

Nutrisystem Fast 5 Four Week Plan

	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
Banana Nut Muffin	Breakfast	6	57	160	4	1	0	15	260	25	6	9	7
Blueberry Lemon Baked Bar	Breakfast	9	42	150	4.5	2.5	0	30	135	23	5	12	6
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	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
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
Oatmeal Cranberry Bites	Breakfast	9	40	160	6	3	0	15	40	20	3	9	8
Sweetened O's	Breakfast	12	31	152	0	0	0	2	51	28	4	14	12
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 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 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
Loaded Potato	Lunch	12	56	220	4.5	3	0	20	500	35	3	7	10
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
Tortilla Soup	Lunch	12	41	150	1.5	0.5	0	5	500	26	5	4	9
Three Cheese Chicken	Lunch	12	48	400	4.5	1.5	0	20	500	31	4	2	10
White Cheddar Mac & Cheese	Lunch	12	56	220	5	2.5	0	15	500	35	3	4	10

[illegible]

Fresh Start Shakes - Chocolate	Shakes	12	36	120	2	1	0	15	190	15	6	7	15
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