



## Information for Your Healthcare Provider

Starting a weight management program is a step towards improved health. Even small weight losses can have significant health benefits. However, because changing your diet can affect some medical conditions or interact with some medications, we would like you to ***share this information with your healthcare provider before you begin the Nutrisystem® program.***

This document provides a brief description of our most popular Nutrisystem plans. If you do not see your specific plan information included in this document, you can reach out to our Nutrition Support team at [nutritionsupport@nutrisystem.com](mailto:nutritionsupport@nutrisystem.com) to receive specific information to share with your doctor regarding your specific plan.

### What is Nutrisystem®?

In short, Nutrisystem® programs provide portion-controlled, single-serving meals and snacks, which customers supplement with household grocery items (ex. vegetables, fruit, dairy, lean proteins, whole grains) to achieve a reduced calorie meal plan. The Nutrisystem program encourages a healthy eating pattern and the development of healthy lifestyle habits, however it is not intended to treat any illness or disease.

Nutrisystem offers a variety of plan options to meet customers' weight loss needs. Nutrisystem foods are shipped to the customer's home every 4 weeks. There are also options for Partner Plans, which provide the same Nutrisystem foods and meal plans but with shipments occurring every 2 weeks instead of 4 weeks.

This document provides a brief description of each Nutrisystem plan. You can also request a full nutrition summary of each plan by emailing [nutritionsupport@nutrisystem.com](mailto:nutritionsupport@nutrisystem.com)

Nutrisystem meal plans are **designed to provide a balance of protein, quality carbohydrates like fiber, and healthy fats**. Nutrisystem meal plans have been designed to deliver on average:

- **High protein**, providing at least 25% of calories from protein.
- **High fiber**, aligning with the USDA Dietary Guidelines recommendations.
- **Low saturated fats**, providing no more than 10% of calories from saturated fats.
- **Low added sugars**, providing no more than 10% of calories from added sugars.

Keep in mind that the meal plan averages are based on the average of Nutrisystem meals and snacks, plus the estimated average for the grocery food add-ins outlined in the comprehensive Nutrisystem [Grocery Guide](#). Actual daily nutrition may vary based on the individual's Nutrisystem food selections and grocery food add-ins.

**If your patient requires a specialized diet and/or specific nutrient intakes, you will need to provide individualized guidance to help the patient adjust their Nutrisystem meal plan.**

Nutrisystem offers filters on its website at [Nutrisystem.com](https://www.nutrisystem.com) for customers to remove specific ingredients, if needed; however, **Nutrisystem does not provide professional medical services or advice. Information provided by the website, coaching team, and/or mobile app do not contain or constitute, and should not be interpreted as, medical advice or opinion.** Nutrition facts and ingredient statements for all Nutrisystem menu options can be found on the Nutrisystem website at <https://www.nutrisystem.com/menu>.

### **Who is Ineligible for the Nutrisystem Program?**

People with certain conditions may not use the Nutrisystem weight loss program; these include but are not limited to people who: (a) are pregnant, (b) are allergic to soy or peanuts, (c) have anorexia or bulimia within the last 5 years, (d) BMI under 18.5, (d) consumers who have not reached the age of majority where they live.

### **What is SmartAdapt?**

SmartAdapt is a feature within Nutrisystem’s app that works by tailoring a customer’s daily calorie goal and recommended meal plan to their individual metabolism. Nutrisystem uses an algorithm that incorporates the science of the Mifflin St. Jeor equation for calculating daily energy needs along with lifestyle activity. Factors such as age, gender, starting weight, height, and activity will provide a specific daily calorie goal to support a weight loss of 1 – 2 pounds per week. **Women’s calorie goals will range from 1,200 to 2,100 calories per day and men’s calorie goals will range from 1,500 to 2,500 calories per day.** Based on the individual’s daily calorie goal, they will be provided a meal plan in the app designed to align with their calorie goal. Meal plans are developed based on 100 calorie increments. For example, a customer with a daily calorie goal of 1525 calories will be provided with a meal plan designed to be within a daily calorie range of 1500 – 1599 calories.

SmartAdapt will adjust the daily calorie goal throughout the customer’s weight loss journey. **Beginning in the second month of the Nutrisystem plan, the daily calorie goal will be adjusted after every 10 pounds of weight loss logged in the Nutrisystem app.** The adjusted calorie goal will consider the individual’s current body weight and/or changes in activity to account for metabolic adaptations and minimize the risk of a weight loss plateau. If a customer experiences a weight loss plateau (i.e., weight loss of less than ½ pound per week for 3 consecutive weeks) the app will provide the option to enable Plateau mode to adjust calories to support a healthy rate of weight loss.

