

Nutrisystem High Protein Premium Meal Plan - 1700 Calorie Plan

PLAN DAY

FLEX BREAKFAST

2 PowerFuels+ 1 SmartCarb

MORNING SNACK

Nutrisystem Prosync Shake + 1 SmartCarb

FLEX LUNCH

3 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 |
| <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | <hr/> <hr/> <hr/> |
| 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 + 1 SmartCarb OR Nutrisystem Prosync Shake + 1 SmartCarb

FLEX LUNCH

3 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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