



Nutrisystem Fast 5 Marie's Fan Favorites 4-week Plan w/ Turbo Shakes

	Category	Shelf Life (months)	Weight (g)	CALORIES	FAT	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	FIBER	TOTAL SUGAR	PROTEIN
Breakfast													
Apple Cinnamon Oatmeal	Breakfast	12	37	172	1.5	0	0	2	221	32	3	15	8
Apple Strudel Bar	Breakfast	12	43	160	3	1.5	0	0	90	29	3	11	7
Banana Nut Muffin	Breakfast	6	57	160	4	1	0	15	260	25	6	9	7
Blueberry Muffin	Breakfast	6	57	150	3	0.5	0	20	280	23	6	8	7
Chewy Chocolate Chip Granola Bar	Breakfast	12	40	150	2	0.5	0	0	75	27	3	8	7
Cinnamon Bun Bar	Breakfast	12	40	150	3.5	2	0	0	85	26	3	7	7
Cinnamon Raisin Baked Bar	Breakfast	9	42	150	5	3	0	30	135	23	5	12	7
Cinnamon Streusel Muffin	Breakfast	6	51	180	8	2	0	10	220	26	5	9	5
Double Chocolate Muffin	Breakfast	6	57	170	5	2	0	15	240	28	11	9	7
Granola Cereal	Breakfast	12	40	192	3	0	0	2	116	34	4	17	9
Harvest Nut Bar	Breakfast	12	40	160	6	1	0	0	160	22	3	7	7
Maple Brown Sugar Oatmeal	Breakfast	12	38	192	1.5	0	0	2	191	35	4	13	8
NutriFlakes Cereal	Breakfast	12	28	152	1	0	0	2	261	29	5	10	7
Peanut Butter Granola Bar	Breakfast	12	40	160	5	2	0	0	95	25	3	7	6
Sweetened O's	Breakfast	12	31	152	0	0	0	2	51	28	4	14	12
Lunch													
Beans & Ham Soup	Lunch	18	213	160	2	0	0	10	440	25	5	3	12
Black Beans & Rice	Lunch	18	56	210	1.5	0	0	0	480	40	8	2	10
Cheddar Broccoli Rice	Lunch	12	50	200	3	2	0	15	470	33	4	3	10
Cheese Tortellini	Lunch	18	213	170	2.5	1	0	10	550	27	2	10	10
Chicken Noodle Soup	Lunch	18	213	110	2	1	0	25	590	13	0	1	10
Chocolate Peanut Butter Bar	Lunch	12	50	200	8	4.5	0	0	230	25	5	11	11
Double Chocolate Caramel Bar	Lunch	9	50	180	6	4.5	0	0	230	28	7	12	10
Fudge Graham Bar	Lunch	12	50	200	7	4.5	0	5	190	22	3	12	14
Homestyle Chicken	Lunch	18	213	150	3	0.5	0	30	480	15	1	2	10
Loaded Baked Potato	Lunch	12	56	220	4.5	3	0	20	500	35	3	7	10
Mexican-Style Tortilla Soup	Lunch	12	41	150	1.5	0.5	0	5	500	26	5	4	9
Spicy Kung Pao Noodles	Lunch	12	48	190	2	0	0	0	480	34	3	4	10
Tuna Salad	Lunch	24	85	234	8.5	1	0	20	504	25	4	6	17
Trail Mix Bar	Lunch	9	50	200	8	2.5	0	0	300	24	5	11	12
White Bean Chicken Chili	Lunch	18	213	180	6	3	0	35	600	20	4	5	12
Dinner													
BBQ Seasoned Chicken	Dinner	12	113	264	8	1	0	40	464	33	5	11	19
Chicken Alfredo	Dinner	18	283	260	8	1.5	0	40	590	30	0	2	17
Chicken Pasta Parmesan	Dinner	18	227	180	4.5	2	0	35	590	24	2	6	15
Chicken Pot Pie	Dinner	18	241	270	9	4.5	0	40	590	35	3	2	12
Chili with Beans	Dinner	12	213	240	8	3.5	0	25	560	27	6	4	14
Hearty Beef Stew	Dinner	18	213	130	3	1.5	0	25	530	14	2	2	12
Italian Herb Flatbread Pizza	Dinner	6	106	260	8	3	0	10	530	34	2	2	11
Lasagna with Meat Sauce	Dinner	18	227	280	9	4.5	0	35	570	34	3	6	15
Mushroom Risotto	Dinner	12	227	200	5	1	0	0	580	27	4	1	14
Rotini & Meatballs	Dinner	18	227	220	6	2.5	0	25	600	26	3	6	17
Tuna Casserole	Dinner	18	227	180	5	2	0	35	500	22	3	3	14
Thick Crust Pizza	Dinner	7	106	240	6	2.5	0	10	530	36	2	2	10
Vegetarian Chili	Dinner	18	213	210	1.5	0	0	0	600	31	8	5	19
Snacks													
Cheese Puffs	Snacks	6	33	150	7	1.5	0	5	220	14	3	0	8
Chocolate Caramel Bar	Snacks	12	40	150	3.5	2	0	0	150	23	5	10	9
Chocolate Chip Cookies	Snacks	9	36	150	6	3.5	0	20	85	18	3	8	7
Chocolatey Pretzel Bar	Snacks	12	40	150	4	2.5	0	0	210	24	5	11	7
Double Chocolate Peanut Butter Cookies	Snacks	9	36	150	6	3.5	0	20	95	19	4	9	6
Milk Chocolate Flavored Pretzels	Snacks	12	30	130	6	4	0	2	70	18	3	11	5
NutriChocolates	Snacks	12	27	140	8.5	7	0	0	170	11	1	9	7
Oatmeal Raisin Cookie	Snacks	9	36	140	6	2	0	20	115	20	4	9	5
Peanut Butter Cookie	Snacks	9	36	140	7	2.5	0	20	160	19	4	8	5
Popcorn	Snacks	6	28	130	5	0.5	0	10	200	17	4	0	5
Pretzels	Snacks	8	28	100	3.5	1	0	0.5	230	14	5	1	8
White Cheddar Popcorn	Snacks	6	28	130	6	1	0	5	250	16	3	1	5
Zesty Herb Snack Mix	Snacks	12	28	120	4	2	0	0	290	16	4	1	6
Shakes													
NutriCrush - Chocolate (7 Pack)	Shakes	12	41	150	3.5	0.5	0	5	230	21	5	9	13
Turbo Shakes - Chocolate (7 Pack)	Shakes	12	36	130	2.5	1	0	30	160	15	5	8	15