NutriSystem Macronutrients

	Entrée Macronutrients					Calories		Add-in Macronutrients					Total Macronutrients				
	Calories	Fat	Carbs	Fiber	Protein	from Carbs		Calories	Fat	Carbs	Fiber	Protein	Calories	Fat	Carbs	Fiber	Protein
Breakfast																	
Scrambled Eggs with Vegetables	120	3.0	11	4	12	37							120	3	11	4	12
Chocolate Frosted Donut	150	4.5	20	5	5	73							150	4.5	20	5	5
Maple Flavored Breakfast Patty	80	4.5	3	1	7	10	Serve with whole grain toast.	100	2.0	18	2	4	180	6.5	21	3	11
Chocolate Chip Scone	150	3.0	23	6	7	83							150	3	23	6	7
Harvest Nut Bar	170	7.0	21	2	7	84							170	7	21	2	7
Cranberry Orange Pastry	150	3.5	24	7	7	85							150	3.5	24	7	7
Chewy Chocolate Chip Granola Bar	150	4.0	23	2	8	92							150	4	23	2	8
Apple Strudel Scone	160	2.5	26	6	7	96							160	2.5	26	6	7
Cluster Crunch Cereal	110	1.5	18	2	6	71	Add 4 oz. fat free milk.	40		6		6	150	1.5	24	2	12
Biscuit & Gravy Mix	160	6.0	28	9	7	98							160	6	28	9	7
Whole Grain O's Cereal	110	2.0	19	3	6	73	Add 4 oz. fat free milk.	40		6		6	150	2	25	3	12
Cinnamon Bun	160	2.0	28	8	7	100							160	2	28	8	7
Cranberry Granola Bar	150	1.0	25	2	8	101							150	1	25	2	8
Banana Nut Muffin	170	3.0	28	6	7	104							170	3	28	6	7
Blueberry Muffin	170	3.0	28	6	7	104							170	3	28	6	7
Double Chocolate Muffin	190	5.0	30	9	7	106							190	5	30	9	7
Sweetened O's Cereal	110	1.5	21	3	5	82	Add 4 oz. fat free milk.	40		6		6	150	1.5	27	3	11
Cinnamon Bun Bar	150	2.5	27	2	7	109							150	2.5	27	2	7
NutriFlakes Cereal - 40% Bran Flakes	110	1.0	23	5	3	86	Add 4 oz. fat free milk.	40		6		6	150	1	29	5	9
Crispy Rice Cereal	110	0.0	23	4	5	88	Add 4 oz. fat free milk.	40		6		6	150	0	29	4	11
Apple Strudel Bar	160	3.0	29	2	7	117							160	3	29	2	7
NutriCinnamon Squares Cereal	120	0.5	23	2	5	92	Add 4 oz. fat free milk.	40		6		6	160	0.5	29	2	11
Blueberry Flavored Pancake Mix	154	3.0	30	5	5	115	Add 2 oz. fat free milk.	22		3		2	176	3	33	5	7
Pancake Mix	154	3.0	30	5	5	115	Add 2 oz. fat free milk.	22		3		2	176	3	33	5	7
Apple Cinnamon Oatmeal	130	1.5	26	3	4	103	Add 4 oz. fat free milk.	40		6		6	170	1.5	32	3	10
Honey Wheat Bagel	170	2.0	33	4	5	130							170	2	33	4	5
Maple Brown Sugar Oatmeal	150	1.5	29	4	4	113	Add 4 oz. fat free milk.	40		6		6	190	1.5	35	4	10
Lowfat Granola Cereal	160	2.5	31	3	4	124	Add 4 oz. fat free milk.	40		6		6	200	2.5	37	3	10

	Entrée Macronutrients					Calories		Add-in Macronutrients					Total Macronutrients				
	Calories	Fat	Carbs	Fiber	Protein	from Carbs		Calories	Fat	Carbs	Fiber	Protein	Calories	Fat	Carbs	Fiber	Protein
Lunch																	
Chicken Noodle Soup	110	2.0	13	0	10	55							110	2	13	0	10
Chicken and Pasta in Cacciatore Sauce	130	2.0	18	2	10	71							130	2	18	2	10
Turkey Hot Dog	80	6.0	1	0	5	4	Serve with whole grain toast.	100	2.0	18	2	4	180	8	19	2	9
Vegetable Beef Soup	130	1.0	19	1	10	78							130	1	19	1	10

