

# Nutrisystem® MEAL-PLAN

**Friday, August 12, 2011**

| <b>BREAKFAST</b>   | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Double Chocolate Muffin                  | <b>1 Muffin</b>  | <b>190.0</b> |
| <input checked="" type="checkbox"/> Turkey Pepperoni                         | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Fruit Cocktail (canned, packed in water) | <b>0.5 Cup</b>   | <b>38.0</b>  |
| <b>Total</b>   |                  | <b>301.0</b> |

| <b>LUNCH</b>  | QTY/Unit           | Calorie      |
|---|--------------------|--------------|
| <input checked="" type="checkbox"/> Chicken Noodle Soup             | <b>1 Container</b> | <b>110.0</b> |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>       | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                    |              |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>       | <b>25.0</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni                | <b>17 rounds</b>   | <b>73.0</b>  |
| <b>Total</b>  |                    | <b>233.0</b> |

| <b>AFTERNOON SNACK</b>                               | QTY/Unit             | Calorie      |
|--|----------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b>     | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Strawberries     | <b>1.3 cup whole</b> | <b>59.9</b>  |
| <b>Total</b>   |                      | <b>132.9</b> |

| <b>DINNER</b>  | QTY/Unit             | Calorie      |
|--|----------------------|--------------|
| <input checked="" type="checkbox"/> Penne Pasta & Chicken in Alfredo Sauce (Made With Breast Meat) | <b>1 Container</b>   | <b>220.0</b> |
| <input checked="" type="checkbox"/> Broccoli, cooked   | <b>0.5 cup</b>       | <b>21.8</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired                                |                      |              |
| <input checked="" type="checkbox"/> Broccoli, cooked   | <b>0.5 cup</b>       | <b>21.8</b>  |
| <input checked="" type="checkbox"/> Strawberries   | <b>1.3 cup whole</b> | <b>59.9</b>  |
| <input checked="" type="checkbox"/> Olives, black or green   | <b>5 large</b>       | <b>52.5</b>  |
| <b>Total</b>   |                      | <b>376.0</b> |

| <b>DESSERT</b>                                    | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> BBQ Soy Chips | <b>1 Package</b> | <b>120.0</b> |
| <b>Total</b>                                      |                  | <b>120.0</b> |

|                       |  |               |
|-----------------------|--|---------------|
| <b>TOTAL CALORIES</b> |  | <b>1162.9</b> |
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**Saturday, August 13, 2011**

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| <b>BREAKFAST</b>   | QTY/Unit           | Calorie      |
|--|--------------------|--------------|
| <input checked="" type="checkbox"/> Scrambled Eggs with Vegetables | <b>1 Container</b> | <b>120.0</b> |
| <input checked="" type="checkbox"/> Egg                            | <b>1 large</b>     | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Grapefruit                     | <b>0.5 fruit</b>   | <b>51.7</b>  |
| <b>Total</b>   |                    | <b>244.7</b> |

| <b>LUNCH</b>   | QTY/Unit           | Calorie      |
|--|--------------------|--------------|
| <input checked="" type="checkbox"/> Beans & Ham Soup                                       | <b>1 Container</b> | <b>150.0</b> |
| <input checked="" type="checkbox"/> Carrots, raw   | <b>1 cup</b>       | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired                        |                    |              |
| <input checked="" type="checkbox"/> Carrots, raw   | <b>1 cup</b>       | <b>25.0</b>  |
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>      | <b>45.0</b>  |
| <b>Total</b>   |                    | <b>245.0</b> |

| <b>AFTERNOON SNACK</b>   | QTY/Unit       | Calorie      |
|--|----------------|--------------|
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>  | <b>45.0</b>  |
| <input checked="" type="checkbox"/> Apple  | <b>1 large</b> | <b>110.2</b> |
| <b>Total</b>   |                | <b>155.2</b> |

| <b>DINNER</b>  | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Cheese and Spinach Ravioli with Meat Sauce | <b>1 Package</b> | <b>260.0</b> |
| <input checked="" type="checkbox"/> Tomato, canned                             | <b>1 cup</b>     | <b>44.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired            |                  |              |
| <input checked="" type="checkbox"/> Tomato, canned                             | <b>1 cup</b>     | <b>44.0</b>  |
| <input checked="" type="checkbox"/> Tomato, canned                             | <b>1 cup</b>     | <b>44.0</b>  |
| <input checked="" type="checkbox"/> Olives, black or green                     | <b>5 large</b>   | <b>52.5</b>  |
| <b>Total</b>   |                  | <b>444.5</b> |

| <b>DESSERT</b>   | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Zesty Herb Snack Mix | <b>1 Package</b> | <b>120.0</b> |
| <b>Total</b>   |                  | <b>120.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1209.4</b> |
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**Sunday, August 14, 2011**

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| <b>BREAKFAST</b>   | QTY/Unit        | Calorie      |
|--|-----------------|--------------|
| <input checked="" type="checkbox"/> Chocolate Chip Scone | <b>1 Pastry</b> | <b>150.0</b> |
| <input checked="" type="checkbox"/> Yogurt, nonfat       | <b>10 oz</b>    | <b>100.0</b> |
| <input checked="" type="checkbox"/> Grapefruit           | <b>8 oz</b>     | <b>95.3</b>  |
| <b>Total</b>   |                 | <b>345.3</b> |

| <b>LUNCH</b>  | QTY/Unit       | Calorie      |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Steak and Cheese Melt           | <b>1 Piece</b> | <b>260.0</b> |
| <input checked="" type="checkbox"/> Asparagus, cooked               | <b>1 cup</b>   | <b>26.8</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                |              |
| <input checked="" type="checkbox"/> Asparagus, cooked               | <b>1 cup</b>   | <b>26.8</b>  |
| <input checked="" type="checkbox"/> Yogurt, nonfat                  | <b>8 oz</b>    | <b>80.0</b>  |
| <b>Total</b>  |                | <b>393.6</b> |

| <b>AFTERNOON SNACK</b>                             | QTY/Unit       | Calorie      |
|--|----------------|--------------|
| <input checked="" type="checkbox"/> Yogurt, nonfat | <b>10 oz</b>   | <b>100.0</b> |
| <input checked="" type="checkbox"/> Apple          | <b>1 small</b> | <b>55.1</b>  |
| <b>Total</b>                                       |                | <b>155.1</b> |

| <b>DINNER</b>   | QTY/Unit        | Calorie      |
|---|-----------------|--------------|
| <input checked="" type="checkbox"/> Homestyle Beef with Mashed Potatoes and Gravy | <b>1 Entree</b> | <b>220.0</b> |
| <input checked="" type="checkbox"/> Asparagus, cooked                             | <b>1 cup</b>    | <b>26.8</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired               |                 |              |
| <input checked="" type="checkbox"/> Asparagus, cooked                             | <b>1 cup</b>    | <b>26.8</b>  |
| <input checked="" type="checkbox"/> Apple   | <b>1 small</b>  | <b>55.1</b>  |
| <input checked="" type="checkbox"/> Almonds                                       | <b>6 almond</b> | <b>41.6</b>  |
| <b>Total</b>  |                 | <b>370.3</b> |

| <b>DESSERT</b>                                  | QTY/Unit      | Calorie      |
|---|---------------|--------------|
| <input checked="" type="checkbox"/> Carrot Cake | <b>1 Cake</b> | <b>160.0</b> |
| <b>Total</b>                                    |               | <b>160.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1424.3</b> |
|-----------------------|---------------|