**Customers that do not enable the SmartAdapt feature within the Nutrisystem app will receive a Nutrisystem meal plan that is designed to provide on average 1,200 calories per day for women and 1,500 calories per day for men.**

## Overview of Nutrisystem® Plans and Products

The following section includes a brief description of all Nutrisystem Plans, as well as some special features or products that may be included in some, but not all, plans, such as our jumpstart lower-calorie first week referred to as 7 in 7. **If you would like more detailed nutrition information or have specific questions about the Nutrisystem plans or products, please email [nutritionssupport@nutrisystem.com](mailto:nutritionssupport@nutrisystem.com)**

Select your Nutrisystem Plan to easily jump to the plan description.

### **Women's Plans:**

- [Women's Health](#)
- [Women's Health 50+](#)

### **Men's Plans:**

- [Nutrisystem for Men](#)
- [Nutrisystem for Men 50+](#)

### **Partner Plans:**

- [Nutrisystem Partner Plan](#)
- [Nutrisystem Partner Plan 50+](#)

### **Club Advantage Plans:**

- [High Protein Plan](#)
- [Low Carb Plan](#)

## **WOMEN'S PLANS**

### ***Nutrisystem Women's Health***

The Nutrisystem Women's Health plan provides pantry-ready (shelf-stable) and frozen menu choices. With this plan, Nutrisystem breakfasts, lunches, dinners and snacks are shipped directly to the home every 28 days. Each month, women have the option to choose a pre-selected assortment of favorite Nutrisystem foods, known as Chef's Choice, or they can customize their order by picking their own Nutrisystem foods.

When purchasing this plan, there are several different options for the customer to choose from, including:

- **Option for the Number of Days of Nutrisystem Foods:** Women can choose between a 5-day or 7-day plan option, which includes either 5 or 7-days' worth of Nutrisystem foods, respectively. For those who choose a 5-day plan, customers will be provided with guidance on how to include Flex meals (*more on Flex meals below*) for meal occasions where they will not be including a Nutrisystem breakfast, lunch, dinner or snack.

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- **Option to Include Hearty Inspirations™ Meals:** Women that choose to include the Hearty Inspirations™ meals will have the ability to include our premium line of high-protein meals in their order. Hearty Inspirations™ dinners are designed to provide an additional serving of protein and vegetable to the Nutrisystem plan, reducing the need for adding in their own grocery foods at dinner (they will still add in fresh grocery foods elsewhere in their day).
- **Bonus Offer to Include 28 Protein Shakes Monthly:** Women that choose to include ProSync shakes will have the ability to include our specially formulated high-protein, high-fiber shakes in their order monthly. ProSync shakes are designed to provide an additional serving of protein (1 PowerFuel) to the Women’s Health plan, reducing the need for adding in one PowerFuel serving of their own grocery foods. **The ProSync™ shake contains 400 mcg of chromium picolinate, branded as Chromax®.** Full nutrition facts panels and ingredient statements for the ProSync™ shake are listed in [Appendix: Nutrisystem® Shake & Bar Product Labels](#).

To start the plan, women will download the free Nutrisystem app to log and track their meal plan. They can choose to enable SmartAdapt ([See What is SmartAdapt on page 2](#)) in the app for their personal daily calorie goal or opt to not enable SmartAdapt.

### **The First Week**

This plan begins with a lower calorie jumpstart week for the first 7 days of the program, also known as **7 in 7**. The 7 in 7 week is designed to **provide on average 1,000 calories per day**. Women that report having 100 or more pounds to lose are provided with a meal plan that averages 1,200 calories per day.

**Nutrisystem meals and snacks are not customizable during the first week.** The assortment of meals and snacks are preselected by Nutrisystem’s dietitian. Individuals will receive a digital [7 in 7 Guide & Daily Tracker](#), which includes the meal plan that outlines what Nutrisystem meals to have for each meal occasion during the first week.

