

Nutrisystem 21 Days of Breakfast

Apple Cinnamon Oatmeal

oats, apples (sulfited), sugar, dextrose, natural flavors, salt, cinnamon, caramel color.

Apple Strudel Bar

rolled oats, white chocolate flavored coating (sugar, fractionated palm kernel oil, nonfat milk, whole milk, whey, soy lecithin (as emulsifier), natural vanilla), apple, soy protein nuggets (soy protein isolate, rice flour, salt), maltitol syrup, organic brown rice syrup, corn syrup, soy nuggets(isolated soy protein, rice starch), brown sugar, inulin, glycerin, high oleic sunflower oil, natural flavor, cinnamon, sea salt. **contains milk and soy.**

Banana Nut Muffin

water, inulin syrup, sugar, wheat protein isolate, whole wheat flour, enriched flour bleached(wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), glycerin, banana puree(bananas, citric acid, ascorbic acid), maltitol, soybean oil, contains 2% or less of: walnuts, nonfat milk, eggs, leavening (sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), natural banana flavor, natural butter flavor, food starch-modified, vanilla extract, natural banana type flavor, emulsifier blend (propylene glycol mono and diesters of fats and fatty acids, mono and diglycerides, soy lecithin), salt, potassium sorbate (preservative), corn fiber, sodium carboxymethylcellulose, rebaudioside a. **contains egg, milk, soy, tree nuts (walnuts) and wheat.**

Blueberry Muffin

water, inulin syrup, wheat protein isolate, sugar, glycerin, whole wheat flour, enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), blueberries, soybean oil, maltitol, contains less than 2% of: eggs, nonfat milk, leavening (sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), natural blueberry flavor, dextrose, vanilla extract, natural butter flavor, food starch-modified, emulsifier blend (propylene glycol mono- and diesters of fats and fatty acids, mono- and diglycerides, soy lecithin), salt, corn fiber, potassium sorbate (preservative), sodium carboxymethylcellulose, rebaudioside a. **contains egg, milk, soy and wheat.**

Cinnamon Bun

water, whole wheat flour, enriched bleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), inulin syrup, wheat protein isolate, sugar, defatted soy flour, raisin paste, white confectionery coating (sugar, palm kernel and palm oil, titanium dioxide (color), nonfat milk, soy lecithin, natural flavor, mono and diglycerides), contains less than 2% of: glycerin, maltitol, food starch-modified, palm oil, resistant maltodextrin, cinnamon, eggs, baking soda, natural browned butter flavor, sodium aluminum phosphate, salt, corn fiber, potassium sorbate (preservative), monocalcium phosphate, sodium carboxymethylcellulose, rebaudioside a, monk fruit extract, enzymes. **contains egg, milk, soy and wheat.**

Cinnamon Bun Bar	rolled oats, soy protein nuggets (soy protein isolate, rice flour, salt), white chocolate flavored coating (sugar, fractionated palm kernel oil, nonfat milk, whole milk, whey, soy lecithin (as emulsifier), natural vanilla), maltitol syrup, organic brown rice syrup, corn syrup, inulin, soy nuggets(isolated soy protein, rice starch), high oleic sunflower oil, glycerin, cinnamon, soy lecithin (as emulsifier), natural flavor. contains milk and soy.
Cinnamon Streusel Muffin	water, whole wheat flour, soybean oil, inulin syrup, sugar, wheat protein isolate, enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cinnamon chips (sugar, palm oil, cinnamon, nonfat milk, soy lecithin), glycerin, invert sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of: nonfat milk, margarine butter blend (palm oil, butter [cream, salt], water, salt, mono- and diglycerides, sodium benzoate [preservative], citric acid, natural flavor, vitamin a palmitate, beta carotene [color]), eggs, maltitol, leavening (sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), cinnamon, natural butter flavor, food starch-modified, vanilla extract, salt, emulsifier blend (propylene glycol mono- and diesters of fats and fatty acids, mono- and diglycerides, soy lecithin), corn fiber, natural cinnamon flavor, potassium sorbate (preservative), guar gum, rebaudioside a. contains egg, milk, soy and wheat.
Double Chocolate Muffin	water, inulin syrup, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor), sugar, wheat protein isolate, resistant maltodextrin, glycerin, whole wheat flour, enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, cocoa processed with alkali, maltitol, contains less than 2% of: leavening(sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), natural flavors, corn fiber, eggs, emulsifier blend (propylene glycol mono- and diesters of fats and fatty acids, mono- and diglycerides, soy lecithin), food starch-modified, monk fruit extract, natural chocolate type flavor, nonfat milk, potassium sorbate (preservative), rebaudioside a, salt, sodium carboxymethylcellulose. contains egg, milk, soy and wheat.
Granola Cereal	whole grain rolled oats, sugar, soy flour, crisp rice (rice flour, sugar, malt extract, salt, mixed tocopherols), corn syrup, oat fiber, soluble corn fiber, almonds, canola oil (rosemary extract, ascorbic acid), modified food starch (corn), cinnamon, natural flavor, salt, mixed tocopherol(added to protect flavor). contains soy and tree nuts (almonds). manufactured in a facility that also processes milk, peanuts, tree nuts and wheat.

Harvest Nut Bar	peanuts, soy protein nuggets (soy protein isolate, rice flour, salt), organic brown rice syrup, maltitol syrup, corn syrup, sugar, almonds, raisins (raisins, vegetable oil), rolled oats, peanut butter, inulin, soy nuggets (isolated soy protein, rice starch), glycerin, peanut oil, cranberry (cranberries, sugar, sunflower oil), sunflower seeds, barley flakes, gum arabic, sea salt, natural flavor, mixed tocopherols, soy lecithin (as emulsifier). contains peanuts, soy and tree nuts (almonds). manufactured in a facility that also processes egg, milk and wheat.
Maple Brown Sugar Oatmeal	rolled oats, sugar (cane sugar, maple sugar, brown sugar), natural flavors , maltodextrin, dextrose, salt, calcium silicate, caramel color, lo han.
NutriFlakes Cereal	whole wheat, wheat bran, sugar, brown sugar syrup, salt, malt extract, iron (ferric orthophosphate), vitamin c (sodium ascorbate), vitamin a (palmitate), niacinamide, vitamin b1 (thiamine mononitrate), vitamin b6 (pyridoxine hydrochloride), vitamin d (cholecalciferol), vitamin b2(riboflavin), folic acid, bht added to packaging to help preserve freshness. **fortified with thiamine(15% dv), riboflavin (15% dv), niacin (15% dv), vitamin b6 (15% dv), folic acid (15% dv). contains wheat.
Peanut Butter Granola Bar	corn syrup, peanut coating (sugar, palm kernel oil, partially defatted peanut flour, nonfat dry milk solids, peanut oil, salt, soy lecithin (an emulsifier)), rolled oats, peanuts, soy protein nuggets (soy protein isolate, rice flour, salt), glycerin, gum arabic, peanut flour, soy protein isolate, peanut butter (peanuts, salt), peanut oil, sugar, sea salt, natural flavor, mixed tocopherols. contains milk, peanuts and soy.
Sweetened O's	cereal (rice flour, soy flour, soy concentrate, calcium carbonate), sweetener (sugar, maltodextrin, natural flavor), food starch modified, maltodextrin. contains soy.