Monday, August 15, 2011

| <b>BREAKFAST</b>                                      | QTY/Unit       | Calorie      |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Breakfast Burrito | <b>1 Piece</b> | <b>210.0</b> |
| <input checked="" type="checkbox"/> Yogurt, nonfat    | <b>10 oz</b>   | <b>100.0</b> |

|  |             |              |
|--|-------------|--------------|
| <input checked="" type="checkbox"/> Grapefruit | <b>8 oz</b> | <b>95.3</b>  |
| <b>Total</b>                                   |             | <b>405.3</b> |

| <b>LUNCH</b>   | QTY/Unit           | Calorie      |
|--|--------------------|--------------|
| <input checked="" type="checkbox"/> Fettuccini Alfredo                                     | <b>1 Container</b> | <b>200.0</b> |
| <input checked="" type="checkbox"/> Tomato   | <b>1 medium</b>    | <b>25.8</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired                        |                    |              |
| <input checked="" type="checkbox"/> Tomato   | <b>1 medium</b>    | <b>25.8</b>  |
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>      | <b>45.0</b>  |
| <b>Total</b>   |                    | <b>296.6</b> |

| <b>AFTERNOON SNACK</b>   | QTY/Unit       | Calorie      |
|--|----------------|--------------|
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>  | <b>45.0</b>  |
| <input checked="" type="checkbox"/> Peach  | <b>1 large</b> | <b>60.0</b>  |
| <b>Total</b>   |                | <b>105.0</b> |

| <b>DINNER</b>   | QTY/Unit      | Calorie      |
|---|---------------|--------------|
| <input type="checkbox"/> Nutrisystem® Dinner Entrée                               |               |              |
| <input type="checkbox"/> Vegetable  |               |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired               |               |              |
| <input type="checkbox"/> Vegetable  |               |              |
| <input type="checkbox"/> Vegetable or Fruit                                       |               |              |
| <input checked="" type="checkbox"/> Mayonnaise, reduced fat                       | <b>1 tbsp</b> | <b>32.0</b>  |
| <input checked="" type="checkbox"/> 6 `` Oven-Roasted Chicken Breast Sub (Subway) | <b>2 sub</b>  | <b>660.0</b> |
| <b>Total</b>  |               | <b>692.0</b> |

| <b>DESSERT</b>                                    | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Fudge Brownie | <b>1 Package</b> | <b>170.0</b> |
| <b>Total</b>                                      |                  | <b>170.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1668.9</b> |
|-----------------------|---------------|

**Tuesday, August 16, 2011**

| <b>BREAKFAST</b>  | QTY/Unit       | Calorie      |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Breakfast Burrito   | <b>1 Piece</b> | <b>210.0</b> |
| <input checked="" type="checkbox"/> Beef, lean, trimmed | <b>1 oz</b>    | <b>35.7</b>  |
| <input checked="" type="checkbox"/> Peach               | <b>1 large</b> | <b>60.0</b>  |
| <b>Total</b>  |                | <b>305.7</b> |

| <b>LUNCH</b>  | QTY/Unit       | Calorie      |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Margherita Pizza                | <b>1 Pizza</b> | <b>190.0</b> |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>   | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                |              |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>   | <b>25.0</b>  |
| <input checked="" type="checkbox"/> Beef, lean, trimmed             | <b>1 oz</b>    | <b>35.7</b>  |
| <b>Total</b>  |                | <b>275.7</b> |

| <b>AFTERNOON SNACK</b>                                  | QTY/Unit       | Calorie     |
|---|----------------|-------------|
| <input checked="" type="checkbox"/> Beef, lean, trimmed | <b>1 oz</b>    | <b>35.7</b> |
| <input checked="" type="checkbox"/> Peach               | <b>1 large</b> | <b>60.0</b> |
| <b>Total</b>  |                | <b>95.7</b> |

| <b>DINNER</b>   | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Chicken Enchilada               | <b>1 Package</b> | <b>280.0</b> |
| <input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)      | <b>1 cup</b>     | <b>10.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Tomato                          | <b>1 cup</b>     | <b>37.8</b>  |
| <input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)      | <b>1 cup</b>     | <b>10.0</b>  |
| <input checked="" type="checkbox"/> Avocado                         | <b>0.3 cup</b>   | <b>92.0</b>  |
| <b>Total</b>  |                  | <b>429.8</b> |

| <b>DESSERT</b>                                    | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Fudge Brownie | <b>1 Package</b> | <b>170.0</b> |
| <b>Total</b>                                      |                  | <b>170.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1276.9</b> |
|-----------------------|---------------|

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**Wednesday, August 17, 2011**

| <b>BREAKFAST</b>  | QTY/Unit       | Calorie      |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Breakfast Burrito   | <b>1 Piece</b> | <b>210.0</b> |
| <input checked="" type="checkbox"/> Beef, lean, trimmed | <b>1 oz</b>    | <b>35.7</b>  |
| <input checked="" type="checkbox"/> Peach               | <b>1 large</b> | <b>60.0</b>  |
| <b>Total</b>  |                | <b>305.7</b> |

| <b>LUNCH</b>  | QTY/Unit           | Calorie      |
|---|--------------------|--------------|
| <input checked="" type="checkbox"/> Red Beans and Rice with Chicken Sausage | <b>1 container</b> | <b>180.0</b> |
| <input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)              | <b>1 cup</b>       | <b>10.0</b>  |

|   |              |              |
|---|--------------|--------------|
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |              |              |
| <input checked="" type="checkbox"/> Tomato                          | <b>1 cup</b> | <b>37.8</b>  |
| <input checked="" type="checkbox"/> Beef, lean, trimmed             | <b>1 oz</b>  | <b>35.7</b>  |
|   | <b>Total</b> | <b>263.5</b> |

| <b>AFTERNOON SNACK</b>                                  | QTY/Unit       | Calorie     |
|---|----------------|-------------|
| <input checked="" type="checkbox"/> Beef, lean, trimmed | <b>1 oz</b>    | <b>35.7</b> |
| <input checked="" type="checkbox"/> Peach               | <b>1 large</b> | <b>60.0</b> |
|   | <b>Total</b>   | <b>95.7</b> |

| <b>DINNER</b>   | QTY/Unit            | Calorie      |
|---|---------------------|--------------|
| <input checked="" type="checkbox"/> Flame Broiled Beef Patty - Cooked | <b>1 Beef Patty</b> | <b>90.0</b>  |
| <input checked="" type="checkbox"/> Carrots, raw                      | <b>1 cup</b>        | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired   |                     |              |
| <input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)        | <b>1 cup</b>        | <b>10.0</b>  |
| <input checked="" type="checkbox"/> Peach                             | <b>1 large</b>      | <b>60.0</b>  |
| <input checked="" type="checkbox"/> Almonds                           | <b>6 almond</b>     | <b>41.6</b>  |
| <input checked="" type="checkbox"/> Bread, multigrain                 | <b>1.5 oz</b>       | <b>106.3</b> |
|   | <b>Total</b>        | <b>332.9</b> |

| <b>DESSERT</b>                                    | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Fudge Brownie | <b>1 Package</b> | <b>170.0</b> |
|   | <b>Total</b>     | <b>170.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1167.8</b> |
|-----------------------|---------------|

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**Thursday, August 18, 2011**

| <b>BREAKFAST</b>   | QTY/Unit          | Calorie      |
|--|-------------------|--------------|
| <input checked="" type="checkbox"/> Homestyle Pancakes                                     | <b>2 Pancakes</b> | <b>180.0</b> |
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>     | <b>45.0</b>  |
| <input checked="" type="checkbox"/> Peach  | <b>1 large</b>    | <b>60.0</b>  |
|  | <b>Total</b>      | <b>285.0</b> |

| <b>LUNCH</b>   | QTY/Unit       | Calorie      |
|--|----------------|--------------|
| <input checked="" type="checkbox"/> Chicken Fajita Melt                                    | <b>1 Piece</b> | <b>240.0</b> |
| <input type="checkbox"/> Vegetable   |                |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired                        |                |              |
| <input type="checkbox"/> Vegetable   |                |              |
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>  | <b>45.0</b>  |

|   |                |              |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Peach | <b>1 large</b> | <b>60.0</b>  |
| <b>Total</b>                              |                | <b>345.0</b> |

| <b>AFTERNOON SNACK</b>                               | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Peach            | <b>1 large</b>   | <b>60.0</b>  |
| <b>Total</b>   |                  | <b>133.0</b> |

| <b>DINNER</b>   | QTY/Unit        | Calorie      |
|---|-----------------|--------------|
| <input type="checkbox"/> Nutrisystem® Dinner Entrée                               |                 |              |
| <input type="checkbox"/> Vegetable  |                 |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired               |                 |              |
| <input type="checkbox"/> Vegetable  |                 |              |
| <input type="checkbox"/> Vegetable or Fruit                                       |                 |              |
| <input checked="" type="checkbox"/> Almonds                                       | <b>6 almond</b> | <b>41.6</b>  |
| <input checked="" type="checkbox"/> 6 `` Oven-Roasted Chicken Breast Sub (Subway) | <b>2 sub</b>    | <b>660.0</b> |
| <b>Total</b>  |                 | <b>701.6</b> |

| <b>DESSERT</b>  | QTY/Unit      | Calorie      |
|---|---------------|--------------|
| <input checked="" type="checkbox"/> Golden Pound Cake | <b>1 Cake</b> | <b>160.0</b> |
| <b>Total</b>  |               | <b>160.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1624.6</b> |
|-----------------------|---------------|