The 7 in 7 meal plan includes 5 eating occasions, inclusive of a Nutrisystem breakfast, Nutrisystem ProSync™ shake for morning snack, Nutrisystem ProSync™ bar for lunch, Nutrisystem snack for an afternoon snack, and a Nutrisystem dinner. **The ProSync™ shake and bar each contain 400 mcg of chromium picolinate, branded as Chromax®, delivering a daily total of 800 mcg chromium picolinate during this first week.** Full nutrition facts panels and ingredient statements for the ProSync™ shake and ProSync™ bar are listed in [Appendix: Nutrisystem® Shake and Bar Product Labels](#).

In addition to the Nutrisystem foods, individuals will add in at least 4 servings of non-starchy vegetables. The plan encourages drinking at least 64 ounces of water each day.

During this first week, it is recommended to minimize physical activity due to the lower calorie nature of this week.

If a customer chooses a 5-day Women’s Health plan, they will receive 5 days' worth of pre-selected meals, along with 7 Prosync shakes and 7 Prosync bars for lunch. They can continue to enjoy these shakes and bars each day at the recommended eating occasion or keep them for snacks they add on their own throughout the rest of month one. Nutrisystem provides guidance for Flex meals to create during the first week.

### ***Week Two and Beyond***

Beginning in the second week, women will be ***provided a new meal plan that is based on their personalized calorie goal, if they selected to enable SmartAdapt in the Nutrisystem app. (See [What is SmartAdapt on page 2](#)) If they choose to not enable SmartAdapt, they will be provided with a 1,200-calorie meal plan. Women that choose to not enable SmartAdapt and have 100 pounds or more to lose will be provided a 1,400-calorie meal plan.***

The meal plan includes 6 daily eating occasions – breakfast, morning snack, lunch, afternoon snack, dinner, and evening snack. Women will continue to include Nutrisystem foods, including Nutrisystem breakfasts, lunches, dinners and snacks. They will also begin to add in more of their own grocery foods, which we call PowerFuels, SmartCarbs, Vegetables, Extras, and Free Foods. Women are provided the Nutrisystem [Grocery Guide](#) for guidance on their grocery food additions. Women are encouraged to include at least 4 servings of non-starchy vegetables each day; however, vegetables are unlimited if they want to add more to their day.

Women that chose a 7-day plan option will be provided with a Nutrisystem breakfast, lunch, dinner and afternoon snack for all 7 days of the week.

Plan options with fewer than 7-days of Nutrisystem food will provide a Nutrisystem breakfast, lunch, dinner and evening snack according to the days ordered. Women will replace Nutrisystem foods with their own meals and snacks on the remaining days. These “on your own” meals are referred to as Flex meals and snacks because they replace the Nutrisystem meal or snack in the meal plan. Nutrisystem provides guidance on how to create Flex meals and snacks, with the goal of teaching customers how to make their own healthy, balanced meals and snacks. Each week, women will add Flex breakfasts, Flex lunches, Flex dinners, and Flex snacks (for their evening snack occasion) to their plan. It is recommended that Flex meals and snacks be spread throughout the week instead of including them all on the same day.

The Nutrisystem meal plan recommends including at least 4 servings of non-starchy vegetables each day; however, vegetables are unlimited if women want to add more to their day. The plan encourages drinking at least 64 ounces of water each day. Women are also encouraged to engage in at least 30 minutes of physical activity daily, broken into three 10-minute bouts, if needed.

## **Nutrisystem Women's Health 50+**

The Nutrisystem Women's Health 50+ is specially designed for women 50 years or older. Compared to the Nutrisystem Women's Health plan, this plan provides a meal plan that is designed to front-load calories and carbohydrates earlier in the day for women.

This plan provides pantry-ready (shelf-stable) and frozen menu choices. With this plan, Nutrisystem breakfasts, lunches, dinners and snacks are shipped directly to the home every 28 days. Each month, women have the option to choose a pre-selected assortment of favorite Nutrisystem foods, known as Chef's Choice, or they can pick their own Nutrisystem foods.

