


QVC May 2014 "Marie's Favorites" with Shakes														
 Nutrisystem Food Nutritional Content	Quantity	Category	Shelf Life (months)	Weight (g)	CALORIES	FAT	SAT. FAT	TRANS-FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	FIBER	TOTAL SUGAR	PROTEIN
	<b>BREAKFAST</b>													
Apple Cinnamon Oatmeal	2	Breakfast	12	37	170	1.5	0	0	0	235	32	3	15	8
Apple Strudel Bar	1	Breakfast	12	43	160	3	1.5	0	0	90	29	3	11	7
Blueberry Muffin	1	Breakfast	6	57	170	3	0.5	0	20	290	28	6	9	7
Chewy Chocolate Chip Granola Bar	3	Breakfast	12	40	150	2	0.5	0	0	75	27	3	8	7
Cinnamon Bun Bar	1	Breakfast	12	40	150	3.5	2.0	0	0	85	26	3	7	7
Double Chocolate Muffin	1	Breakfast	6	57	190	5.0	1.5	0	15	270	30	9	15	7
Granola Cereal	3	Breakfast	12	40	200	2.5	0	0	0	155	37	3	17	8
NutriFlakes Cereal	4	Breakfast	9	28	150	1	0	0	0	275	29	5	10	7
Pancake Mix	2	Breakfast	12	35	150	3	0	0	0	205	26	6	7	9
Sweetened O's Cereal	2	Breakfast	12	28	150	1.5	0	0	0	140	27	3	15	9
<b>LUNCH</b>														
Beans & Ham Soup	1	Lunch	18	213	160	1	0	0	10	440	25	5	3	12
Black Beans & Rice	1	Lunch	12	56	210	1.5	0	0	0	480	40	8	2	10
Cheddar Broccoli Rice	1	Lunch	12	50	200	3.0	2	0	15	470	33	4	3	10
Cheese Tortellini	1	Lunch	18	213	170	2.5	1	0	10	550	27	2	10	10
Chicken Noodle Soup	2	Lunch	18	213	110	2	1	0	25	590	13	0	0	10
Chocolate Peanut Butter Bar	2	Lunch	12	50	210	10	4.5	0	0	210	24	3	12	11
Double Chocolate Caramel Bar	2	Lunch	9	50	190	7	5.0	0	0	170	28	6	11	9
Fettucini Alfredo	1	Lunch	12	51	200	3.5	2	0	10	550	34	3	3	9
Fudge Graham Bar	1	Lunch	12	50	200	7	4.5	0	5	190	22	3	12	14
Homestyle Chicken and Vegetables	2	Lunch	18	213	140	2	1	0	30	480	21	2	2	10
Loaded Baked Potato	1	Lunch	12	50	190	3.5	2	0	10	570	32	2	5	8
Mexican-Style Tortilla Soup	1	Lunch	12	41	150	1.5	0.5	0	5	500	26	5	4	9
Multigrain Rice Pilaf	1	Lunch	12	55	200	3.0	0.5	0	0	490	34	4	2	10
Spicy Kung Pao Noodles	2	Lunch	18	48	190	2	0	0	0	480	34	3	4	10
Trail Mix Bar	1	Lunch	9	50	200	9	3.0	0	0	300	23	5	10	12
<b>DINNER</b>														
Chicken Pasta Parmesan	1	Dinner	18	227	200	4.5	1.5	0	25	600	22	2	4	16
Chicken Pot Pie	1	Dinner	18	241	270	9	3.5	0	30	590	34	3	2	13
Chicken Tortilla Soup	1	Dinner	24	298	230	3	0.5	0	20	680	34	5	6	14
Chili with Beans	1	Dinner	18	213	240	8	3.5	0	25	560	27	6	4	14
Hearty Beef Stew	1	Dinner	18	213	130	3	1.5	0	20	530	14	2	2	12
Hickory Smoked Beef Patty	1	Dinner	18	71	130	7	3	0	55	280	1	0	0	17
Italian Herb Flatbread Pizza	2	Dinner	7	106	270	7	4	0	10	580	35	2	3	11
Macaroni & Cheese	2	Dinner	12	58	250	7	3.5	0	20	550	34	4	3	12
Macaroni & Cheese with Beef	1	Dinner	12	58	240	7	3	0	25	590	35	1	4	11
Pasta Fagioli Soup	2	Dinner	18	298	240	6	1	0	0	600	35	6	5	13
Roast Beef and Gravy with garlic mashed potatoes	1	Dinner	12	198	160	3	1	0	35	570	21	1	1	17
Sandwich Stuffers: Sloppy Joe NEW	1	Dinner	12	113	160	6	2.5	0	35	270	11	2	5	15
Sandwich Stuffers: Chicken BBQ NEW	1	Dinner	12	113	150	6	1	0	40	250	11	2	7	14
Sandwich Stuffers: Meatballs NEW	1	Dinner	12	113	150	7	2.5	0	40	290	7	1	3	15
Spaghetti with Meat Sauce	1	Dinner	18	283	230	6	2.5	0	25	580	30	3	12	15
Thick Crust Pizza	1	Dinner	7	106	250	8	3.5	0	10	570	31	2	2	10
Turkey & Stuffing	1	Dinner	18	255	230	7	2.5	0	50	550	24	1	3	18
<b>DESSERT/SNACK</b>														
Cheese Puffs	2	Dessert	6	33	150	5	0.5	0	0	270	18	3	1	8
Chocolate Caramel Bar	1	Dessert	12	40	150	3.5	2	0	0	150	23	5	10	9
Chocolate Chip Cookies	1	Dessert	9	36	150	6	3.5	0	20	85	18	3	8	7
Chocolate Nougat Bar	1	Dessert	12	41	150	6	3	0	0	45	23	6	11	7
Chocolatey Pretzel Bar	2	Dessert	12	40	150	4	2.5	0	0	210	24	5	11	7
Double Chocolate Peanut Butter Cookie	1	Dessert	9	36	150	6	3.5	0	25	95	19	4	9	6
Golden Pound Cake	1	Dessert	6	48	160	4.5	1	0	15	250	24	5	8	6
Milk Chocolate Flavored Pretzels	2	Dessert	12	30	130	6	4	0	2	70	18	3	11	5
Nacho Cheese Tortilla Chips	1	Dessert	6	28	130	5	0	0	0	280	16	1	1	6
Oatmeal Chocolate Chunk Cookie	1	Dessert	6	42	170	7	4	0	25	140	23	3	8	5
Peanut Butter Cookie	1	Dessert	9	36	160	7	2	0	20	180	20	4	8	5
Peppermint Cookie Patty	1	Dessert	9	39	150	4	4	0	0	20	25	6	15	6
Pretzels	1	Dessert	8	28	100	3.5	1	0	5	230	14	5	1	8
Walnut Chocolate Chip Cookies	1	Dessert	9	36	180	9	4	0	20	80	17	4	10	8
White Cheddar Popcorn	1	Dessert	6	28	130	6	1	0	5	250	16	3	1	5
White Chocolate Chunk Cookies	1	Dessert	9	36	170	8	2.5	0	25	125	22	5	8	5
Zesty Herb Snack Mix	1	Dessert	12	28	120	4	1.5	0	0	290	16	4	1	6