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**Friday, August 19, 2011**

| <b>BREAKFAST</b>   | QTY/Unit          | Calorie      |
|--|-------------------|--------------|
| <input checked="" type="checkbox"/> Homestyle Pancakes                                     | <b>2 Pancakes</b> | <b>180.0</b> |
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>     | <b>45.0</b>  |
| <input checked="" type="checkbox"/> Peach  | <b>1 large</b>    | <b>60.0</b>  |
| <b>Total</b>   |                   | <b>285.0</b> |

| <b>LUNCH</b>   | QTY/Unit       | Calorie      |
|--|----------------|--------------|
| <input checked="" type="checkbox"/> Steak and Cheese Melt                                  | <b>1 Piece</b> | <b>260.0</b> |
| <input checked="" type="checkbox"/> Cabbage, raw   | <b>1 cup</b>   | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired                        |                |              |
| <input checked="" type="checkbox"/> Cabbage, raw   | <b>1 cup</b>   | <b>25.0</b>  |
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>  | <b>45.0</b>  |
| <b>Total</b>   |                | <b>355.0</b> |

| <b>AFTERNOON SNACK</b>                               | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Peach            | <b>1 large</b>   | <b>60.0</b>  |
| <b>Total</b>   |                  | <b>133.0</b> |

| <b>DINNER</b>   | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Thick Crust Pizza               | <b>1 Package</b> | <b>250.0</b> |
| <input checked="" type="checkbox"/> Cabbage, raw                    | <b>1 cup</b>     | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Cabbage, raw                    | <b>1 cup</b>     | <b>25.0</b>  |
| <input checked="" type="checkbox"/> Cabbage, raw                    | <b>1 cup</b>     | <b>25.0</b>  |
| <input type="checkbox"/> Fat  |                  |              |
| <input checked="" type="checkbox"/> Turkey Breast                   | <b>3 oz</b>      | <b>88.5</b>  |
| <b>Total</b>  |                  | <b>413.5</b> |

| <b>DESSERT</b>                                    | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Fudge Brownie | <b>1 Package</b> | <b>170.0</b> |
| <b>Total</b>                                      |                  | <b>170.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1356.5</b> |
|-----------------------|---------------|

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**Saturday, August 20, 2011**

| <b>BREAKFAST</b>                                       | QTY/Unit      | Calorie      |
|--|---------------|--------------|
| <input type="checkbox"/> Nutrisystem® Breakfast Entrée |               |              |
| <input type="checkbox"/> Dairy or Protein              |               |              |
| <input type="checkbox"/> Fruit                         |               |              |
| <input checked="" type="checkbox"/> Ihop veggie omlete | <b>1 meal</b> | <b>320.0</b> |
| <b>Total</b>   |               | <b>320.0</b> |

| <b>LUNCH</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input type="checkbox"/> Nutrisystem® Lunch Entrée                  |                  |              |
| <input type="checkbox"/> Vegetable                                  |                  |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input type="checkbox"/> Vegetable                                  |                  |              |
| <input type="checkbox"/> Dairy or Protein                           |                  |              |
| <input checked="" type="checkbox"/> GARLIC BREAD                    | <b>1 PIECE</b>   | <b>233.0</b> |
| <input checked="" type="checkbox"/> HOUSE SALAD W/ DRESSING         | <b>1 REGULAR</b> | <b>377.0</b> |
| <input checked="" type="checkbox"/> LOADED BAKED POTATO             | <b>1 ITEM</b>    | <b>400.0</b> |

|   |              |               |
|---|--------------|---------------|
| <input checked="" type="checkbox"/> RIB EYE STEAK | <b>14 oz</b> | <b>1193.0</b> |
| <b>Total</b>                                      |              | <b>2203.0</b> |

| <b>AFTERNOON SNACK</b>   | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input type="checkbox"/> Dairy or Protein  |                  |              |
| <input type="checkbox"/> Fruit   |                  |              |
| <input checked="" type="checkbox"/> Toasted Corn Tortilla Chips (Doritos)                              | <b>40 chips</b>  | <b>430.8</b> |
| <input checked="" type="checkbox"/> Corn Dog, Meat-free (Morningstar Farms) ,Veggie Dog In Corn Batter | <b>2 corndog</b> | <b>300.0</b> |
| <b>Total</b>   |                  | <b>730.8</b> |

| <b>DINNER</b>  | QTY/Unit         | Calorie       |
|--|------------------|---------------|
| <input type="checkbox"/> Nutrisystem® Dinner Entrée                  |                  |               |
| <input type="checkbox"/> Vegetable                                   |                  |               |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired  |                  |               |
| <input type="checkbox"/> Vegetable                                   |                  |               |
| <input type="checkbox"/> Vegetable or Fruit                          |                  |               |
| <input type="checkbox"/> Fat   |                  |               |
| <input checked="" type="checkbox"/> Taco (Taco Bell)                 | <b>4 taco</b>    | <b>680.0</b>  |
| <input checked="" type="checkbox"/> Burrito Beef Supreme (Taco Bell) | <b>1 burrito</b> | <b>440.0</b>  |
| <b>Total</b>   |                  | <b>1120.0</b> |

| <b>DESSERT</b>  | QTY/Unit     | Calorie      |
|---|--------------|--------------|
| <input type="checkbox"/> Nutrisystem® Dessert Entrée          |              |              |
| <input checked="" type="checkbox"/> Milk Chocolate Bar (Dove) | <b>3 bar</b> | <b>615.0</b> |
| <b>Total</b>  |              | <b>615.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>4988.8</b> |
|-----------------------|---------------|

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**Sunday, August 21, 2011**

| <b>BREAKFAST</b>                                       | QTY/Unit | Calorie |
|--|----------|---------|
| <input type="checkbox"/> Nutrisystem® Breakfast Entrée |          |         |
| <input type="checkbox"/> Dairy or Protein              |          |         |
| <input type="checkbox"/> Fruit                         |          |         |
| <b>Total</b>   |          |         |

| <b>LUNCH</b>  | QTY/Unit           | Calorie      |
|---|--------------------|--------------|
| <input checked="" type="checkbox"/> Pasta with Beef | <b>1 Container</b> | <b>170.0</b> |
| <input checked="" type="checkbox"/> Tomato, canned  | <b>0.5 cup</b>     | <b>22.0</b>  |

|   |                  |              |
|---|------------------|--------------|
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Tomato, canned                  | <b>0.5 cup</b>   | <b>22.0</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni                | <b>17 rounds</b> | <b>73.0</b>  |
|   | <b>Total</b>     | <b>287.0</b> |

| <b>AFTERNOON SNACK</b>                               | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Peach            | <b>1 large</b>   | <b>60.0</b>  |
|  | <b>Total</b>     | <b>133.0</b> |

| <b>DINNER</b>   | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Asian - Style Beef              | <b>1 Package</b> | <b>300.0</b> |
| <input checked="" type="checkbox"/> Cucumber                        | <b>0.5 cup</b>   | <b>7.8</b>   |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Cucumber                        | <b>0.5 cup</b>   | <b>7.8</b>   |
| <input checked="" type="checkbox"/> Cucumber                        | <b>0.5 cup</b>   | <b>7.8</b>   |
| <input checked="" type="checkbox"/> Almonds                         | <b>6 almond</b>  | <b>41.6</b>  |
|   | <b>Total</b>     | <b>365.0</b> |

| <b>DESSERT</b>   | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Honey Mustard Pretzel Bits | <b>1 Package</b> | <b>140.0</b> |
|  | <b>Total</b>     | <b>140.0</b> |

|                       |              |
|-----------------------|--------------|
| <b>TOTAL CALORIES</b> | <b>925.0</b> |
|-----------------------|--------------|