When purchasing this plan, there are several different options for the customer to choose from, including:

- **Option for the Number of Days of Nutrisystem Foods:** Women can choose between a 5-day or 7-day plan option, which includes either 5 or 7-days' worth of Nutrisystem foods, respectively. Customers will be provided with guidance on how to include Flex meals (*more on Flex meals below*) for meal occasions where they will not be including a Nutrisystem breakfast, lunch, dinner or snack.
- **Option to Include Hearty Inspirations™ Meals:** Women that choose to include the Hearty Inspirations™ meals will have the ability to include our premium line of high-protein meals in their order. Hearty Inspirations™ dinners are designed to provide an additional serving of protein and vegetable to the Nutrisystem plan, reducing the need for adding in their own grocery foods at dinner (they will still add in fresh grocery foods elsewhere in their day).
- **Bonus Offer to Include 28 Protein Shakes Monthly:** Women that choose to include ProSync shakes will have the ability to include our specially formulated high-protein, high-fiber shakes in their order monthly. ProSync shakes are designed to provide an additional serving of protein (1 PowerFuel) to the Women's Health plan, reducing the need for adding in one PowerFuel serving of their own grocery foods. **The ProSync™ shake contains 400 mcg of chromium picolinate, branded as Chromax®.** Full nutrition facts panels and ingredient statements for the ProSync™ shake are listed in [Appendix: Nutrisystem® Shake and Bar Product Labels](#).

To begin the plan, women will download the free Nutrisystem app to log and track their daily meal plan. **They can choose to enable SmartAdapt ([See What is SmartAdapt on page 2](#)) in the app for their personal calorie goal or opt to not enable SmartAdapt. If they opt-out of SmartAdapt, they will be provided a standard 1,200-calorie meal plan. Women that choose to not enable SmartAdapt and have 100 pounds or more to lose will be provided a 1,400-calorie meal plan.**

The meal plan includes 5 daily eating occasions – breakfast, morning snack, lunch, afternoon snack, and dinner. Women include Nutrisystem foods and snacks along with fresh grocery food add-ins, which are called PowerFuels, SmartCarbs, Vegetables, Extras, and Free Foods. Women are provided with the Nutrisystem [Grocery Guide](#) for guidance on their grocery food add-ins.

Women that chose a 7-day plan option will be provided with a Nutrisystem breakfast, lunch, dinner and afternoon snack for all 7 days of the week.

Plan options with fewer than 7-days of Nutrisystem food will provide a Nutrisystem breakfast, lunch, dinner and evening snack according to the days ordered. Women will replace Nutrisystem foods with their own meals and snacks on the remaining days. These “on your own” meals are referred to as Flex meals and snacks because they replace the Nutrisystem meal or snack in the meal plan. Nutrisystem provides guidance on how to create Flex meals and snacks, with the goal of teaching customers how to make their own healthy, balanced meals and snacks. Each week, women will add Flex breakfasts, Flex lunches, Flex dinners, and Flex snacks (for their afternoon snack occasion) to their plan. It is recommended that Flex meals and snacks be spread throughout the week instead of including them all on the same day.

The Nutrisystem meal plan recommends including at least 4 servings of non-starchy vegetables each day; however, vegetables are unlimited if women want to add more to their day. The plan encourages drinking at least 64 ounces of water each day. Women are also encouraged to engage in at least 30 minutes of physical activity daily, specifically strength training, broken into three 10-minute bouts, if needed.

## **MEN’S PLANS**

### ***Nutrisystem for Men***

The Nutrisystem for Men plan provides pantry-ready (shelf-stable) and frozen menu choices. With this plan, Nutrisystem breakfasts, lunches, dinners and snacks are shipped directly to the home every 28 days. Each month, men have the option to choose a pre-selected assortment of favorite Nutrisystem foods, known as Chef’s Choice, or they can pick their own Nutrisystem foods.

When purchasing this plan, there are several different options for the customer to choose from, including:

- ***Option for the Number of Days of Nutrisystem Foods:*** Men can choose between a 5-day or 7-day plan option, which include either 5 or 7-days’ worth of Nutrisystem foods, respectively. Customers will be provided with guidance on how to include Flex meals (*more on Flex meals below*) for meal occasions where they will not be including a Nutrisystem breakfast, lunch, dinner or snack.
- ***Option to Include Hearty Inspirations™ Meals:*** Men that choose to include the Hearty Inspirations™ meals will have the ability to include this premium line of high-protein meals in their order. Hearty Inspirations™ dinners are designed to provide an additional serving of

protein and vegetable to the Nutrisystem plan, reducing the need for adding in their own grocery foods at dinner (they will still add in fresh grocery foods elsewhere in their day).

