



Nutrisystem Fast 5+ Marie's Summer Shake-Up

	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 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
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
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 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
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
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
Fiesta Macaroni and Cheese	Dinner	12	255	250	10	3	0	30	470	30	3	3	10
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
Pasta Fagioli	Dinner	18	296	230	5	1	0	0	600	34	6	6	14
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
Tuscan Inspired Pasta	Dinner	18	255	240	6	2	0	30	590	30	3	2	16
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													
Cheese Puffs	Snacks	6	33	150	7	1.5	0	5	220	14	3	0	8
Chocolate Caramel Bar	Snacks	12	40	150	3.5	2	0	0	150	23	5	10	9
Chocolate Chip Cookies	Snacks	9	36	150	6	3.5	0	20	85	18	3	8	7
Chocolatey Pretzel Bar	Snacks	12	40	150	4	2.5	0	0	210	24	5	11	7
Coconut Almond Bar	Snacks	12	38	150	7	5	0	0	30	19	4	7	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