**Monday, August 22, 2011**

| <b>BREAKFAST</b>  | QTY/Unit       | Calorie      |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Golden French Toast | <b>1 Piece</b> | <b>110.0</b> |
| <input checked="" type="checkbox"/> Egg                 | <b>1 large</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Pear                | <b>1 small</b> | <b>65.8</b>  |
|   | <b>Total</b>   | <b>248.8</b> |

| <b>LUNCH</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Chicken Quesadilla              | <b>1 piece</b>   | <b>220.0</b> |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>     | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>     | <b>25.0</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni                | <b>17 rounds</b> | <b>73.0</b>  |
|   | <b>Total</b>     | <b>343.0</b> |

| <b>AFTERNOON SNACK</b>                               | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Peach            | <b>1 large</b>   | <b>60.0</b>  |
| <b>Total</b>   |                  | <b>133.0</b> |

| <b>DINNER</b>  | QTY/Unit     | Calorie      |
|--|--------------|--------------|
| <input type="checkbox"/> Nutrisystem® Dinner Entrée                              |              |              |
| <input type="checkbox"/> Vegetable   |              |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired              |              |              |
| <input type="checkbox"/> Vegetable   |              |              |
| <input type="checkbox"/> Vegetable or Fruit                                      |              |              |
| <input type="checkbox"/> Fat   |              |              |
| <input checked="" type="checkbox"/> 6`` Oven-Roasted Chicken Breast Sub (Subway) | <b>2 sub</b> | <b>660.0</b> |
| <b>Total</b>   |              | <b>660.0</b> |

| <b>DESSERT</b>                               | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Pretzels | <b>1 Package</b> | <b>120.0</b> |
| <b>Total</b>                                 |                  | <b>120.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1504.8</b> |
|-----------------------|---------------|

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**Tuesday, August 23, 2011**

| <b>BREAKFAST</b>   | QTY/Unit          | Calorie      |
|--|-------------------|--------------|
| <input checked="" type="checkbox"/> Homestyle Pancakes                                     | <b>2 Pancakes</b> | <b>180.0</b> |
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>     | <b>45.0</b>  |
| <input checked="" type="checkbox"/> Peach  | <b>1 large</b>    | <b>60.0</b>  |
| <b>Total</b>   |                   | <b>285.0</b> |

| <b>LUNCH</b>   | QTY/Unit       | Calorie      |
|--|----------------|--------------|
| <input checked="" type="checkbox"/> Margherita Pizza                                       | <b>1 Pizza</b> | <b>190.0</b> |
| <input checked="" type="checkbox"/> Carrots, raw   | <b>1 cup</b>   | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired                        |                |              |
| <input checked="" type="checkbox"/> Carrots, raw   | <b>1 cup</b>   | <b>25.0</b>  |
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>  | <b>45.0</b>  |
| <b>Total</b>   |                | <b>285.0</b> |

| <b>AFTERNOON SNACK</b>   | QTY/Unit      | Calorie     |
|--|---------------|-------------|
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b> | <b>45.0</b> |

|   |                |              |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Peach | <b>1 large</b> | <b>60.0</b>  |
| <b>Total</b>                              |                | <b>105.0</b> |

| <b>DINNER</b>  | QTY/Unit           | Calorie      |
|--|--------------------|--------------|
| <input checked="" type="checkbox"/> Penne Pasta & Chicken in Alfredo Sauce (Made With Breast Meat) | <b>1 Container</b> | <b>220.0</b> |
| <input checked="" type="checkbox"/> Tomato   | <b>1 medium</b>    | <b>25.8</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired                                |                    |              |
| <input checked="" type="checkbox"/> Tomato   | <b>1 medium</b>    | <b>25.8</b>  |
| <input checked="" type="checkbox"/> Tomato   | <b>1 medium</b>    | <b>25.8</b>  |
| <input checked="" type="checkbox"/> Olives, black or green   | <b>5 large</b>     | <b>52.5</b>  |
| <b>Total</b>   |                    | <b>349.9</b> |

| <b>DESSERT</b>                                     | QTY/Unit      | Calorie      |
|--|---------------|--------------|
| <input checked="" type="checkbox"/> Chocolate Cake | <b>1 Cake</b> | <b>160.0</b> |
| <b>Total</b>                                       |               | <b>160.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1184.9</b> |
|-----------------------|---------------|

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**Wednesday, August 24, 2011**

| <b>BREAKFAST</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Ham and Cheese Omelet | <b>1 Omelet</b>  | <b>90.0</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni      | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Peach                 | <b>1 large</b>   | <b>60.0</b>  |
| <b>Total</b>  |                  | <b>223.0</b> |

| <b>LUNCH</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Margherita Pizza                | <b>1 Pizza</b>   | <b>190.0</b> |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>     | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Carrots, cooked                 | <b>0.5 cup</b>   | <b>19.7</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni                | <b>17 rounds</b> | <b>73.0</b>  |
| <b>Total</b>  |                  | <b>307.7</b> |

| <b>AFTERNOON SNACK</b>                               | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Peach            | <b>1 large</b>   | <b>60.0</b>  |
| <b>Total</b>   |                  | <b>133.0</b> |

| <b>DINNER</b>   | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Thick Crust Pizza               | <b>1 Package</b> | <b>250.0</b> |
| <input type="checkbox"/> Vegetable                                  |                  |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input type="checkbox"/> Vegetable                                  |                  |              |
| <input checked="" type="checkbox"/> Peach                           | <b>2 large</b>   | <b>120.0</b> |
| <input checked="" type="checkbox"/> Olives, black or green          | <b>5 large</b>   | <b>52.5</b>  |
|   | <b>Total</b>     | <b>422.5</b> |

| <b>DESSERT</b>   | QTY/Unit     | Calorie      |
|--|--------------|--------------|
| <input checked="" type="checkbox"/> Chocolatey Nougat Bar with Peanuts and Caramel | <b>1 Bar</b> | <b>160.0</b> |
|  | <b>Total</b> | <b>160.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1246.2</b> |
|-----------------------|---------------|

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**Thursday, August 25, 2011**

| <b>BREAKFAST</b>   | QTY/Unit          | Calorie      |
|--|-------------------|--------------|
| <input checked="" type="checkbox"/> Homestyle Pancakes                                     | <b>2 Pancakes</b> | <b>180.0</b> |
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>     | <b>45.0</b>  |
| <input checked="" type="checkbox"/> Peach  | <b>1 large</b>    | <b>60.0</b>  |
|  | <b>Total</b>      | <b>285.0</b> |

| <b>LUNCH</b>   | QTY/Unit       | Calorie      |
|--|----------------|--------------|
| <input checked="" type="checkbox"/> Steak and Cheese Melt                                  | <b>1 Piece</b> | <b>260.0</b> |
| <input checked="" type="checkbox"/> Carrots, raw   | <b>1 cup</b>   | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired                        |                |              |
| <input checked="" type="checkbox"/> Carrots, raw   | <b>1 cup</b>   | <b>25.0</b>  |
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>  | <b>45.0</b>  |
|  | <b>Total</b>   | <b>355.0</b> |

| <b>AFTERNOON SNACK</b>   | QTY/Unit       | Calorie      |
|--|----------------|--------------|
| <input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium | <b>1 link</b>  | <b>45.0</b>  |
| <input checked="" type="checkbox"/> Peach  | <b>1 large</b> | <b>60.0</b>  |
|  | <b>Total</b>   | <b>105.0</b> |

| <b>DINNER</b>   | QTY/Unit        | Calorie      |
|---|-----------------|--------------|
| <input checked="" type="checkbox"/> Homestyle Beef with Mashed Potatoes and Gravy | <b>1 Entree</b> | <b>220.0</b> |
| <input checked="" type="checkbox"/> Broccoli, cooked                              | <b>0.5 cup</b>  | <b>21.8</b>  |

|   |                 |              |
|---|-----------------|--------------|
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                 |              |
| <input checked="" type="checkbox"/> Broccoli, cooked                | <b>0.5 cup</b>  | <b>21.8</b>  |
| <input checked="" type="checkbox"/> Broccoli, cooked                | <b>0.5 cup</b>  | <b>21.8</b>  |
| <input checked="" type="checkbox"/> Almonds                         | <b>6 almond</b> | <b>41.6</b>  |
|   | <b>Total</b>    | <b>327.0</b> |

| <b>DESSERT</b>                                    | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Fudge Brownie | <b>1 Package</b> | <b>170.0</b> |
|   | <b>Total</b>     | <b>170.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1242.0</b> |
|-----------------------|---------------|