- **Bonus Offer to Include 28 Protein Shakes Monthly:** Men that choose to include Nutrisystem for Men Fuel shakes will have the ability to include our specially formulated high-protein, high-fiber shakes in their order monthly. Fuel shakes are designed to provide an additional serving of protein (1 PowerFuel) to the Men's Health plan, reducing the need for adding in one PowerFuel serving of their own grocery foods. The Fuel shake contains 2 grams Velositol which is a unique ingredient that doubles the power of protein – meaning, you get more of the benefits protein delivers but don't need to consume as much protein. Nutrition facts panel and ingredient statement for the Nutrisystem for Men FUEL™ shake is listed in [Appendix: Nutrisystem® Shake & Bar Product Labels](#).

To start the plan, men will download the free Nutrisystem app to log and track their daily meal plan. They can choose to enable SmartAdapt ([See What is SmartAdapt on page 2](#)) in the app for their personal daily calorie goal or opt to not enable SmartAdapt.

### **The First Week**

This plan begins with a lower calorie jumpstart week for the first 7 days of the program, also known as **7 in 7**. The 7 in 7 week is designed to **provide on average 1,000 calories per day**. Men that report having 100 or more pounds to lose are provided with a meal plan that averages 1,200 calories per day.

**Nutrisystem meals and snacks are not customizable during the first week.** The assortment of meals and snacks are preselected by Nutrisystem's dietitian. Individuals will receive a digital [7 in 7 Guide & Daily Tracker](#), which includes the meal plan that outlines what Nutrisystem meals to have for each meal occasion during the first week.

The 7 in 7 meal plan includes 5 eating occasions, inclusive of a Nutrisystem breakfast, Nutrisystem ProSync™ shake for morning snack, Nutrisystem ProSync™ bar for lunch, Nutrisystem snack for an afternoon snack, and a Nutrisystem dinner. **The ProSync™ shake and bar each contain 400 mcg of chromium picolinate, branded as Chromax®, delivering a daily total of 800 mcg chromium picolinate during this first week.** Full nutrition facts panels and ingredient statements for the ProSync™ shake and ProSync™ bar are listed in [Appendix: Nutrisystem® Shake & Bar Product Labels](#).

In addition to the Nutrisystem foods, individuals will add in at least 4 servings of non-starchy vegetables. The plan encourages drinking at least 64 ounces of water each day.

During this first week, it is recommended to minimize physical activity due to the lower calorie nature of this week.

If a customer chooses a 5-day Nutrisystem for Men plan, they will receive 5 days' worth of pre-selected meals, along with 7 Prosync shakes and 7 Prosync bars for lunch. They can continue to enjoy these shakes and bars each day at the recommended eating occasion or keep them for



snacks they add on their own throughout the rest of month one. Nutrisystem provides guidance for Flex meals to create during the first week.

### ***Week Two and Beyond***

Beginning in the second week, men will be ***provided a new meal plan that is based on their personalized calorie goal, if they selected to enable SmartAdapt in the Nutrisystem app. ([See What is SmartAdapt on page 2](#)) If they choose to not enable SmartAdapt, they will be provided with a 1,500-calorie meal plan. Men that choose to not enable SmartAdapt and have 100 pounds or more to lose will be provided a 1,700-calorie meal plan.***

The meal plan includes 6 daily eating occasions – breakfast, morning snack, lunch, afternoon snack, dinner, and evening snack. Men will continue to include Nutrisystem foods, including Nutrisystem breakfasts, lunches, dinners and two snacks. They will also begin to add in more of their own grocery foods, which we call PowerFuels, SmartCarbs, Vegetables, Extras, and Free Foods. Men are provided the Nutrisystem [Grocery Guide](#) for guidance on their grocery food add-ins. Men are encouraged to include at least 4 servings of non-starchy vegetables each day; however, vegetables are unlimited if they want to add more to their day.

Men that chose a 7-day plan option will be provided with a Nutrisystem breakfast, lunch, dinner, and two snacks (for morning and evening snack occasions) for all 7 days of the week.

Plan options with fewer than 7-days of Nutrisystem food will provide a Nutrisystem breakfast, lunch, dinner and two snacks (for morning and evening snack occasions) according to the days ordered. Men will replace Nutrisystem foods with their own meals and snacks on the remaining days. These “on your own” meals are referred to as Flex meals and snacks because they replace the Nutrisystem meal or snack in the meal plan. Nutrisystem provides guidance on how to create Flex meals and snacks, with the goal of teaching customers how to make healthy, balanced meals and snacks. Each week, men will add Flex breakfasts, Flex lunches, Flex dinners, and Flex snacks (for their morning and evening snack occasion) to their plan. It is recommended that Flex meals and snacks be spread throughout the week instead of including them all on the same day.

