

Nutrisystem 14 Days of Breakfast and Lunch

	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
Blueberry Muffin	Breakfast	6	57	150	3	0.5	0	20	280	23	6	8	7
Cinnamon Bun Bar	Breakfast	12	40	150	3.5	2	0	0	85	26	3	7	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	250	31	10	10	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
NutriFlakes Cereal	Breakfast	12	28	152	1	0	0	2	261	29	5	10	7
Sweetened O's	Breakfast	12	31	152	0	0	0	2	51	28	4	14	12
Lunch													
Beans and Ham Soup	Lunch	12	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 Lunch 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
Spicy Kung Pao Noodles	Lunch	15	46	170	2	0	0	0	530	32	2	3	8
Three Cheese Chicken	Lunch	12	51	200	4	2	0	15	60	31	3	3	9
Tortilla Soup	Lunch	12	41	150	1.5	0.5	0	5	500	26	5	4	9
Trail Mix Bar	Lunch	9	50	200	8	2.5	0	0	300	24	5	11	12