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**Friday, August 26, 2011**

| <b>BREAKFAST</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Ham and Cheese Omelet | <b>1 Omelet</b>  | <b>90.0</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni      | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Peach                 | <b>1 large</b>   | <b>60.0</b>  |
|   | <b>Total</b>     | <b>223.0</b> |

| <b>LUNCH</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Hot Dog                  | <b>1 Hot Dog</b> | <b>80.0</b>  |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>     | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>     | <b>25.0</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni                | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Corn, yellow or white           | <b>0.5 cup</b>   | <b>66.0</b>  |
|   | <b>Total</b>     | <b>269.0</b> |

| <b>AFTERNOON SNACK</b>                               | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Peach (fresh)    | <b>1 medium</b>  | <b>58.0</b>  |
|  | <b>Total</b>     | <b>131.0</b> |

| <b>DINNER</b>   | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Macaroni & Cheese               | <b>1 Package</b> | <b>200.0</b> |
| <input checked="" type="checkbox"/> Green Beans, cooked             | <b>0.5 cup</b>   | <b>21.9</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Green Beans, cooked             | <b>0.5 cup</b>   | <b>21.9</b>  |
| <input checked="" type="checkbox"/> Peach                           | <b>1 large</b>   | <b>60.0</b>  |

|   |                 |              |
|---|-----------------|--------------|
| <input checked="" type="checkbox"/> Almonds | <b>6 almond</b> | <b>41.6</b>  |
| <b>Total</b>                                |                 | <b>345.4</b> |

| <b>DESSERT</b>   | QTY/Unit           | Calorie      |
|--|--------------------|--------------|
| <input checked="" type="checkbox"/> Caramel Swirl Sundae | <b>1 container</b> | <b>110.0</b> |
| <b>Total</b>   |                    | <b>110.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1078.4</b> |
|-----------------------|---------------|

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**Saturday, August 27, 2011**

| <b>BREAKFAST</b>   | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Maple Flavored Breakfast Patty | <b>1 Package</b> | <b>80.0</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni               | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Peach                          | <b>1 large</b>   | <b>60.0</b>  |
| <input checked="" type="checkbox"/> Corn, yellow or white          | <b>0.5 cup</b>   | <b>66.0</b>  |
| <b>Total</b>   |                  | <b>279.0</b> |

| <b>LUNCH</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Hot Dog                  | <b>1 Hot Dog</b> | <b>80.0</b>  |
| <input checked="" type="checkbox"/> Cabbage, raw                    | <b>1 cup</b>     | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>     | <b>25.0</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni                | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Corn, yellow or white           | <b>0.5 cup</b>   | <b>66.0</b>  |
| <b>Total</b>  |                  | <b>269.0</b> |

| <b>AFTERNOON SNACK</b>                               | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Peach (fresh)    | <b>1 medium</b>  | <b>58.0</b>  |
| <b>Total</b>   |                  | <b>131.0</b> |

| <b>DINNER</b>   | QTY/Unit            | Calorie     |
|---|---------------------|-------------|
| <input checked="" type="checkbox"/> Flame Broiled Beef Patty - Cooked | <b>1 Beef Patty</b> | <b>90.0</b> |
| <input checked="" type="checkbox"/> Tomato                            | <b>1 cup</b>        | <b>37.8</b> |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired   |                     |             |
| <input checked="" type="checkbox"/> Bell Peppers, red or green, raw   | <b>1 cup</b>        | <b>18.0</b> |
| <input checked="" type="checkbox"/> Peach                             | <b>1 large</b>      | <b>60.0</b> |
| <input checked="" type="checkbox"/> Peanuts                           | <b>10 large</b>     | <b>45.4</b> |

|   |                |              |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Corn, yellow or white | <b>0.5 cup</b> | <b>66.0</b>  |
| <b>Total</b>  |                | <b>317.2</b> |

| <b>DESSERT</b>   | QTY/Unit           | Calorie      |
|--|--------------------|--------------|
| <input checked="" type="checkbox"/> Caramel Swirl Sundae | <b>1 container</b> | <b>110.0</b> |
| <b>Total</b>   |                    | <b>110.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1106.2</b> |
|-----------------------|---------------|

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**Sunday, August 28, 2011**

| <b>BREAKFAST</b>  | QTY/Unit       | Calorie      |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Cranberry Granola Bar | <b>1 Bar</b>   | <b>150.0</b> |
| <input checked="" type="checkbox"/> String Cheese, lowfat | <b>1 piece</b> | <b>60.0</b>  |
| <input checked="" type="checkbox"/> Peach                 | <b>1 large</b> | <b>60.0</b>  |
| <b>Total</b>  |                | <b>270.0</b> |

| <b>LUNCH</b>   | QTY/Unit       | Calorie      |
|--|----------------|--------------|
| <input checked="" type="checkbox"/> Chicken Fajita Melt                | <b>1 Piece</b> | <b>240.0</b> |
| <input checked="" type="checkbox"/> Tomato                             | <b>1 cup</b>   | <b>37.8</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired    |                |              |
| <input checked="" type="checkbox"/> Bell Peppers, red or green, cooked | <b>0.5 cup</b> | <b>19.0</b>  |
| <input checked="" type="checkbox"/> String Cheese, lowfat              | <b>1 piece</b> | <b>60.0</b>  |
| <b>Total</b>   |                | <b>356.8</b> |

| <b>AFTERNOON SNACK</b>                                    | QTY/Unit       | Calorie      |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> String Cheese, lowfat | <b>1 piece</b> | <b>60.0</b>  |
| <input checked="" type="checkbox"/> Peach                 | <b>1 large</b> | <b>60.0</b>  |
| <b>Total</b>  |                | <b>120.0</b> |

| <b>DINNER</b>  | QTY/Unit       | Calorie      |
|--|----------------|--------------|
| <input type="checkbox"/> Nutrisystem® Dinner Entrée                              |                |              |
| <input type="checkbox"/> Vegetable   |                |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired              |                |              |
| <input type="checkbox"/> Vegetable   |                |              |
| <input checked="" type="checkbox"/> Peach  | <b>1 large</b> | <b>60.0</b>  |
| <input type="checkbox"/> Fat   |                |              |
| <input checked="" type="checkbox"/> 6`` Oven-Roasted Chicken Breast Sub (Subway) | <b>2 sub</b>   | <b>660.0</b> |
| <b>Total</b>   |                | <b>720.0</b> |

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| <b>DESSERT</b>                                       | QTY/Unit | Calorie       |
|--|----------|---------------|
| <input type="checkbox"/> Nutrisystem® Dessert Entrée |          |               |
| <b>Total</b>   |          |               |
| <b>TOTAL CALORIES</b>                                |          | <b>1466.8</b> |

Monday, August 29, 2011

| <b>BREAKFAST</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Cranberry Orange Pastry | <b>1 Package</b> | <b>150.0</b> |
| <input checked="" type="checkbox"/> String Cheese, lowfat   | <b>1 piece</b>   | <b>60.0</b>  |
| <input checked="" type="checkbox"/> Peach (fresh)           | <b>1 medium</b>  | <b>58.0</b>  |
| <b>Total</b>  |                  | <b>268.0</b> |

| <b>LUNCH</b>  | QTY/Unit           | Calorie      |
|---|--------------------|--------------|
| <input checked="" type="checkbox"/> Hearty Minestrone Soup          | <b>1 Container</b> | <b>170.0</b> |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>       | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                    |              |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>       | <b>25.0</b>  |
| <input checked="" type="checkbox"/> String Cheese, lowfat           | <b>1 piece</b>     | <b>60.0</b>  |
| <b>Total</b>  |                    | <b>280.0</b> |

| <b>AFTERNOON SNACK</b>                                    | QTY/Unit        | Calorie      |
|---|-----------------|--------------|
| <input checked="" type="checkbox"/> String Cheese, lowfat | <b>1 piece</b>  | <b>60.0</b>  |
| <input checked="" type="checkbox"/> Peach (fresh)         | <b>1 medium</b> | <b>58.0</b>  |
| <b>Total</b>  |                 | <b>118.0</b> |

| <b>DINNER</b>  | QTY/Unit        | Calorie      |
|--|-----------------|--------------|
| <input type="checkbox"/> Nutrisystem® Dinner Entrée                              |                 |              |
| <input type="checkbox"/> Vegetable   |                 |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired              |                 |              |
| <input type="checkbox"/> Vegetable   |                 |              |
| <input type="checkbox"/> Vegetable or Fruit                                      |                 |              |
| <input checked="" type="checkbox"/> Peanuts                                      | <b>10 large</b> | <b>45.4</b>  |
| <input checked="" type="checkbox"/> 6`` Oven-Roasted Chicken Breast Sub (Subway) | <b>2 sub</b>    | <b>660.0</b> |
| <b>Total</b>   |                 | <b>705.4</b> |

| <b>DESSERT</b>                                       | QTY/Unit | Calorie |
|--|----------|---------|
| <input type="checkbox"/> Nutrisystem® Dessert Entrée |          |         |
| <b>Total</b>   |          |         |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1371.4</b> |
|-----------------------|---------------|