The Nutrisystem meal plan recommends including at least 4 servings of non-starchy vegetables each day; however, vegetables are unlimited if men want to add more to their day. The plan encourages drinking at least 64 ounces of water each day. Men are also encouraged to engage in at least 30 minutes of physical activity daily, broken into three 10-minute bouts, if needed.

### ***Nutrisystem for Men 50+***

The Nutrisystem for Men 50+ plan is specially designed for men 50 years or older. Compared to the Nutrisystem for Men plan, this plan provides a meal plan that is designed to front-load calories and carbohydrates earlier in the day.

This plan provides pantry-ready (shelf-stable) and frozen menu choices. With this plan, Nutrisystem breakfasts, lunches, dinners, snacks and shakes are shipped directly to the home every 28 days. Each month, men have the option to choose a pre-selected assortment of favorite Nutrisystem foods, known as Chef's Choice, or they can pick their own Nutrisystem foods.

When purchasing this plan, there are several different options for the customer to choose from, including:

- **Option for the Number of Days of Nutrisystem Foods:** Men can choose between a 5-day or 7-day plan option, which include either 5 or 7-days' worth of Nutrisystem foods. Customers will be provided with guidance on how to include Flex meals (*more on Flex meals below*) for meal occasions where they will not be including a Nutrisystem breakfast, lunch, dinner or snack.
- **Option to Include Hearty Inspirations™ Meals:** Men that choose to include the Hearty Inspirations™ meals will have the ability to include our premium line of high-protein meals in their order. Hearty Inspirations™ dinners are designed to provide an additional serving of protein and vegetable to the Nutrisystem plan, reducing the need for adding in their own grocery foods at dinner (they will still add in fresh grocery foods elsewhere in their day).
- **Bonus Offer to Include 28 Protein Shakes Monthly:** Men that choose to include Nutrisystem for Men Fuel shakes will have the ability to include our specially formulated high-protein, high-fiber shakes in their order monthly. Fuel shakes are designed to provide an additional serving of protein (1 PowerFuel) to the Men's Health plan, reducing the need for adding in one PowerFuel serving of their own grocery foods. The Fuel shake contains 2 grams Velositol which is a unique ingredient that doubles the power of protein – meaning, you get more of the benefits protein delivers but don't need to consume as much protein. Nutrition facts panel and ingredient statement for the Nutrisystem for Men FUEL™ shake is listed in [Appendix: Nutrisystem® Shake & Bar Product Labels](#).

To begin the plan, men will download the free Nutrisystem app to log and track their daily meal plan. ***They can choose to enable SmartAdapt (See What is SmartAdapt on page 2) in the app for their personal daily calorie goal or opt to not enable SmartAdapt. If they opt-out of SmartAdapt, they will be provided a standard 1,500-calorie meal plan. Men that choose to not enable SmartAdapt and have 100 pounds or more to lose will be provided a 1,700-calorie meal plan.***

The meal plan includes 5 daily eating occasions – breakfast, morning snack, lunch, afternoon snack, and dinner. Men include Nutrisystem foods and snacks along with fresh grocery food add-ins, which are called PowerFuels, SmartCarbs, Vegetables, Extras, and Free Foods. Men are provided with the Nutrisystem [Grocery Guide](#) for guidance on their grocery food add-ins.

Men that choose a 7-day plan option will be provided with a Nutrisystem breakfast, lunch, dinner, and snack (for afternoon snack occasion) for all 7 days of the week.

Plan options with fewer than 7-days of Nutrisystem food will provide a Nutrisystem breakfast, lunch, dinner and snack (for afternoon snack occasion) according to the days ordered. Men will replace Nutrisystem foods with their own meals and snacks on the remaining days. These “on your own” meals are referred to as Flex meals and snacks because they replace the Nutrisystem meal or snack in the meal plan. Nutrisystem provides guidance on how to create Flex meals and snacks, with the goal of teaching customers how to make healthy, balanced meals and snacks. Each week, men will add Flex breakfasts, Flex lunches, Flex dinners, and Flex snacks (for their afternoon snack occasion) to their plan. It is recommended that flex meals and snacks be spread out throughout the week instead of including them all on the same day.

