

Nutrisystem Fast Five Marie's "New You Now" 4 Week Plan

Breakfast	
Apple Cinnamon Oatmeal	1
Apple Strudel Bar	1
Blueberry Lemon Baked Bar	1
Chewy Chocolate Chip Granola Bar	1
Cinnamon Bun Bar	2
Double Chocolate Muffin	1
Granola Cereal	3
Harvest Nut Bar	2
Honey Wheat Bagel	1
Maple Brown Sugar Oatmeal	1
NutriFlakes	2
Oatmeal Cranberry Bites	1
Peanut Butter Granola Bar	2
Sweetened O's	1
Total	20

Lunch	
Beans & Ham Soup	1
Black Beans & Rice	2
Cheddar Broccoli Rice	2
Chicken Noodle Soup	1
Chocolate Chip Cookie Dough Bar	2
Chocolate Covered Cherry Bar	1
Chocolate Peanut Butter Bar	1
Double Chocolate Caramel Bar	2
Fudge Graham Lunch Bar	2
Loaded Baked Potato	1
Mexican-Style Tortilla Soup	1
Spicy Kung Pao Noodles	1
White Cheddar Mac & Cheese	2
Trail Mix Bar	1
Total	20

BONUSES: Alternating Months	
Bonus Turbo Shakes (7 packets)	1
Bonus NutriCrush Bars (7 Bars)	1

Dinner	
BBQ Seasoned Chicken	1
Ravioli w/Meat Sauce	1
Chicken Pasta Parmesan	1
Chicken Pot Pie	1
Chili with Beans	2
Hearty Beef Stew	2
Italian Herb Flatbread Pizza	2
Fiesta Macaroni and Cheese - NEW	2
Pasta Fagioli - NEW	1
Rotini & Meatballs	1
Thick Crust Pizza	2
Tuscan Inspired Pasta	1
Vegetable Lasagna	1
Vegetarian Chili	2
Total	20

SNACKS	
Cheese Puffs	1
Chocolate Cake	1
Chocolate Caramel Bar	1
Chocolate Chip Cookies	1
Chocolate Sandwich Cookies	1
Chocolatey Pretzel Bar	1
Double Chocolate Peanut Butter Cookies	1
Honey Mustard Pretzel Bits	1
Milk Chocolate Covered Pretzel	1
Nutri Chocolates	1
Oatmeal Chocolate Chunk Cookie	1
Peanut Butter Cookie	1
Popcorn	1
Pretzels	1
Salt and Vinegar Snack-A-Rounds	1
Smoky BBQ Snack-a-Rounds	1
Snickerdoodle Cookie	1
Vanilla Shortbread Cookies	1
White Cheddar Popcorn	1
Zesty Herb Snack Mix	1
Total	20