**Tuesday, August 30, 2011**

| <b>BREAKFAST</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Cranberry Orange Pastry | <b>1 Package</b> | <b>150.0</b> |
| <input checked="" type="checkbox"/> String Cheese, lowfat   | <b>1 piece</b>   | <b>60.0</b>  |
| <input checked="" type="checkbox"/> Peach (fresh)           | <b>1 medium</b>  | <b>58.0</b>  |
|   | <b>Total</b>     | <b>268.0</b> |

| <b>LUNCH</b>  | QTY/Unit           | Calorie      |
|---|--------------------|--------------|
| <input checked="" type="checkbox"/> Cheesy HomeStyle Potatoes       | <b>1 Container</b> | <b>200.0</b> |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>       | <b>25.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                    |              |
| <input checked="" type="checkbox"/> Carrots, raw                    | <b>1 cup</b>       | <b>25.0</b>  |
| <input checked="" type="checkbox"/> String Cheese, lowfat           | <b>1 piece</b>     | <b>60.0</b>  |
|   | <b>Total</b>       | <b>310.0</b> |

| <b>AFTERNOON SNACK</b>                                    | QTY/Unit       | Calorie      |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> String Cheese, lowfat | <b>1 piece</b> | <b>60.0</b>  |
| <input checked="" type="checkbox"/> Pear                  | <b>1 pear</b>  | <b>96.3</b>  |
|   | <b>Total</b>   | <b>156.3</b> |

| <b>DINNER</b>   | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Spinach and cheese stuffed shells | <b>1 package</b> | <b>270.0</b> |
| <input checked="" type="checkbox"/> Broccoli, cooked                  | <b>0.5 cup</b>   | <b>21.8</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired   |                  |              |
| <input checked="" type="checkbox"/> Broccoli, cooked                  | <b>0.5 cup</b>   | <b>21.8</b>  |
| <input checked="" type="checkbox"/> Tomato, canned                    | <b>0.5 cup</b>   | <b>22.0</b>  |
| <input checked="" type="checkbox"/> Peanuts                           | <b>10 large</b>  | <b>45.4</b>  |
|   | <b>Total</b>     | <b>381.0</b> |

| <b>DESSERT</b>                                    | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Fudge Brownie | <b>1 Package</b> | <b>170.0</b> |
|   | <b>Total</b>     | <b>170.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1285.3</b> |
|-----------------------|---------------|

**Wednesday, August 31, 2011**

| <b>BREAKFAST</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Cinnamon Bun            | <b>1 Piece</b>   | <b>160.0</b> |
| <input checked="" type="checkbox"/> Turkey Pepperoni        | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Applesauce, unsweetened | <b>0.5 cup</b>   | <b>52.5</b>  |
| <b>Total</b>  |                  | <b>285.5</b> |

| <b>LUNCH</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Meatball Parmesan Melt          | <b>1 piece</b>   | <b>230.0</b> |
| <input checked="" type="checkbox"/> Tomatoes, Cherry                | <b>1 cup</b>     | <b>30.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Tomatoes, Cherry                | <b>1 cup</b>     | <b>30.0</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni                | <b>17 rounds</b> | <b>73.0</b>  |
| <b>Total</b>  |                  | <b>363.0</b> |

| <b>AFTERNOON SNACK</b>                               | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Nectarine        | <b>1 medium</b>  | <b>60.7</b>  |
| <b>Total</b>   |                  | <b>133.7</b> |

| <b>DINNER</b>   | QTY/Unit     | Calorie      |
|---|--------------|--------------|
| <input type="checkbox"/> Nutrisystem® Dinner Entrée                               |              |              |
| <input type="checkbox"/> Vegetable  |              |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired               |              |              |
| <input type="checkbox"/> Vegetable  |              |              |
| <input type="checkbox"/> Vegetable or Fruit                                       |              |              |
| <input type="checkbox"/> Fat  |              |              |
| <input checked="" type="checkbox"/> 6 `` Oven-Roasted Chicken Breast Sub (Subway) | <b>2 sub</b> | <b>660.0</b> |
| <b>Total</b>  |              | <b>660.0</b> |

| <b>DESSERT</b>                                       | QTY/Unit | Calorie |
|--|----------|---------|
| <input type="checkbox"/> Nutrisystem® Dessert Entrée |          |         |
| <b>Total</b>   |          |         |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1442.2</b> |
|-----------------------|---------------|

**Thursday, September 01, 2011**

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| <b>BREAKFAST</b>  | QTY/Unit       | Calorie      |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Cinnamon Bun            | <b>1 Piece</b> | <b>160.0</b> |
| <input checked="" type="checkbox"/> Ham, low-fat            | <b>1 oz</b>    | <b>30.0</b>  |
| <input checked="" type="checkbox"/> Applesauce, unsweetened | <b>0.5 cup</b> | <b>52.5</b>  |
| <b>Total</b>  |                | <b>242.5</b> |

| <b>LUNCH</b>  | QTY/Unit       | Calorie      |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Steak and Cheese Melt           | <b>1 Piece</b> | <b>260.0</b> |
| <input checked="" type="checkbox"/> Tomatoes, Grape                 | <b>1 cup</b>   | <b>50.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                |              |
| <input checked="" type="checkbox"/> Tomatoes, Cherry                | <b>1 cup</b>   | <b>30.0</b>  |
| <input checked="" type="checkbox"/> Ham, low-fat                    | <b>1 oz</b>    | <b>30.0</b>  |
| <b>Total</b>  |                | <b>370.0</b> |

| <b>AFTERNOON SNACK</b>                           | QTY/Unit       | Calorie     |
|--|----------------|-------------|
| <input checked="" type="checkbox"/> Ham, low-fat | <b>1 oz</b>    | <b>30.0</b> |
| <input checked="" type="checkbox"/> Pear         | <b>1 small</b> | <b>65.8</b> |
| <b>Total</b>                                     |                | <b>95.8</b> |

| <b>DINNER</b>   | QTY/Unit        | Calorie      |
|---|-----------------|--------------|
| <input type="checkbox"/> Nutrisystem® Dinner Entrée                               |                 |              |
| <input type="checkbox"/> Vegetable  |                 |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired               |                 |              |
| <input type="checkbox"/> Vegetable  |                 |              |
| <input type="checkbox"/> Vegetable or Fruit                                       |                 |              |
| <input checked="" type="checkbox"/> Peanuts                                       | <b>10 large</b> | <b>45.4</b>  |
| <input checked="" type="checkbox"/> 6 `` Oven-Roasted Chicken Breast Sub (Subway) | <b>2 sub</b>    | <b>660.0</b> |
| <input checked="" type="checkbox"/> Almonds                                       | <b>0.5 oz</b>   | <b>81.9</b>  |
| <b>Total</b>  |                 | <b>787.3</b> |

| <b>DESSERT</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Oatmeal Raisin Cookie | <b>1 Package</b> | <b>150.0</b> |
| <b>Total</b>  |                  | <b>150.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1645.6</b> |
|-----------------------|---------------|

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**Friday, September 02, 2011**

| <b>BREAKFAST</b> | QTY/Unit | Calorie |
|------------------|----------|---------|
|                  |          |         |

|   |                  |              |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Breakfast Burrito | <b>1 Piece</b>   | <b>210.0</b> |
| <input checked="" type="checkbox"/> Turkey Pepperoni  | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Pear              | <b>1 small</b>   | <b>65.8</b>  |
| <b>Total</b>  |                  | <b>348.8</b> |

| <b>LUNCH</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Margherita Pizza                | <b>1 Pizza</b>   | <b>190.0</b> |
| <input checked="" type="checkbox"/> Tomatoes, Cherry                | <b>1 cup</b>     | <b>30.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Tomatoes, Cherry                | <b>1 cup</b>     | <b>30.0</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni                | <b>17 rounds</b> | <b>73.0</b>  |
| <b>Total</b>  |                  | <b>323.0</b> |

| <b>AFTERNOON SNACK</b>                               | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Pear             | <b>1 small</b>   | <b>65.8</b>  |
| <b>Total</b>   |                  | <b>138.8</b> |

| <b>DINNER</b>   | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Thick Crust Pizza               | <b>1 Package</b> | <b>250.0</b> |
| <input checked="" type="checkbox"/> Tomatoes, Grape                 | <b>1 cup</b>     | <b>50.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Tomatoes, Grape                 | <b>1 cup</b>     | <b>50.0</b>  |
| <input checked="" type="checkbox"/> Tomatoes, Grape                 | <b>1 cup</b>     | <b>50.0</b>  |
| <input checked="" type="checkbox"/> Peanuts                         | <b>10 large</b>  | <b>45.4</b>  |
| <b>Total</b>  |                  | <b>445.4</b> |

| <b>DESSERT</b>  | QTY/Unit     | Calorie      |
|---|--------------|--------------|
| <input checked="" type="checkbox"/> Chocolate Caramel Dessert Bar | <b>1 Bar</b> | <b>160.0</b> |
| <b>Total</b>  |              | <b>160.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1416.0</b> |
|-----------------------|---------------|

