



**Nutrisystem® Marie's 2024 Resolution Reset with Quick 9 & Hearty Inspirations® Meals**

<b>BREAKFAST</b>			
Maple Brown Sugar Oatmeal	2		Pantry Ready
NutriFlakes Cereal	3		Pantry Ready
Cinnamon Bun Bar	2		Pantry Ready
Harvest Nut Oat Bar	2		Pantry Ready
Peanut Butter Oat Bar	2		Pantry Ready
Granola Cereal	3		Pantry Ready
Buttermilk Waffles	2		Frozen
Homestyle Pancakes	2		Frozen
Cinnamon Roll	2		Frozen
Honey Wheat Bagel	2		Frozen
<b>LUNCH</b>			
Classic Tuna Salad	4		Pantry Ready
Chocolate Peanut Butter Bar	3		Pantry Ready
Double Chocolate Caramel Bar	4		Pantry Ready
Chewy Trail Mix Bar	3		Pantry Ready
Classic Hamburger	2		Frozen
Grilled Chicken Sandwich	2		Frozen
Chicken Mozzarella Melt	2		Frozen
Southwest Fiesta Melt	2		Frozen
<b>DINNER</b>			
Bean Bolognese	2		Pantry Ready
Rotini and Meatballs	2		Pantry Ready
Thick Crust Pizza	2		Pantry Ready
Meatballs in Marinara Sauce	2		Pantry Ready
Broccoli and Cheese Stuffed Chicken Breast	2		Frozen
Meatloaf Sandwich	2		Frozen

Artichoke and Spinach Stuffed Chicken Breast	2		Frozen
Chicken Enchilada	1		Frozen
Chicken Parmesan	2		Frozen
Sesame Beef & Broccoli with Brown Rice	1	Hearty Inspirations®	Frozen
Bistro-Style Chicken Alfredo	2	Hearty Inspirations®	Frozen
Mac and Cheese	2		Frozen
<b>SNACKS</b>			
Cheese Puffs	2		Pantry Ready
Chocolate Chip Cookies	2		Pantry Ready
Peanut Butter Cookie	2		Pantry Ready
Chocolate Caramel Bar	3		Pantry Ready
Chocolate Pretzel Bar	3		Pantry Ready
Milk Chocolate Flavored Pretzels	2		Pantry Ready
Chocolate Cupcake	2		Frozen
Lemon Zest Cake	2		Frozen
Strawberry Shortcake Cupcake	2		Frozen
Vanilla Ice Cream Sandwich	2		Frozen
<b>SHAKES</b>			
ProSync Chocolate Fudge Shake 7ct carton	1		Pantry Ready