Nutrisystem High Protein Premium Meal Plan - 1200 Calorie Plan

PLAN DAY

FLEX BREAKFAST

2 PowerFuels

MORNING SNACK

Nutrisystem Prosync Shake

FLEX LUNCH

2 PowerFuels + 1 SmartCarb

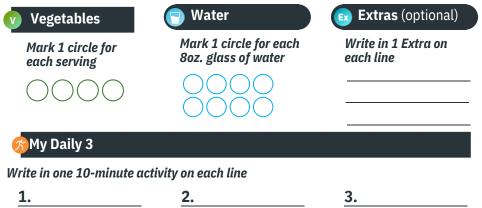
AFTERNOON SNACK

Nutrisystem Prosync Bar

DINNER

Nutrisystem Hearty Inspirations Dinner

*If you have more than 100 pounds to lose, add 1 PowerFuel + 1 SmartCarb to your daily meal plan each day.



FLEX DAY

FLEX BREAKFAST

2 PowerFuels

FLEX MORNING SNACK

1 PowerFuel OR Nutrisystem Prosync Shake

FLEX LUNCH

2 PowerFuels + 1 SmartCarb

FLEX AFTERNOON SNACK

1 PowerFuel + 1 SmartCarb OR Nutrisystem Prosync Bar

FLEX DINNER

3 PowerFuels + 1 SmartCarb

*If you have more than 100 pounds to lose, add 1 PowerFuel + 1 SmartCarb to your daily meal plan each day.

v Vegetables	Water	Extras (optional)
Mark 1 circle for each serving	Mark 1 circle for each 8oz. glass of water	Write in 1 Extra on each line
0000	0000	
𝔭My Daily 3		
Write in one 10-minute a	ctivity on each line	
1.	2.	3.