

Nutrisystem 2 Week Dinners and Desserts for Two

BBQ Seasoned Chicken

cooked chicken meat, water, tomato paste, green bell peppers, apple cider vinegar, hoisin sauce (sugar, water, miso [soybeans, rice, salt], plum puree, brewed soy sauce [water, wheat, soybeans, salt], garlic, caramel color, modified food starch, fermented wheat protein, vinegar, salt, spices, xanthan gum, citric acid), brown sugar, onions, canola oil, textured soy protein concentrate, contains 2% or less of jalapeno peppers, citric acid, calcium chloride, bacon (cured with water, salt, sugar, sodium erythorbate, sodium nitrite. may also contain dextrose, flavoring, honey, dehydrated pork broth, potassium chloride, potassium lactate, smoke flavoring, sodium diacetate, sodium phosphate), garlic powder, chili pepper, natural hickory smoke concentrate, onion powder, sea salt, mustard flour, yeast extract, dextrin, xanthan gum, spices. **contains soy and wheat.**

Chicken Alfredo

water, white chicken strips (boneless chicken breast meat with rib meat, water, modified food starch, sodium phosphate), penne pasta (water, durum wheat, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified cornstarch, contains 2% or less of canola oil, whey protein concentrate, sugar, parmesan cheese (parmesan cheese [pasteurized part-skim milk, cheese cultures, salt, enzymes], powdered cellulose to prevent caking, sorbic acid to protect flavor), romano cheese (pasteurized cows milk, cheese cultures, salt, enzymes), chicken broth base (roasted chicken stock, yeast extract, chicken fat, cane sugar, salt, dried chicken, natural flavor, chicken flavor, maltodextrin, flavor), salt, disodium inosinate and disodium guanylate, potassium chloride, flavoring, spices, cheese flavor (propylene glycol, water, glycerol, cultured cream, flavoring, milk fat, cheddar cheese [cultured milk, salt, enzymes], lactic acid, citric acid, contains less than 2% of maltodextrin, milk solids, parmesan cheese [milk, cultures, salt, enzymes], romano cheese [cow or goat or sheep milk, cultures, salt, enzymes], skim milk cheese [skim milk, cultures, salt, enzymes], strawberry juice, succinic acid), sour cream flavor (cultured cream, cultured cream derivatives [milk], lactic acid, citric acid, propylene glycol, contains less than 2% natural flavor), yeast extract, rice flour, erythorbic acid. **contains egg, milk and wheat.**

<p>Chicken Pasta Parmesan</p>	<p>water, cooked diced chicken breast with rib meat (chicken breast with rib meat, water, rice starch, salt, isolated soy protein, sodium phosphate), enriched pasta (durum semolina, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), crushed tomatoes, green bell peppers, parmesan cheese (pasteurized cows milk, cheese culture, salt, enzymes), modified corn starch, romano cheese (pasteurized cows milk, cheese culture, salt, enzymes), tomato paste, kale, agave syrup, isolated soy protein, sugar, sea salt, onion powder, garlic powder, spices, oleoresin paprika. contains egg, milk, soy and wheat.</p>
<p>Chicken Pot Pie</p>	<p>water, cooked chicken (chicken breast with rib meat, water, isolated soy protein, rice starch, salt, sodium phosphate), pot pie crust: (bleached enriched flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], water, butter, sea salt, natural flavor, nonfat dry milk [milk protein concentrate, nonfat dry milk], salt), potatoes (contains sodium acid pyrophosphate), carrots, onions, red bell peppers, peas, heavy cream, modified corn starch, contains 2% or less of: green bell peppers, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), roasted poblano peppers, sea salt, chicken broth, canola oil, maltodextrin, garlic powder, disodium inosinate and disodium guanylate, spice. contains milk, soy and wheat.</p>
<p>Italian Herb Flatbread Pizza</p>	<p>pizza crust: unbleached/unbromated enriched wheat flour (milled wheat, malted barley flour, niacin, thiamine mononitrate, riboflavin, folic acid), water, white whole wheat flour, soybean oil, whole wheat flour, vital wheat gluten, whey protein concentrate, yeast, natural culture, olive oil, salt, calcium propionate (preservative), spices, basil, parsley, sorbate (preservative); pizza sauce: water, tomatoes, contains 2% or less of: palm oil, modified corn starch, onion powder, vinegar, fructose, corn syrup solids, garlic powder, spice, sorbic acid (preservative); mozzarella-style cheese: mozzarella and other natural cheeses (pasteurized milk, cheese culture, salt, enzymes), water, milk protein concentrate, palm oil, glycerol, sodium phosphate, salt, contains 2% or less of: lactic acid, cream, sodium citrate, nonfat milk, sorbic acid (preservative), propylene glycol, potato starch and powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor). contains milk and wheat.</p>

