

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.**

V Vegetables Mark 1 circle for each serving ○○○○	Water Mark 1 circle for each 8oz. glass of water ○○○○ ○○○○	Ex Extras (optional) Write in 1 Extra on each line _____ _____ _____
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My Daily 3

Write in one 10-minute activity on each line

1. _____ 2. _____ 3. _____

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 Mark 1 circle for each serving ○○○○	Water Mark 1 circle for each 8oz. glass of water ○○○○ ○○○○	Ex Extras (optional) Write in 1 Extra on each line _____ _____ _____
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