



Nutrisystem Fast 5+ Marie's Fall Back to You

	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
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
Cinnamon Raisin Baked Bar	Breakfast	9	42	150	5	3	0	30	135	23	5	12	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
Peanut Butter Granola 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
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
Cheese Tortellini	Lunch	18	213	170	2.5	1	0	10	550	27	2	10	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 Baked Potato	Lunch	12	56	220	4.5	3	0	20	500	35	3	7	10
Tortilla Soup	Lunch	12	41	150	1.5	0.5	0	5	500	26	5	4	9
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
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
White Bean Chicken Chili	Lunch	18	213	180	6	3	0	35	600	20	4	5	12
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 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
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
Hickory Smoke Flavored Beef Patty	Dinner	12	71	130	7	3	0	60	280	1	0	0	16
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	227	270	8	2.5	0	40	590	34	3	3	16
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
Rotini & Meatballs	Dinner	18	227	220	6	2.5	0	25	600	26	3	6	17
Thick Crust Pizza	Dinner	7	106	240	6	2.5	0	10	530	36	2	2	10
Vegetarian Chili	Dinner	18	213	210	1.5	0	0	0	600	31	8	5	19
Snacks													
Cheese Puffs	Snacks	6	33	150	7	1.5	0	5	220	14	3	0	8
Chocolate Chip Cookies	Snacks	9	36	150	6	3.5	0	20	85	18	3	8	7
Chocolate Chunk Cookie	Snacks	9	36	140	7	2.5	0	35	90	18	4	8	5
Chocolatey Pretzel Bar	Snacks	12	40	150	4	2.5	0	0	210	24	5	11	7
Garlic Parmesan Snack-a-rounds	Snacks	8	35	140	5	0.5	0	0	220	18	3	1	7
Honey Mustard Pretzel Bits	Snacks	8	28	140	7	3	0	5	260	12	4	2	8
Popcorn	Snacks	6	28	130	5	0.5	0	10	200	17	4	0	5
Pretzels	Snacks	8	28	100	3.5	1	0	0.5	230	14	5	1	8
Salt & Vinegar Snack-a-rounds	Snacks	8	35	140	4.5	0.5	0	0	210	19	3	1	6
Smoky BBQ Snack-a-rounds	Snacks	8	35	140	4.5	0.5	0	0	160	19	3	2	7
Sweet Jalapeno Chips	Snacks	8	35	150	6	1	0	0	230	13	<1	2	11
Snickerdoodle Cookie	Snacks	9	36	130	4	2.5	0	30	125	21	4	9	5
Vanilla Shortbread Cookies	Snacks	9	40	160	6	3.5	0	20	85	22	5	8	6
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	2	0	0	290	16	4	1	6
Bonus													
NutriCurb Bars (7 Pack)	Bars	12	45	150	3.5	2	0	15	260	21	5	9	13
Turbo Shakes - Chocolate (7 Pack)	Shakes	12	36	130	2.5	1	0	30	160	15	5	8	15
Turbo Shake Chocolate Canister (14 Day Supply)	Shakes	12	35	130	2.5	1	0	30	160	15	5	8	15
Turbo Shake Vanilla Canister (14 Day Supply)	Shakes	12	35	130	2	0.5	0	35	180	15	5	7	15