

Nutrisystem Back to Basics 4-Week Plan

	Category	Shelf Life (months)	Weight (g)	CALORIES	FAT	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	FIBER	TOTAL SUGAR	PROTEIN
Breakfast													
Apple Cinnamon Granola	Breakfast	12	32	125	1	0	0	0	125	19	8	4	10
Apple Strudel Bar	Breakfast	12	43	160	3	1.5	0	0	90	29	3	11	7
Cherry Almond Bar	Breakfast	12	40	180	13	2	0	0	55	15	8	5	8
Chocolate Chip Baked Bar	Breakfast	9	42	150	4.5	2.5	0	20	190	25	5	9	5
Cinnamon Bun Bar	Breakfast	12	40	150	3.5	2	0	0	85	26	3	7	7
Double Chocolate Muffin	Breakfast	6	57	170	5	2	0	15	240	28	11	9	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
High Protein Pancake Mix	Breakfast	12	38	160	6	1	0	20	380	16	3	1	10
Maple Brown Sugar Oatmeal	Breakfast	12	38	192	1.5	0	0	2	191	35	4	13	8
NutriFlakes Cereal	Breakfast	12	28	152	1	0	0	2	261	29	5	10	7
Strawberry Baked Bar	Breakfast	12	40	160	5	2	0	0	95	25	3	7	6
Sweetened O's	Breakfast	12	31	152	0	0	0	2	51	28	4	14	12
Toffee Nut Bar	Breakfast	12	40	190	15	1.5	0	0	130	12	5	4	7
Tropical Coconut Almond Bar	Breakfast	12	40	210	15	3	0	0	65	13	3	5	8
Lunch													
Beans & Ham Soup	Lunch	18	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
Chicken and Beans in a Tangy BBQ Sauce	Lunch	18	156	170	6	1.5	0	35	380	13	4	4	18
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
Creamy Cauliflower and Chicken	Lunch	18	227	230	13	2	0	45	540	14	4	1	19
Double Chocolate Caramel Bar	Lunch	9	50	180	6	4.5	0	0	230	28	7	12	10
Fudge Graham Bar	Lunch	12	50	200	7	4.5	0	5	190	22	3	12	14
Garlic Cheese Flatbread	Lunch	7	87	250	8	0	0	5	410	20	5	1	10
Mushroom Parmesan Soup with Chicken	Lunch	18	198	210	12	4	0	55	490	7	1	1	18
Spicy Kung Pao Noodles	Lunch	12	48	190	2	0	0	0	480	34	3	4	10
Strawberry Yogurt Bar	Lunch	12	45	170	4.5	3.5	0	0	150	25	5	11	10
Trail Mix Bar	Lunch	9	50	200	8	2.5	0	0	300	24	5	11	12
White Cheddar Mac & Cheese	Lunch	12	56	220	5	2.5	0	15	500	35	3	4	10

Dinner													
BBQ Seasoned Chicken	Dinner	12	113	264	8	1	0	40	464	33	5	11	19
Bean Bolognese	Dinner	12	198	200	4	1.5	0	25	460	30	4	3	11
Chicken Alfredo	Dinner	18	283	260	8	1.5	0	40	590	30	0	2	17
Chicken Paella	Dinner	12	198	220	6	1	0	30	540	29	2	2	16
Chicken Pasta Parmesan	Dinner	12	227	200	4.5	2	0	35	590	24	2	6	15
Chili with Beans	Dinner	12	213	240	8	3.5	0	25	560	27	6	4	14
Hearty Beef Stew	Dinner	18	213	130	3	1.5	0	25	530	14	2	2	12
Meatballs in Marinara Sauce	Dinner	12	113	264	9	2.5	0	40	514	29	4	7	18
Pasta Fagioli	Dinner	18	296	230	5	1	0	0	600	34	6	6	14
Penne Bolognese with Meat Sauce	Dinner	12	255	200	4.5	1.5	0	20	520	24	3	8	17
Ravoli with Meat Sauce	Dinner	18	227	220	5	2.5	0	30	470	29	4	6	14
Rotini & Meatballs	Dinner	18	227	220	6	2.5	0	25	600	26	3	6	17
Santa Fe Style Chicken	Dinner	12	227	240	6	1	0	35	560	30	3	3	17
Thick Crust Pizza	Dinner	7	106	240	6	2.5	0	10	530	36	2	2	10
Turkey & Stuffing	Dinner	18	255	240	9	2.5	0	50	550	21	2	5	19
Vegetable Lasagna	Dinner	24	227	250	7	3.5	0	20	520	37	4	6	11
Vegetarian Chili	Dinner	18	213	210	1.5	0	0	0	600	31	8	5	19
Snacks													
Chewy Chocolate Fudge Bar	Snacks	12	40	150	5	4	0	0	180	20	4	7	10
Chocolate Lovers Cake Mug Mix	Snacks	12	37	150	6	1.5	0	15	160	20	6	8	5
Cinnamon Coffee Cake Mug Mix	Snacks	12	36	150	6	1	0	20	120	20	6	6	5
Coconut Almond Bar	Snacks	12	38	150	7	5	0	0	30	19	4	7	7
Confetti Cake Mug Mix	Snacks	12	37	150	6	1	0	20	110	20	6	6	5
Lemon Cooler Cookie	Snacks	9	36	140	5	3	0	25	75	19	4	8	5
Nacho Puffs	Snacks	12	28	130	5	1	0	10	270	2	0	1	17
Salted Caramel Protein Puffs	Snacks	12	28	130	4.5	1	0	10	100	4	0	2	18
Smoky BBQ Snack-a-Rounds	Snacks	8	35	140	4.5	0.5	0	0	180	19	3	2	7
Snickerdoodle Cookie	Snacks	9	36	130	4	2.5	0	30	125	21	4	9	5
Walnut Chocolate Chip Cookies	Snacks	9	36	150	7	3	0	15	75	17	4	7	8
White Cheddar Popcorn	Snacks	6	28	130	6	1	0	5	250	16	3	1	5
Zesty Herb Snack Mix	Snacks	12	28	120	4	1.5	0	0	290	16	4	1	6

Information Provided by Nutrisystem