

YOUR 5-DAY MEAL PLAN

Also see GROCERY FOOD ADDITIONS, included in this brochure, for a sample listing.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Nutrisystem® Granola Cereal (with or, fat-free milk) 1 Cup Low-Fat Yogurt	Nutrisystem® Honey Wheat Bagel 1 Tsp. Hot Butter	Nutrisystem® Chewy Chocolate Chip Granola Bar 1 Cup Low-Fat Yogurt	Nutrisystem® Double Chocolate Muffin 1 Hard-Boiled Egg	Nutrisystem® Cinnamon Bun Bar 1 Cup fat-free Milk
MORNING SNACK	1 Cup fat-free Milk	1 Cup fat-free Milk 1 Cup Carrot Sticks	1 oz. Low-Fat String Cheese	1 Cup Low-Fat Yogurt	1 Cup Non-Fat Cottage Cheese 1 Cup Sliced Cucumbers
LUNCH	Nutrisystem® Red Beans & Rice ½ Cup Low-Fat Shredded Cheese 2 Cups Side Salad	Nutrisystem® Cheesy Potatoes Mix 2 oz. Basted Chicken ½ Cup Steamed Broccoli	Nutrisystem® Chicken Noodle Soup ½ Cup Low-Fat Parmesan Cheese 2 Cups Side Salad	Nutrisystem® Fudge Graham Bar 2 Tsp. Peanut 2 Cups Celery/Carrot Sticks	Nutrisystem® Chocolate Peanut Butter Bar 1 Cup Low-Fat Yogurt 2 Cups Side Salad
AFTERNOON SNACK	1 Medium Apple	1 Medium Banana	2-3 Whole-Grain Crackers ½ Cup 100% Vegetable Juice	½ Cup Raisins	1 Medium Banana
DINNER	Nutrisystem® Lasagna with Meat Sauce 1 Slice Whole-Grain Garlic Toast ½ Cup Steamed Squash ½ Cup Steamed Zucchini	Nutrisystem® Thick Crust Pizza ½ Cup Pineapple Chunks 2 Cups Side Salad	Nutrisystem® Homestyle Beef & Mashed Potatoes ½ Cup Cooked Corn ½ Cup Grilled Asparagus ½ Cup Grilled Pepper Strips	Nutrisystem® Chicken Alfredo 1 Cup Grapes 1 Cup Steamed Spinach & Onions	Nutrisystem® Rotini & Meatballs 1 Small Whole-Grain Dinner Roll ½ Cup Fresh Cut Green Beans
DESSERT	Nutrisystem® Chocolatey Neugat Bar with Peanuts and Caramel	Nutrisystem® Chocolate Chip Cookies	Nutrisystem® Coconut Almond Bar	Nutrisystem® Peppermint Cookie Patty	Nutrisystem® Fudge Brownie

ATTENTION, MEN: Add 1 SmartCarb to lunch and 1 to dinner.

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JS Bruner



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