

Nutrisystem 2 Week Dinners and Desserts
for Two

	Category	Shelf Life (months)	Weight (g)	CALORIES	FAT	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	FIBER	TOTAL SUGAR	PROTEIN
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
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
Mac & Cheese with Turkey Sausage	Dinner	18	255	270	8	2.5	0	40	590	34	3	3	16
Mushroom Risotto	Dinner	12	227	200	5	1	0	0	580	27	4	1	14
Santa Fe Chicken	Dinner	18	283	260	7	1.5	0	60	590	28	2	3	21
Thick Crust Pizza	Dinner	7	106	240	6	2.5	0	10	530	36	2	2	10
Snacks													
Cheese Puffs	Snacks	6	33	150	7	1.5	0	5	220	14	3	0	8
Chewy Peanut Bar	Snacks	12	41	180	9	3.5	0	0	110	19	5	9	9
Chocolate Cake	Snacks	6	48	140	4	1	0	15	270	21	5	9	6
Chocolate Chip Cookies	Snacks	9	36	150	6	3.5	0	20	85	18	3	8	7
Chocolately Pretzel Bar	Snacks	12	40	150	4	2.5	0	0	210	24	5	11	7
Coconut Almond Bar	Snacks	12	38	150	7	5	0	0	30	19	4	7	7
Fudge Brownie	Snacks	6	48	150	6	1	0	5	270	25	6	9	5
Milk Chocolate Covered Pretzels	Snacks	12	30	130	6	4	0	2	70	18	3	11	5
Popcorn	Snacks	6	28	130	5	0.5	0	10	200	17	4	0	5
White Cheddar Popcorn	Snacks	6	28	130	6	1	0	5	250	16	3	1	5