

BREAKFAST	QTY
Apple Cinnamon Granola	1
Apple Strudel Bar	2
Cherry Almond Bar	1
Cinnamon Bun Bar	2
Chocolate Chip Baked Bar	1
Double Chocolate Muffin	1
Granola Cereal	1
Harvest Nut Bar	1
High Protein Pancake Mix	1
Maple Brown Sugar Oatmeal	2
NutriFlakes	2
Strawberry Baked Bar	1
Sweetened O's	2
Toffee Nut Bar	1
Tropical Coconut Almond Bar	1
LUNCH	QTY
Beans & Ham Soup	2
Black Beans & Rice	1
Cheddar Broccoli Rice	1
Chicken and Beans in a Tangy BBQ Sauce	1
Chicken Noodle Soup	2
Chocolate Peanut Butter Bar	2
Creamy Cauliflower and Chicken	1
Double Chocolate Caramel Bar	2
Fudge Graham Lunch Bar	1
Garlic Cheese Flatbread	1
Mushroom Parmesan Soup with Chicken	1
Spicy Kung Pao Noodles	1
Strawberry Yogurt Bar	1
Trail Mix Bar	2
White Cheddar Mac & Cheese	1

DINNER	QTY
BBQ Seasoned Chicken	1
Bean Bolognese	2
Chicken Alfredo	1
Chicken Paella	1
Chicken Pasta Parmesan	1
Chili with Beans	1
Hearty Beef Stew	2
Meatballs In Marinara Sauce	1
Pasta Fagioli	1
Penne Bolognese with Meat Sauce	1
Ravioli with Meat Sauce	1
Rotini & Meatballs	1
Santa Fe Style Chicken	1
Thick Crust Pizza	1
Turkey & Stuffing	1
Vegetable Lasagna	1
Vegetarian Chili	2
SNACKS	QTY
Chewy Chocolate Fudge Bar	1
Chocolate Lovers' Cake Mug Mix	1
Cinnamon Coffee Cake Mug Mix	1
Coconut Almond Bar	1
Confetti Cake Mug Mix	1
Lemon Cooler Cookie	2
Nacho Puffs	2
Salted Caramel Protein Puffs	1
Smoky BBQ Snack-a-Rounds™	1
Snickerdoodle Cookie	2
Walnut Chocolate Chip Cookies	2
White Cheddar Popcorn	2
Zesty Herb Snack Mix	3

Information Provided by Nutrisystem