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**Saturday, September 03, 2011**

| <b>BREAKFAST</b>   | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Maple Flavored Breakfast Patty | <b>1 Package</b> | <b>80.0</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni               | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Grapefruit                     | <b>0.5 fruit</b> | <b>51.7</b>  |
| <input checked="" type="checkbox"/> Bread, whole-wheat             | <b>1.5 oz</b>    | <b>104.6</b> |

|              |              |
|--------------|--------------|
| <b>Total</b> | <b>309.3</b> |
|--------------|--------------|

| <b>LUNCH</b>  | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Meatball Parmesan Melt          | <b>1 piece</b>   | <b>230.0</b> |
| <input type="checkbox"/> Vegetable                                  |                  |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input type="checkbox"/> Vegetable                                  |                  |              |
| <input checked="" type="checkbox"/> Turkey Pepperoni                | <b>17 rounds</b> | <b>73.0</b>  |
| <b>Total</b>  |                  | <b>303.0</b> |

| <b>AFTERNOON SNACK</b>                               | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Grapefruit       | <b>0.5 fruit</b> | <b>51.7</b>  |
| <b>Total</b>   |                  | <b>124.7</b> |

| <b>DINNER</b>  | QTY/Unit     | Calorie      |
|--|--------------|--------------|
| <input type="checkbox"/> Nutrisystem® Dinner Entrée                              |              |              |
| <input type="checkbox"/> Vegetable   |              |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired              |              |              |
| <input type="checkbox"/> Vegetable   |              |              |
| <input type="checkbox"/> Vegetable or Fruit                                      |              |              |
| <input type="checkbox"/> Fat   |              |              |
| <input checked="" type="checkbox"/> 6`` Oven-Roasted Chicken Breast Sub (Subway) | <b>1 sub</b> | <b>330.0</b> |
| <input checked="" type="checkbox"/> 6`` Oven-Roasted Chicken Breast Sub (Subway) | <b>1 sub</b> | <b>330.0</b> |
| <b>Total</b>   |              | <b>660.0</b> |

| <b>DESSERT</b>                                       | QTY/Unit | Calorie |
|--|----------|---------|
| <input type="checkbox"/> Nutrisystem® Dessert Entrée |          |         |
| <b>Total</b>   |          |         |

|                       |             |
|-----------------------|-------------|
| <b>TOTAL CALORIES</b> | <b>1397</b> |
|-----------------------|-------------|

**Sunday, September 04, 2011**

| <b>BREAKFAST</b>   | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Maple Flavored Breakfast Patty | <b>1 Package</b> | <b>80.0</b>  |
| <input type="checkbox"/> Dairy or Protein                          |                  |              |
| <input checked="" type="checkbox"/> Grapefruit                     | <b>0.5 fruit</b> | <b>51.7</b>  |
| <b>Total</b>   |                  | <b>131.7</b> |

| <b>LUNCH</b>  | QTY/Unit        | Calorie      |
|---|-----------------|--------------|
| <input type="checkbox"/> Nutrisystem® Lunch Entrée                  |                 |              |
| <input type="checkbox"/> Vegetable                                  |                 |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                 |              |
| <input type="checkbox"/> Vegetable                                  |                 |              |
| <input type="checkbox"/> Dairy or Protein                           |                 |              |
| <input checked="" type="checkbox"/> Jack in the box chicken strips  | <b>4 pieces</b> | <b>250.0</b> |
| <input checked="" type="checkbox"/> Jack in the box fajita pita     | <b>1 item</b>   | <b>326.0</b> |
|   | <b>Total</b>    | <b>576.0</b> |

| <b>AFTERNOON SNACK</b>                         | QTY/Unit         | Calorie     |
|--|------------------|-------------|
| <input type="checkbox"/> Dairy or Protein      |                  |             |
| <input checked="" type="checkbox"/> Grapefruit | <b>0.5 fruit</b> | <b>51.7</b> |
|  | <b>Total</b>     | <b>51.7</b> |

| <b>DINNER</b>   | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input type="checkbox"/> Nutrisystem® Dinner Entrée                 |                  |              |
| <input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)      | <b>1 cup</b>     | <b>10.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                  |              |
| <input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)      | <b>1 cup</b>     | <b>10.0</b>  |
| <input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)      | <b>1 cup</b>     | <b>10.0</b>  |
| <input checked="" type="checkbox"/> Almonds                         | <b>0.7 oz</b>    | <b>109.3</b> |
| <input checked="" type="checkbox"/> Beef, lean, trimmed             | <b>4 oz</b>      | <b>142.9</b> |
| <input checked="" type="checkbox"/> Guacamole (El Pollo Loco)       | <b>2 oz</b>      | <b>60.0</b>  |
| <input checked="" type="checkbox"/> Sour Cream                      | <b>1 serving</b> | <b>60.0</b>  |
| <input checked="" type="checkbox"/> Pinto Beans                     | <b>0.5 cup</b>   | <b>334.9</b> |
| <input checked="" type="checkbox"/> Tortilla Chips                  | <b>1 oz</b>      | <b>151.9</b> |
|   | <b>Total</b>     | <b>889.0</b> |

| <b>DESSERT</b>  | QTY/Unit     | Calorie      |
|---|--------------|--------------|
| <input checked="" type="checkbox"/> Chocolate Fudge Bar | <b>1 Bar</b> | <b>150.0</b> |
|   | <b>Total</b> | <b>150.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1798.4</b> |
|-----------------------|---------------|

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**Monday, September 05, 2011**

| <b>BREAKFAST</b>  | QTY/Unit        | Calorie     |
|---|-----------------|-------------|
| <input checked="" type="checkbox"/> Ham and Cheese Omelet | <b>1 Omelet</b> | <b>90.0</b> |

|  |                  |              |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Grapefruit       | <b>0.5 fruit</b> | <b>51.7</b>  |
| <b>Total</b>   |                  | <b>214.7</b> |

| <b>LUNCH</b>   | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Steak and Cheese Melt              | <b>1 Piece</b>   | <b>260.0</b> |
| <input checked="" type="checkbox"/> Tomato                             | <b>1 cup</b>     | <b>37.8</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired    |                  |              |
| <input checked="" type="checkbox"/> Bell Peppers, red or green, cooked | <b>2 medium</b>  | <b>61.9</b>  |
| <input checked="" type="checkbox"/> Turkey Pepperoni                   | <b>17 rounds</b> | <b>73.0</b>  |
| <b>Total</b>   |                  | <b>432.7</b> |

| <b>AFTERNOON SNACK</b>                               | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Grapefruit       | <b>0.5 fruit</b> | <b>51.7</b>  |
| <b>Total</b>   |                  | <b>124.7</b> |

| <b>DINNER</b>  | QTY/Unit        | Calorie      |
|--|-----------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni Pizza                   | <b>1 pizza</b>  | <b>210.0</b> |
| <input type="checkbox"/> Vegetable   |                 |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired          |                 |              |
| <input type="checkbox"/> Vegetable   |                 |              |
| <input checked="" type="checkbox"/> Fruit Cocktail (canned, packed in water) | <b>1 Cup</b>    | <b>76.0</b>  |
| <input checked="" type="checkbox"/> Peanuts                                  | <b>10 large</b> | <b>45.4</b>  |
| <b>Total</b>   |                 | <b>331.4</b> |

| <b>DESSERT</b>                                     | QTY/Unit      | Calorie      |
|--|---------------|--------------|
| <input checked="" type="checkbox"/> Chocolate Cake | <b>1 Cake</b> | <b>160.0</b> |
| <b>Total</b>                                       |               | <b>160.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1263.5</b> |
|-----------------------|---------------|

