

**Shipment #1**

*Nutrisystem Fast 5 Marie's Fan Favorites 4-week Plan w/ Turbo Shakes*

<b>Breakfast</b>	
Apple Cinnamon Oatmeal	1
Apple Strudel Bar	1
Chewy Chocolate Chip Granola Bar	1
Cinnamon Bun Bar	2
Cinnamon Raisin Baked Bar	1
Granola Cereal	2
Harvest Nut Bar	2
Maple Brown Sugar Oatmeal	1
NutriFlakes	2
Peanut Butter Granola Bar	2
Total	15
<b>Lunch</b>	
Beans & Ham Soup	1
Black Beans & Rice	2
Cheddar Broccoli Rice	2
Chicken Noodle Soup	2
Chocolate Peanut Butter Bar	2
Double Chocolate Caramel Bar	2
Fudge Graham Lunch Bar	2
Spicy Kung Pao Noodles	1
Trail Mix Bar	1
Total	15

<b>Fast 5</b>	
Banana Nut Muffin	1
Blueberry Muffin	1
Chewy Chocolate Chip Granola Bar	1
Cinnamon Bun Bar	1
Cinnamon Streusel Muffin	1
Double Chocolate Muffin	1
Harvest Nut Bar	1
Cheese Tortellini	1
Double Chocolate Caramel bar	1
Fudge Graham Bar	1
Homestyle Chicken	1
Tortilla Soup	1
Tuna Salad	1
White Bean Chicken Chili	1
Chicken Alfredo	1
Chicken Pot Pie	1
Chili with Beans	1
Italian Herb Flatbread Pizza	1
Lasagna with Meat Sauce	1
Rotini & Meatballs	1
Thick Crust Pizza	1
Turbo Shakes (7 Pack)	1
NutriCrush Shakes (7 Pack)	1

<b>Dinner</b>	
BBQ Seasoned Chicken	2
Chicken Pasta Parmesan	1
Chicken Pot Pie	1
Chili with Beans	2
Hearty Beef Stew	2
Italian Herb Flatbread Pizza	2
Mushroom Risotto	1
Thick Crust Pizza	2
Vegetarian Chili	2
Total	15
<b>Snacks</b>	
Cheese Puffs	2
Chocolate Caramel Bar	1
Chocolate Chip Cookies	1
Chocolatey Pretzel Bar	1
Double Chocolate Peanut Butter Cookies	1
Milk Chocolate Covered Pretzel	2
Nutri Chocolates	1
Oatmeal Raisin Cookie	1
Peanut Butter Cookie	1
Popcorn	1
Pretzels	1
White Cheddar Popcorn	1
Zesty Herb Snack Mix	1
Total	15

**Shipments #2-12****Nutrisystem Fast 5 Marie's Fan Favorites 4-week Plan w/ Turbo Shakes**

<b>Breakfast</b>	
Apple Cinnamon Oatmeal	1
Apple Strudel Bar	2
Chewy Chocolate Chip Granola Bar	2
Cinnamon Bun Bar	2
Cinnamon Raisin Baked Bar	1
Granola Cereal	2
Harvest Nut Bar	2
Maple Brown Sugar Oatmeal	2
NutriFlakes	2
Peanut Butter Granola Bar	2
Sweetened O's	2
Total Breakfast	20

<b>Dinner</b>	
BBQ Seasoned Chicken	2
Chicken Pasta Parmesan	2
Chicken Pot Pie	2
Chili with Beans	2
Hearty Beef Stew	2
Italian Herb Flatbread Pizza	2
Lasagna	2
Tuna Casserole	1
Mushroom Risotto	1
Thick Crust Pizza	2
Vegetarian Chili	2
Total Dinner	20

<b>Lunch</b>	
Beans & Ham Soup	1
Black Beans & Rice	2
Cheddar Broccoli Rice	2
Cheese Tortellini	1
Chicken Noodle Soup	2
Chocolate Peanut Butter Bar	2
Double Chocolate Caramel Bar	2
Fudge Graham Lunch Bar	3
Loaded Baked Potato	1
Mexican-Style Tortilla Soup	1
Spicy Kung Pao Noodles	1
Trail Mix Bar	2
Total Lunch	20

<b>Snacks</b>	
Cheese Puffs	2
Chocolate Caramel Bar	1
Chocolate Chip Cookies	2
Chocolatey Pretzel Bar	1
Double Chocolate Peanut Butter Cookies	1
Milk Chocolate Covered Pretzel	2
Nutri Chocolates	2
Oatmeal Raisin Cookie	1
Peanut Butter Cookie	1
Popcorn	1
Pretzels	2
White Cheddar Popcorn	2
Zesty Herb Snack Mix	2
Total Snacks	20
Bonus Turbo Shakes (7 Pack)	1