Tuna Salad	120	6.5	3	1	13	10	Serve with whole grain toast.	100	2.0	18	2	4	220	8.5	21	3	17
Pasta with Beef	170	4.5	21	2	11	84							170	4.5	21	2	11
Noodles with Chicken and Vegetables	140	2.0	21	2	10	84							140	2	21	2	10
Trail Mix Bar	200	9.0	23	5	12	86							200	9	23	5	12
Cream of Broccoli Soup	160	4.0	22	3	9	86							160	4	22	3	9
Peanut Butter & Jelly Bar	210	8.0	22	2	12	88							210	8	22	2	12
Italian-Style Wedding Soup	160	4.0	22	2	9	88							160	4	22	2	9
Mexican-Style Tortilla Soup	150	1.5	26	5	9	98							150	1.5	26	5	9
Fudge Graham Bar	200	7.0	25	3	13	98							200	7	25	3	13
Chicken Salad	100	5.0	8	2	8	29	Serve with whole grain toast.	100	2.0	18	2	4	200	7	26	4	12
Beans & Ham Soup	150	2.0	30	10	10	104							150	2	30	10	10
Double Chocolate Caramel Bar	190	7.0	28	4	10	109							190	7	28	4	10
Cheese Tortellini	170	2.5	27	2	10	109							170	2.5	27	2	10
Split Pea Soup	170	1.0	31	9	10	110							170	1	31	9	10
Chocolate Peanut Butter Bar	220	10.0	28	3	11	111							220	10	28	3	11
Chocolate Raspberry Bar	190	6.0	28	3	11	111							190	6	28	3	11
Hearty Minestrone Soup	170	1.5	30	4	8	117							170	1.5	30	4	8
Red Beans & Rice with Chicken Sausage	180	2.5	31	4	9	121							180	2.5	31	4	9
Three Cheese Pasta with Chicken	200	4.0	31	3	9	124							200	4	31	3	9
Pasta Parmesan with Broccoli	180	2.0	31	3	8	124							180	2	31	3	8
Cheesy HomeStyle Potatoes	200	4.0	32	3	8	128							200	4	32	3	8
Black Bean Tortilla Soup	210	1.5	37	10	11	133							210	1.5	37	10	11
Fettuccini Alfredo	200	3.5	34	3	9	136							200	3.5	34	3	9
Black Beans and Rice	210	1.5	40	8	10	150							210	1.5	40	8	10

	Entrée Macronutrients					Calories		Add-in Macronutrients					Total Macronutrients				
	Calories	Fat	Carbs	Fiber	Protein	from Carbs		Calories	Fat	Carbs	Fiber	Protein	Calories	Fat	Carbs	Fiber	Protein
Dinner																	
Oriental Steak with Green Peppers and Noodles	220	6.0	17	2	24	67							220	6	17	2	24
Hearty Beef Stew	150	2.5	17	1	16	69							150	2.5	17	1	16
Flame Broiled Beef Patty - Cooked	90	3.5	0	0	15	0	Serve with whole grain toast.	100	2.0	18	2	4	190	5.5	18	2	19
Grilled Chicken Breast	100	1.0	1	0	20	4	Serve with whole grain toast.	100	2.0	18	2	4	200	3	19	2	24
Beef and Noodles In Teriyaki Sauce	210	5.0	20	2	20	80							210	5	20	2	20
Cajun Style Chicken & Sausage	190	5.0	20	2	15	80							190	5	20	2	15
Wedged Potatoes with Beef Strips	180	5.0	21	2	14	84							180	5	21	2	14
Chicken Pasta Parmesan	200	4.5	22	2	16	88							200	4.5	22	2	16
Stroganoff Sauce with Beef and Noodles	240	8.0	23	2	16	92							240	8	23	2	16
Sweet and Sour Chicken With Noodles	200	3.0	23	1	20	94							200	3	23	1	20
Buffalo Chicken Wrap	240	6.0	25	3	23	98							240	6	25	3	23
Chili with Beans	240	8.0	27	6	14	100							240	8	27	6	14
Rotini & Meatballs	220	6.0	26	3	17	103							220	6	26	3	17
Swedish Meatballs with Pasta in Sauce	240	8.0	27	4	15	105							240	8	27	4	15

Vegetarian Chili	210	1.5	31	8	19	113							210	1.5	31	8	19
Chicken Alfredo	250	6.0	29	4	20	113							250	6	29	4	20
Homestyle Beef with Mashed Potatoes & Gravy	220	2.0	30	5	21	115							220	2	30	5	21
BBQ Sauce with Pork Wrap	260	8.0	31	4	22	121							260	8	31	4	22
Thick Crust Pizza	250	8.0	31	2	10	126							250	8	31	2	10
Chicken Tortilla Soup	230	4.0	33	5	14	128							230	4	33	5	14
Macaroni & Cheese	200	4.0	32	2	9	130							200	4	32	2	9
Lasagna with Meat Sauce	280	8.0	33	3	17	132							280	8	33	3	17
Mac & Cheese with Beef	240	7.0	32	1	11	132							240	7	32	1	11
Pasta Fagioli Soup	240	6.0	35	6	13	134							240	6	35	6	13
BBQ Sauce over Beef, Beans and Rice	270	4.0	35	3	20	140							270	4	35	3	20
Italian Herb Flatbread Pizza	270	10.0	34	1	11	141							270	10	34	1	11
Southwest-Style Chicken Wrap	240	6.0	37	6	14	142							240	6	37	6	14
Meatloaf & Tomato Sauce with Mashed Potatoes	260	5.0	37	6	16	142							260	5	37	6	16
Spaghetti with Meat Sauce	250	4.5	37	5	15	144							250	4.5	37	5	15
Vegetable Lasagna with Basil Tomato Sauce	250	7.0	38	6	12	146							250	7	38	6	12
Cheese and Spinach Ravioli with Meat Sauce	260	7.0	37	3	16	149							260	7	37	3	16
Cheese Ravioli with Basil Tomato Sauce	250	6.0	37	3	12	149							250	6	37	3	12
Chicken with Dumplings	240	2.5	37	2	18	151							240	2.5	37	2	18
Pasta Primavera with Tofu	270	6.0	39	4	15	155							270	6	39	4	15
Orange Chicken Breast With Vegetables and Rice	260	6.0	40	3	17	161							260	6	40	3	17
Mushroom Risotto	270	6.0	40	3	14	161							270	6	40	3	14
Sloppy Joe	180	1.5	28	4	13	109	Serve with whole grain toast.	100	2.0	18	2	4	280	3.5	46	6	17
Vegetable Fajita	230	2.5	31	9	21	110	Serve with whole grain toast.	100	2.0	18	2	4	330	4.5	49	11	25

