Nutrisystem® | D®

3-DAY SAMPLE MENU: DIABETES UNIQUELY YOURS PLAN

DAY 1

Breakfast:
Nutrisystem® Cinnamon Streusel Muffin

Mid-Morning Snack:
Apple slices with peanut butter

Lunch:
Nutrisystem® Hamburger and a green salad

Afternoon Snack:
Whole grain crackers and low-fat cheese

Dinner:
Nutrisystem® Mushroom Stuffed Chicken Breast and sautéed spinach

Evening Snack:
Nutrisystem® White Cheddar Popcorn

DAY 2

Breakfast:
Nutrisystem® Canadian Style Turkey Bacon, Egg and Cheese Muffin

Mid-Morning Snack:
Skim latte and melon slices

Lunch:
Flex Lunch—Turkey burger on a whole grain bun and a green salad

Afternoon Snack:
Whole grain toast and almond butter

Dinner:
Nutrisystem® Chicken Parmesan and sautéed green beans

Evening Snack:
Nutrisystem® Ice Cream Sandwich

DAY 3

Breakfast:
Nutrisystem® Thick Sliced French Toast

Mid-Morning Snack:
Almonds and orange slices

Lunch:
Nutrisystem® Pepperoni Pizza Melt and sliced veggies

Afternoon Snack:
Low-fat yogurt and fresh berries

Dinner:
Nutrisystem® Roasted Turkey Medallions and steamed veggies

Evening Snack:
Nutrisystem® White Chocolate Chunk Cookies