<p>Lasagna with Meat Sauce</p>	<p>lasagna stacker (filling: ricotta cheese [whey, milk, vinegar, carrageenan {stabilizer}], vegetable mix [spinach, onions, carrots, corn, peas, butter], cooked pinto beans [water, pinto beans], mozzarella cheese [pasteurized milk, cheese cultures, salt and enzymes], water, parmesan cheese [pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, natamycin {a natural mold inhibitor}], enriched cracker meal [enriched flour {wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid}, salt], eggs, romano cheese [pasteurized sheep's milk, cheese cultures, salt, enzymes], garlic, salt, sugar, black pepper. pasta: enriched semolina flour [semolina, niacin, iron, thiamine mononitrate, riboflavin, folic acid], water and eggs), water, crushed tomatoes, beef, onions, mushrooms, salt, contains 2% or less of: celery, textured soy protein concentrate with caramel color, cooked beef crumbles, garlic, sugar, sea salt, corn starch, burgundy wine (wine, salt, potassium sorbate and potassium metabisulfite [preservatives]), spice, yeast extract (yeast extract, maltodextrin, salt). contains egg, milk, soy and wheat.</p>
<p>Mac & Cheese with Turkey Sausage</p>	<p>water, enriched macaroni product (water, durum semolina [wheat], egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), turkey sausage crumble (turkey meat, water, less than 2% rice starch, lemon juice concentrate, vinegar, natural flavors, spices, salt), mild cheddar cheese (pasteurized milk, cheese culture, salt, potato starch and powdered cellulose [to prevent caking], natamycin [a natural mold inhibitor], enzymes, annatto [vegetable color]), contains 2% or less of canola oil, cornstarch, modified cornstarch, partially hydrolyzed guar gum, sugar, whey protein concentrate, salt, disodium inosinate and disodium guanylate, chicken broth base (roasted chicken stock, yeast extract, chicken fat, cane sugar, salt, dried chicken, natural flavor, chicken flavor, maltodextrin, flavor), cheddar cheese flavor (cheddar cheese [pasteurized milk, cultures, salt, enzymes], water, salt, natural flavors, xanthan gum), potassium chloride, yeast extract, spices, flavoring, rice flour, citric acid, annatto color. contains egg, milk and wheat.</p>

<p>Mushroom Risotto</p>	<p>water, vegetarian crumble (water, soy protein concentrate, canola oil, spices, salt, autolyzed yeast extract, sugar, dehydrated garlic, caramel color, onion powder, natural flavor, red bell pepper, thiamine hydrochloride, riboflavin, niacinamide, pyridoxine hydrochloride (vitamin b6), cyanocobalamine (vitamin b12), calcium pantothenate, ferric orthophosphate, zinc oxide), arborio rice, mushrooms, bell peppers, wild rice, modified corn starch, olive oil, parmesan cheese(pasteurized milk, cheese culture, salt, enzymes), onions, torula yeast, shiitake mushrooms, sea salt, dehydrated garlic, mushroom powder, spice. contains milk and soy.</p>
<p>Santa Fe Chicken</p>	<p>ingredients: water, flame broiled seasoned diced chicken breast with rib meat (chicken breast with rib meat, water, tapioca starch, carrageenan, salt, dextrose, natural flavorings, spices, grill flavor (tapioca dextrin, salt, grill flavor, (from sunflower oil), natural smoke flavorings), long grain brown rice, red bell peppers, black beans, onions, corn, seasoning (potato starch, dehydrated tomato, spices, corn flour, onion powder, dehydrated bell pepper, yeast extract, garlic powder, molasses powder (molasses, maltodextrin), and paprika), contains 2% or less of: modified corn starch, jalapeno peppers, olive oil, vinegar, seasoning (spices, garlic and onion powder, and paprika; less than 2% soybean oil), chicken flavor (chicken meat including chicken juices, salt, potato flour, flavorings, carrot powder, turmeric), salt, yeast extract (yeast extract, dextrin), lime juice concentrate.</p>
<p>Thick Crust Pizza</p>	<p>pizza crust: unbleached/unbromated enriched wheat flour (milled wheat, malted barley flour, niacin, thiamine mononitrate, riboflavin, folic acid), water, white whole wheat flour, vital wheat gluten, yeast, natural culture, olive oil, salt, calcium propionate (preservative), whey protein concentrate, spices, sorbate (preservative); pizza sauce: water, tomatoes, contains 2% or less of:palm oil, modified corn starch, onion powder, vinegar, fructose, corn syrup solids, garlic powder, spice, sorbic acid (preservative); mozzarella-style cheese: mozzarella and other natural cheeses(pasteurized milk, cheese culture, salt, enzymes), water, milk protein concentrate, palm oil, glycerol, sodium phosphate, salt, contains 2% or less of: lactic acid, cream, sodium citrate, nonfat milk,sorbic acid (preservative), propylene glycol, potato starch and powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor). contains milk and wheat.</p>