	Entrée Macronutrients					Calories		Add-in Macronutrients					Total Macronutrients				
	Calories	Fat	Carbs	Fiber	Protein	from Carbs		Calories	Fat	Carbs	Fiber	Protein	Calories	Fat	Carbs	Fiber	Protein
Dessert/Snack																	
Nacho Crisps	110	5.0	5	3	11	14							110	5	5	3	11
Buffalo Wing Pretzel Bits	120	6.0	10	3	7	35							120	6	10	3	7
Honey Mustard Pretzel Bits	140	7.0	12	4	8	42							140	7	12	4	8
Chocolate Crunch Bar	140	8.0	11	1	8	44							140	8	11	1	8
Almond Biscotti	130	4.5	13	4	9	46							130	4.5	13	4	9
Pretzels	100	3.5	14	5	8	48							100	3.5	14	5	8
BBQ Soy Chips	120	3.0	13	2	10	50							120	3	13	2	10
Nutrichocolates	150	8.0	13	1	8	52							150	8	13	1	8
Chocolate Chip Cookie	150	7.0	15	4	7	54							150	7	15	4	7
Butter Flavored Popcorn	140	7.0	16	4	4	58							140	7	16	4	4
Zesty Herb Snack Mix	120	4.0	16	4	6	58							120	4	16	4	6
Walnut Chocolate Chip Cookies	180	9.0	17	4	8	63							180	9	17	4	8
White Chocolate Chunk Cookie	160	7.0	17	4	8	63							160	7	17	4	8
Chocolate Peanut Butter Bar	170	8.0	17	3	10	65							170	8	17	3	10

Chocolate Rainbow Delights	140	6.0	16	1	5	65					140	6	16	1	5
Double Chocolate Almond Cookie	160	6.0	18	4	8	67					160	6	18	4	8
Chocolate Chip Cookies	150	6.0	18	3	7	69					150	6	18	3	7
Cheese Puffs	150	5.0	18	3	8	69					150	5	18	3	8
Butterscotch Pudding	60	1.0	13	3	0	48	Add 4 oz. fat free milk.	40	6	6	100	1	19	3	6
Coconut Almond Bar	160	7.0	20	4	7	75					160	7	20	4	7
Peanut Butter Cookie	160	7.0	20	4	5	75					160	7	20	4	5
Chewy Peanut Bar	180	8.0	21	5	7	77					180	8	21	5	7
Fudge Brownie	170	6.0	24	9	5	81					170	6	24	9	5
Oatmeal Raisin Cookie	150	6.0	21	3	4	82					150	6	21	3	4
Chocolate Chocolate Chip Pudding	90	1.5	16	4	6	58	Add 4 oz. fat free milk.	40	6	6	130	1.5	22	4	12
Milk Chocolatey Delight Bar	140	4.0	23	5	7	86					140	4	23	5	7
Chocolatey Nougat Bar with Peanuts and Caramel	160	6.0	23	4	7	88					160	6	23	4	7
Golden Pound Cake	160	5.0	24	5	6	90					160	5	24	5	6
Chocolate Cake	160	4.5	24	5	6	90					160	4.5	24	5	6
Thin Mint Crisp Bar	150	4.5	24	4	8	92					150	4.5	24	4	8
Carrot Cake	160	5.0	25	5	5	94					160	5	25	5	5
Chocolate Caramel Dessert Bar	160	5.0	24	3	8	94					160	5	24	3	8
Chocolate Fudge Bar	150	5.0	24	3	7	94					150	5	24	3	7
Peppermint Cookie Patty	150	5.0	25	4	6	96					150	5	25	4	6
Blueberry Lemon Dessert Bar	160	5.0	25	3	6	98					160	5	25	3	6
Strawberry Shortcake Bar	160	5.0	25	3	6	98					160	5	25	3	6