**Tuesday, September 06, 2011**

| <b>BREAKFAST</b>   | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Maple Flavored Breakfast Patty | <b>1 Package</b> | <b>80.0</b>  |
| <input checked="" type="checkbox"/> Ham, low-fat                   | <b>1 oz</b>      | <b>30.0</b>  |
| <input checked="" type="checkbox"/> Grapefruit                     | <b>0.5 fruit</b> | <b>51.7</b>  |
| <b>Total</b>   |                  | <b>161.7</b> |

| <b>LUNCH</b>   | QTY/Unit           | Calorie      |
|--|--------------------|--------------|
| <input checked="" type="checkbox"/> Fettuccini Alfredo                 | <b>1 Container</b> | <b>200.0</b> |
| <input checked="" type="checkbox"/> Bell Peppers, red or green, cooked | <b>2 medium</b>    | <b>61.9</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired    |                    |              |
| <input checked="" type="checkbox"/> Tomato                             | <b>1 cup</b>       | <b>37.8</b>  |
| <input checked="" type="checkbox"/> Ham, low-fat                       | <b>1 oz</b>        | <b>30.0</b>  |
| <b>Total</b>   |                    | <b>329.7</b> |

| <b>AFTERNOON SNACK</b>   | QTY/Unit       | Calorie     |
|--|----------------|-------------|
| <input checked="" type="checkbox"/> Ham, low-fat                             | <b>1 oz</b>    | <b>30.0</b> |
| <input checked="" type="checkbox"/> Fruit Cocktail (canned, packed in water) | <b>0.5 Cup</b> | <b>38.0</b> |
| <b>Total</b>   |                | <b>68.0</b> |

| <b>DINNER</b>  | QTY/Unit        | Calorie      |
|--|-----------------|--------------|
| <input type="checkbox"/> Nutrisystem® Dinner Entrée                              |                 |              |
| <input type="checkbox"/> Vegetable   |                 |              |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired              |                 |              |
| <input type="checkbox"/> Vegetable   |                 |              |
| <input type="checkbox"/> Vegetable or Fruit                                      |                 |              |
| <input checked="" type="checkbox"/> Peanuts                                      | <b>10 large</b> | <b>45.4</b>  |
| <input checked="" type="checkbox"/> 6`` Oven-Roasted Chicken Breast Sub (Subway) | <b>1 sub</b>    | <b>330.0</b> |
| <input checked="" type="checkbox"/> 6`` Oven-Roasted Chicken Breast Sub (Subway) | <b>1 sub</b>    | <b>330.0</b> |
| <b>Total</b>   |                 | <b>705.4</b> |

| <b>DESSERT</b>                                     | QTY/Unit      | Calorie      |
|--|---------------|--------------|
| <input checked="" type="checkbox"/> Chocolate Cake | <b>1 Cake</b> | <b>160.0</b> |
| <b>Total</b>                                       |               | <b>160.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1424.8</b> |
|-----------------------|---------------|

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**Wednesday, September 07, 2011**

| <b>BREAKFAST</b>                                     | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Cinnamon Bun     | <b>1 Piece</b>   | <b>160.0</b> |
| <input checked="" type="checkbox"/> Turkey Pepperoni | <b>17 rounds</b> | <b>73.0</b>  |
| <input checked="" type="checkbox"/> Grapefruit       | <b>0.5 fruit</b> | <b>51.7</b>  |
| <b>Total</b>   |                  | <b>284.7</b> |

| <b>LUNCH</b> | QTY/Unit | Calorie |
|--------------|----------|---------|
|              |          |         |

|  |                 |              |
|--|-----------------|--------------|
| <input checked="" type="checkbox"/> Steak and Cheese Melt              | <b>1 Piece</b>  | <b>260.0</b> |
| <input checked="" type="checkbox"/> Bell Peppers, red or green, cooked | <b>2 medium</b> | <b>61.9</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired    |                 |              |
| <input checked="" type="checkbox"/> Tomato                             | <b>1 cup</b>    | <b>37.8</b>  |
| <input checked="" type="checkbox"/> Turkey Breast                      | <b>1 oz</b>     | <b>29.5</b>  |
| <b>Total</b>   |                 | <b>389.2</b> |

| <b>AFTERNOON SNACK</b>                            | QTY/Unit         | Calorie     |
|---|------------------|-------------|
| <input checked="" type="checkbox"/> Turkey Breast | <b>1 oz</b>      | <b>29.5</b> |
| <input checked="" type="checkbox"/> Grapefruit    | <b>0.5 fruit</b> | <b>51.7</b> |
| <b>Total</b>                                      |                  | <b>81.2</b> |

| <b>DINNER</b>   | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> Roast Turkey Medallions                               | <b>1 Package</b> | <b>220.0</b> |
| <input checked="" type="checkbox"/> Mixed Vegetables (without corn, peas, pasta) (cooked) | <b>0.5 cup</b>   | <b>59.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired                       |                  |              |
| <input checked="" type="checkbox"/> Mixed Vegetables (without corn, peas, pasta) (cooked) | <b>0.5 cup</b>   | <b>59.0</b>  |
| <input checked="" type="checkbox"/> Mixed Vegetables (without corn, peas, pasta) (cooked) | <b>0.5 cup</b>   | <b>59.0</b>  |
| <input checked="" type="checkbox"/> Peanuts   | <b>10 large</b>  | <b>45.4</b>  |
| <b>Total</b>  |                  | <b>442.4</b> |

| <b>DESSERT</b>  | QTY/Unit     | Calorie      |
|---|--------------|--------------|
| <input checked="" type="checkbox"/> Chocolate Fudge Bar | <b>1 Bar</b> | <b>150.0</b> |
| <b>Total</b>  |              | <b>150.0</b> |

|                       |               |
|-----------------------|---------------|
| <b>TOTAL CALORIES</b> | <b>1347.5</b> |
|-----------------------|---------------|

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**Thursday, September 08, 2011**

| <b>BREAKFAST</b>                                     | QTY/Unit         | Calorie      |
|--|------------------|--------------|
| <input checked="" type="checkbox"/> Blueberry Muffin | <b>1 Muffin</b>  | <b>170.0</b> |
| <input checked="" type="checkbox"/> Turkey Breast    | <b>1 oz</b>      | <b>29.5</b>  |
| <input checked="" type="checkbox"/> Grapefruit       | <b>0.5 fruit</b> | <b>51.7</b>  |
| <b>Total</b>   |                  | <b>251.2</b> |

| <b>LUNCH</b>  | QTY/Unit       | Calorie      |
|---|----------------|--------------|
| <input checked="" type="checkbox"/> Margherita Pizza                | <b>1 Pizza</b> | <b>190.0</b> |
| <input checked="" type="checkbox"/> Bell Peppers, red or green, raw | <b>1 cup</b>   | <b>18.0</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                |              |
| <input checked="" type="checkbox"/> Tomato                          | <b>1 cup</b>   | <b>37.8</b>  |

|   |             |              |
|---|-------------|--------------|
| <input checked="" type="checkbox"/> Turkey Breast | <b>1 oz</b> | <b>29.5</b>  |
| <b>Total</b>                                      |             | <b>275.3</b> |

| <b>AFTERNOON SNACK</b>                            | QTY/Unit        | Calorie     |
|---|-----------------|-------------|
| <input checked="" type="checkbox"/> Turkey Breast | <b>1 oz</b>     | <b>29.5</b> |
| <input checked="" type="checkbox"/> Peach (fresh) | <b>1 medium</b> | <b>58.0</b> |
| <b>Total</b>                                      |                 | <b>87.5</b> |

| <b>DINNER</b>   | QTY/Unit        | Calorie      |
|---|-----------------|--------------|
| <input checked="" type="checkbox"/> Turkey Pepperoni Pizza          | <b>1 pizza</b>  | <b>210.0</b> |
| <input checked="" type="checkbox"/> Broccoli, cooked                | <b>0.5 cup</b>  | <b>21.8</b>  |
| <input type="checkbox"/> with 2 tbsp. fat free dressing, if desired |                 |              |
| <input checked="" type="checkbox"/> Broccoli, cooked                | <b>0.5 cup</b>  | <b>21.8</b>  |
| <input checked="" type="checkbox"/> Peach                           | <b>1 large</b>  | <b>60.0</b>  |
| <input checked="" type="checkbox"/> Peanuts                         | <b>10 large</b> | <b>45.4</b>  |
| <b>Total</b>  |                 | <b>359.0</b> |

| <b>DESSERT</b>                                    | QTY/Unit         | Calorie      |
|---|------------------|--------------|
| <input checked="" type="checkbox"/> BBQ Soy Chips | <b>1 Package</b> | <b>120.0</b> |
| <b>Total</b>                                      |                  | <b>120.0</b> |

|                       |             |
|-----------------------|-------------|
| <b>TOTAL CALORIES</b> | <b>1093</b> |
|-----------------------|-------------|