

Nutrisystem High Protein Premium Meal Plan - 1500 Calorie Plan

PLAN DAY

FLEX BREAKFAST

2 PowerFuels+ 1 SmartCarb

MORNING SNACK

Nutrisystem Prosync Shake

FLEX LUNCH

2 PowerFuels + 1 SmartCarb

AFTERNOON SNACK

Nutrisystem Prosync Bar

DINNER

Nutrisystem Hearty Inspirations Dinner

FLEX EVENING SNACK

2 PowerFuels

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

V Vegetables	W Water	Ex Extras (optional)
Mark 1 circle for each serving	Mark 1 circle for each 8oz. glass of water	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+ 1 SmartCarb

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

FLEX EVENING SNACK

2 PowerFuels

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

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Mark 1 circle for each serving	Mark 1 circle for each 8oz. glass of water	Write in 1 Extra on each line
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