



Nutrisystem Summer Special 4 Week Plan with Weekends Off

	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 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
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
Trail Mix Bar	Lunch	9	50	200	8	2.5	0	0	300	24	5	11	12
White Cheddar Mac & Cheese	Lunch	12	56	220	5	2.5	0	15	500	35	3	4	10
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 Paella	Dinner	12	227	220	6	1	0	30	540	29	2	2	16
Chicken Pasta Parmesan	Dinner	18	227	180	4.5	2	0	35	590	24	2	6	15
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
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
Meatballs in Marinara Sauce	Dinner	12	113	264	9	2.5	0	40	514	29	4	7	18
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
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
Chewy Peanut Bar	Snacks	12	41	180	9	3.5	0	0	110	19	5	9	9
Chocolate Brownie Bar	Snacks	12	40	150	5	4	0	0	190	19	4	7	10
Chocolate Cake	Snacks	6	48	140	4	1	0	15	270	21	5	9	6
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
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
Milk Chocolate Flavored Pretzels	Snacks	12	30	130	6	4	0	2	70	18	3	11	5
Peanut Butter Cookie	Snacks	9	36	140	7	2.5	0	20	160	19	4	8	5
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
Snickerdoodle Cookie	Snacks	9	36	130	4	2.5	0	30	125	21	4	9	5
Walnut Chocolate Chip Cookies	Snacks	9	36	150	7	3	0	15	75	17	4	7	8
White Cheddar Popcorn	Snacks	6	28	130	6	1	0	5	250	16	3	1	5
White Chocolate Chunk Cookie	Snacks	9	36	150	7	2	0	20	115	19	5	8	5
Zesty Herb Snack Mix	Snacks	12	28	120	4	1.5	0	0	290	16	4	1	6
Shakes													
Fresh Start Shakes - Chocolate (7 Pack)	Shakes	12	36	120	2	1	0	15	190	15	6	7	15

Information Provided by Nutrisystem