The Nutrisystem meal plan recommends including at least 4 servings of non-starchy vegetables each day; however, vegetables are unlimited if men want to add more to their day. The plan encourages drinking at least 64 ounces of water each day. Men are also encouraged to engage in at least 30 minutes of physical activity daily, broken into three 10-minute bouts, if needed.

## **PARTNER PLANS**

### ***Partner and Partner 50+***

The Nutrisystem Partner Plans deliver food for two individuals living in the same household. Foods are shipped directly to the home every 2-weeks instead of 4-weeks.

***The Partner Plan has two different options:***

- Nutrisystem Partner Plan
- Nutrisystem Partner Plan 50+

The plan and average nutritional align with the women’s and men’s Nutrisystem and Nutrisystem 50+ plans reviewed above. If your patient is on a Partner Plan, please reference these sections above for more details on their respective plan.

- ***Women’s Health:*** [see page 3](#)
- ***Nutrisystem for Men:*** [see page 7](#)
- ***Women’s Health 50+:*** [see page 6](#)
- ***Nutrisystem for Men 50+:*** [see page 9](#)

## **CLUB ADVANTAGE PLANS**

### ***High Protein Plan***

Club Advantage High Protein plan is a flexible and more convenient way to follow the Nutrisystem program. Compared to the other Nutrisystem programs, customers can choose between 28 meals, or 56 meals delivered monthly to their door. All foods on this plan are either

a good or high source of protein. Additionally, they receive a membership to Club Advantage, to purchase additional meals whenever and in any quantity they want.

Each month, customers have the option to choose a pre-selected assortment of favorite Nutrisystem foods, known as Chef's Choice, or they can pick their own Nutrisystem foods.

To begin the plan, customers will download the free Nutrisystem app to log and track their daily meal plan which is designed to provide more than 25% daily calories from protein while losing weight. ***They can choose to enable SmartAdapt (See [What is SmartAdapt on page 2](#)) in the app for their personal daily calorie goal or opt to not enable SmartAdapt. If they opt-out of SmartAdapt, women will be provided a standard 1200-calorie meal plan and men a 1500 calorie meal plan. Women and Men that choose to not enable SmartAdapt and have 100 pounds or more to lose will be provided a 1,400 or 1,700-calorie meal plan respectively.***

The meal plan includes 6 daily eating occasions – breakfast, morning snack, lunch, afternoon snack, dinner and evening snack. Customers include Nutrisystem foods and snacks along with fresh grocery food add-ins, which are call PowerFuels, SmartCarbs, Vegetables, Extras, and Free Foods. Customers are provided with the Nutrisystem [Grocery Guide](#) for guidance on their grocery food add-ins.

### **Low Carb Plan**

Club Advantage Low Carb plan is a flexible and more convenient way to follow the Nutrisystem program. Compared to the other Nutrisystem programs, customers can choose between 28 meals, or 56 meals delivered monthly to their door. All foods on this plan contain less than 25g of net carbs. Additionally, they receive a membership to Club Advantage, to purchase additional meals whenever and in any quantity they want.

Each month, customers have the option to choose a pre-selected assortment of favorite Nutrisystem foods, known as Chef's Choice, or they can pick their own Nutrisystem foods.

To begin the plan, customers will download the free Nutrisystem app to log and track their daily meal plan which is designed to provide less than 40% daily calories from carbs while losing weight. ***They can choose to enable SmartAdapt (See [What is SmartAdapt on page 2](#)) in the app for their personal daily calorie goal or opt to not enable SmartAdapt. If they opt-out of SmartAdapt, women will be provided a standard 1200-calorie meal plan and men a 1500 calorie meal plan. Women and Men that choose to not enable SmartAdapt and have 100 pounds or more to lose will be provided a 1,400 or 1,700-calorie meal plan respectively.***

The meal plan includes 6 daily eating occasions – breakfast, morning snack, lunch, afternoon snack, dinner and evening snack. Customers include Nutrisystem foods and snacks along with fresh grocery food add-ins, which are call PowerFuels, SmartCarbs, Vegetables, Extras, and Free Foods. Customers are provided with the Nutrisystem [Grocery Guide](#) for guidance on their grocery food add-ins.

### **NURSING MOTHER PLAN**

Nursing mothers are eligible to purchase a Nutrisystem plan. The type of meals provided (shelf-stable and/or frozen) and number of days' worth of Nutrisystem foods provided (every day vs. some days) will be the same as the Nutrisystem plan; however, these women will be provided a revised, higher calorie meal plan specifically for breastfeeding women. Women will achieve the higher calorie intake by adding in more of their own grocery food additions to compliment the Nutrisystem foods that are provided with the plan.