Cheese Puffs	corn meal, soy protein concentrate, sunflower and/or safflower oil, cheddar cheese([pasteurized milk, cheese cultures, salt, enzymes, annatto], cream, sodium phosphate, salt), maltodextrin (natural fiber source). contains milk and soy. manufactured in a facility that also processes egg, peanuts and tree nuts (almonds, cashews, walnuts, pecans).
Chewy Peanut Bar	peanuts, chocolate flavored coating [sugar, fractionated palm kernel oil, cocoa (processed with alkali), lactose, dextrose, soy lecithin, natural flavor], protein blend (soy protein isolate, whey protein concentrate, milk protein isolate), corn syrup, chicory root fiber, polydextrose, maltitol syrup, fructose, roasted soybeans, water, peanut flour, natural flavor, nonfat milk, butter (cream, salt), fractionated palm kernel oil, salt, milk, invert sugar, peanut butter (peanuts), soy lecithin, cocoa (processed with alkali), sugar, cream, glycerine, whey, mono- and diglycerides, sodium phosphate, carrageenan, xanthan gum, locust bean gum, beta carotene (added for color.) contains milk, peanuts and soy.
Chocolate Cake	water, sugar, inulin syrup, wheat protein isolate, 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: eggs, nonfat milk, leavening(sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), natural butter flavor, food starch-modified, vanilla extract, natural chocolate type flavor, salt, emulsifier blend(propylene glycol mono- and diesters of fats and fatty acids, mono- and diglycerides, soy lecithin), potassium sorbate (preservative), corn fiber, sodium carboxymethylcellulose, rebaudioside a, monk fruit extract. contains egg, milk and wheat.
Chocolate Chip Cookies	vital wheat gluten, oats, butter, sugar free chocolate chips (maltitol, chocolate liquor, cocoa butter, soy lecithin, vanilla), brown sugar, sugar, resistant maltodextrin, eggs, vanilla, bicarbonate of soda. contains egg, milk, soy and wheat.

<p>Chocolately Pretzel Bar</p>	<p>chocolate flavored coating (sugar, fractionated palm kernel oil, cocoa, whey, nonfat milk, soy lecithin, natural flavor), soy protein crisp (soy protein isolate, tapioca starch, salt), enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), polydextrose, sugar, oligofructose, water, corn syrup, soy protein isolate, rolled oats, organic tapioca syrup, less than 2% of : nonfat milk, fructose, invert evaporated cane syrup, partially defatted peanut flour, glycerine, peanuts, whole wheat flour, canola oil, cocoa butter, salt, natural flavor, peanut butter (peanuts), maltodextrin, vegetable oil (corn, canola, cottonseed and/or soybean), soy lecithin, butter (cream, salt, annatto added for color), cocoa (processed with alkali), cocoa, sodium citrate, heavy cream (cream, milk, cellulose gel, milk solids, carrageenan, cellulose gum), whey protein concentrate, carrageenan, sodium bicarbonate, yeast, whey, tocopherols added to protect flavor, soybean oil. contains milk, peanuts, soy and wheat.</p>
<p>Coconut Almond Bar</p>	<p>corn syrup, chocolate coating (sugar, fractionated palm kernel oil, nonfat milk, whole milk, cocoa processed with alkali, lactose, palm oil, soy lecithin, vanilla), whey protein isolate, coconut, polydextrose, isomalto-oligosaccharide, almonds, glycerin, high oleic sunflower oil, water, natural flavor, monk fruit extract, stevia extract. contains milk, soy and tree nuts (almonds, coconuts). manufactured in a facility that also processes egg, peanuts and wheat.</p>
<p>Fudge Brownie</p>	<p>water, sugar, soybean oil, inulin syrup, white whole wheat flour, defatted soy flour, glycerin, cocoa, wheat protein isolate, maltitol, natural chocolate flavor (caramel color), contains less than 2% of: resistant maltodextrin, cocoa processed with alkali, vanilla extract, corn starch, salt, eggs, leavening (sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), potassium sorbate (preservative), sodium stearoyl lactylate, emulsifier blend (propylene glycol mono- and diesters of fats and fatty acids, mono- and diglycerides, soy lecithin), egg whites, xanthan gum, guar gum, rebaudioside a. contains egg, soy and wheat.</p>

Milk Chocolate Covered Pretzels	milk chocolate flavored coating: sugar, palm kernel oil, nonfat dry milk solids, cocoa powder, soy lecithin (an emulsifier), salt, natural flavor; pretzels: choice blended wheat flour, modified wheat starch, isolated soy protein, soy flour, butter, canola oil, wheat gluten, wheat gluten protein isolate (wheat gluten, phosphate, lactic acid, sulfite), corn syrup, malt syrup, pectin, salt, baking powder, lecithin, natural colors and flavors, yeast. contains milk, soy and wheat.
Popcorn	popcorn, expeller pressed oil (sunflower, safflower and/or canola), whey protein concentrate, natural butter flavor, salt, beta carotene (for color). contains milk. manufactured in a facility that also processes soy and wheat.
White Cheddar Popcorn	popcorn, expeller pressed vegetable oil (sunflower, safflower and/or canola), whey protein concentrate, maltodextrin, salt, whey, cheddar cheese powder (cultured milk, salt, enzymes), natural flavor, reduced lactose whey, buttermilk powder, onion powder, sugar, garlic powder, yeast extract, citric acid, lactic acid. contains milk. manufactured in a facility that also processes soy and wheat.