR

Flex Snack =  + 

#### Dinner

Nutrisystem Dinner + 

OR

Flex Dinner =  + 

# Day 1



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

Breakfast

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Snack

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Lunch

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Snack

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Dinner

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# Day 2



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

Breakfast

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Snack

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Lunch

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Snack

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Dinner

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# Day 3



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

Breakfast

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Snack

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Lunch

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Snack

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Dinner

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# Day 4



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

Breakfast

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Snack

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Lunch

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Snack

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Dinner

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# Day 5



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

## Breakfast

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## Snack

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## Lunch

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## Snack

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## Dinner

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# Day 6



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

## Breakfast

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## Snack

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## Lunch

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## Snack

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## Dinner

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# Day 7



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

## Breakfast

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## Snack

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## Lunch

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## Snack

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## Dinner

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