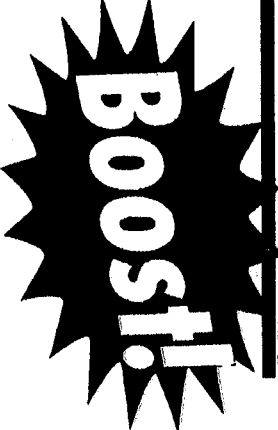


# Your High Protein, Lower Carb BodyBoost

# nutrisystem<sup>™</sup>·nourish<sup>™</sup>

To jumpstart your program or break a plateau,  
FOLLOW THIS MEAL PLAN EXACTLY  
FOR THREE DAYS.

EVERYONE  
CAN USE A



## Day 1

### **Breakfast:**

NutriSystem Scrambled Egg Mix  
NutriSystem Ham Slice  
1 fruit serving

### **Lunch:**

NutriSystem Chicken Salad  
Salad vegetables  
2 Tbsp. fat-free salad dressing  
1 fruit serving

### **Snack:**

1 dairy or protein serving  
1 fruit serving

### **Dinner:**

NutriSystem Pot Roast  
2 vegetable servings  
Salad vegetables  
2 Tbsp. fat-free salad dressing  
1 fat serving

### **Dessert:**

NutriSystem Apple Cinnamon Soy Chips

## Day 2

### **Breakfast:**

NutriSystem Scrambled Egg Mix  
NutriSystem Ham Slice  
1 fruit serving

### **Lunch:**

NutriSystem Tuna Salad  
Salad vegetables  
2 Tbsp. fat-free salad dressing  
1 fruit serving

### **Snack:**

1 dairy or protein serving  
1 fruit serving

### **Dinner:**

NutriSystem Chicken Breast Patty (no roll)  
2 vegetable servings  
Salad vegetables  
2 Tbsp. fat-free salad dressing  
1 fat serving

### **Dessert:**

NutriSystem Hot Cocoa

## Day 3

### **Breakfast:**

NutriSystem Scrambled Egg Mix  
NutriSystem Ham Slice  
1 fruit serving

### **Lunch:**

NutriSystem Chicken Salad  
Salad vegetables  
2 Tbsp. fat-free salad dressing  
1 fruit serving

### **Snack:**

1 dairy or protein serving  
1 fruit serving

### **Dinner:**

NutriSystem Beef Patty  
2 vegetable servings  
Salad vegetables  
2 Tbsp. fat-free salad dressing  
1 fat serving

### **Dessert:**

NutriSystem Chocolate Shake

See reverse side for list of servings sizes and food suggestions.

## Dairy and Protein Servings:

One serving is equal to the amount listed for each food item.

Beef, lean, 1 oz	Fat-free Yogurt, 8 oz
Chicken or Turkey, skinless, 1 oz	Fish, fresh or frozen, 1 oz
Egg, 1	Pork, lean, 1 oz
Egg Substitute, ½ c	Sandwich Meat, lean 1 oz
Egg Whites, 3	Shellfish, 2 oz
Fat-free Cottage Cheese, ½ c	Tuna, canned in water, ½ c
Fat-free Milk, 8 oz	Vegetarian Protein Foods, 1 oz
Fat-free or Low-fat Cheese, 1 oz	

## Fruit Servings:

One serving is equal to the amount listed for each food item.

Apple, 1 small	Grapes, 15	Plums, 2
Applesauce, ½ c	Honeydew Melon, ½	Prunes, 3
Apricots, ½ c	Kiwi, 1 large	Raisins, 2 Tbsp.
Banana, ½	Nectarine, 1 med.	Raspberries, 1 c
Blueberries, ½ c	Orange, 1 med.	Strawberries, 1 ½ c
Cantaloupe, ½	Peach, 1 med.	Tangerines, 2 small
Cherries, 12	Pear, 1 small	
Grapefruit, ¼	Pineapple, fresh, ¼ c	

**Salad Vegetables:** The following vegetables are low in calories and may be used in unlimited amounts for salad servings.

<i>Alfalfa Sprouts</i>	<i>Chicory</i>	<i>Green Onions</i>	<i>Mushrooms</i>	<i>Spinach</i>
<i>Cabbage</i>	<i>Cucumbers</i>	<i>Hot Peppers</i>	<i>Parsley</i>	<i>Watercress</i>
<i>Celery</i>	<i>Escarole</i>	<i>Lettuce</i>	<i>Radishes</i>	<i>Zucchini</i>

**Vegetable Servings:** One serving is ½ cup cooked or 1 cup raw, unless otherwise noted.

Artichoke	Broccoli	Eggplant	Onions	Tomato (1 med.)
Asparagus	Brussels Sprouts	Greens	Pea Pods	Tomato Juice
Beans	Cabbage	Leeks	Peppers	Vegetable Juice
Bean Sprouts	Carrots	Mushrooms	Spinach	Water Chest.
Beets	Cauliflower	Okra	Summer Squash	Zucchini

**Fat Servings:** One serving is equal to the amount listed for each food item.

Almonds, 6	Oilives, 5
Avocado, ¼	Peanuts, 10
Mayonnaise, 1 tsp	Peanut Butter, 1 tsp
Oil (Canola, Olive, Corn, Safflower), 1 tsp	Seeds (Sesame, Pumpkin, Sunflower), 1 Tbsp
	Walnuts, 4 halves

You may add the following foods daily in the amounts listed:

Artificial Sweeteners*	Ketchup, 1 Tbsp.	Sugar-free Gelatin*
Coffee or Tea*	Low-sodium Soy Sauce, 1 Tbsp.	Vinegar*
Diet Soda*	Mustard, 1 tsp.	
Horseradish*	Red Pasta Sauce, 1 Tbsp.	*Unlimited

## Please Note:

Make sure to drink at least 8, 8-oz. glasses of water each day.

## 3-day Boost Tips and Tricks

1. Make an omelet with your NutriSystem Scrambled Egg Mix.
2. Check the Grocery Food Additions list for correct serving sizes.
3. Use your chicken or tuna and vegetables to make a salad for lunch.
4. Make sure to drink 8, 8 oz. glasses of water throughout the day.
5. Don't add any extra salt to your meals.

6. Don't skip any salad or vegetable servings.
7. If you get a craving, drink water or eat ½ cup sugar-free gelatin.
8. Walk at least 20 minutes each day during your program.
9. Take a multivitamin and calcium supplement each morning.
10. After three days, resume your regular NutriSystem Nourish program.