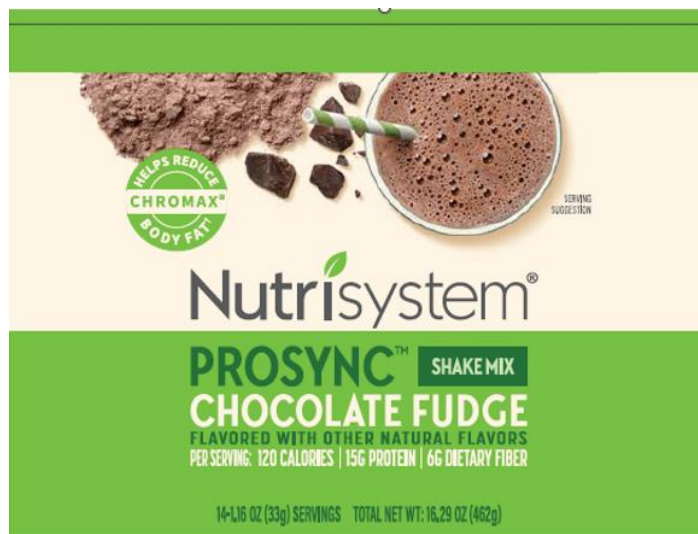
The Nursing Mothers meal plan is designed to provide an average of 2,000 calories per day. The meal plan will be emailed to the customer separate from their in-box print materials. Women on this plan are advised to NOT use the in-box or online program materials to reference the Nutrisystem meal plan, nor to use the Nutrisystem app to track their daily meal plan because Nutrisystem print and online materials and the Nutrisystem app do not support the standard Nursing Mothers Meal Plan.

## APPENDIX: NUTRISYSTEM® SHAKE & BAR PRODUCT LABELS

### Nutrisystem® ProSync™ Shake – Chocolate Fudge Flavor

| <b>Nutrition Facts</b>             |   |
|------------------------------------|---|
| <b>Serving size 1 packet (33g)</b> |   |
| <b>Amount per serving</b>          |   |
| <b>Calories</b>                    | <b>120</b>  |
| <b>% Daily Value*</b>              |   |
| <b>Total Fat</b> 2g                | <b>3%</b>   |
| Saturated Fat 1g                   | <b>5%</b>   |
| <i>Trans Fat</i> 0g                |   |
| <b>Cholesterol</b> 15mg            | <b>5%</b>   |
| <b>Sodium</b> 200mg                | <b>9%</b>   |
| <b>Total Carbohydrate</b> 13g      | <b>5%</b>   |
| Dietary Fiber 6g                   | <b>21%</b>  |
| Total Sugars 5g                    |   |
| Includes 4g Added Sugars           | <b>8%</b>   |
| <b>Protein</b> 15g                 | <b>30%</b>  |
| Vit D 20mcg 100%                   | • Calcium 180mg 15%                                 |
| Iron 0.7mg 4%                      | • Potassium 200mg 4%                                |
| Vit C 18mg 20%                     | • Thiamin 0.24mg 20%                                |
| Riboflavin 0.26mg 20%              | • Niacin 3.2mg 20%                                  |
| Vit B6 0.34mg 20%                  | • Folate 80mcg DFE 20%<br>(48mcg folic acid)        |
| Vit B12 0.48mcg 20%                | • Biotin 6mcg 20%                                   |
| Pantothenic Acid 1mg 20%           | • Chromium 400mcg 1140%<br>(as chromium picolinate) |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**INGREDIENTS:**

CALCIUM CASEINATE, WHEY PROTEIN CONCENTRATE, RESISTANT MALTODEXTRIN (DIETARY FIBER), FRUCTOSE, COCOA (PROCESSED WITH ALKALI), NATURAL FLAVOR, SUNFLOWER OIL, MALTODEXTRIN, GUAR GUM, SALT, SODIUM CASEINATE, XANTHAN GUM, MONK FRUIT EXTRACT (SWEETENER), SUNFLOWER LECITHIN, SOY LECITHIN, TOCOPHEROLS (TO PROTECT FLAVOR), MONO AND DIGLYCERIDES, ASCORBIC ACID, STEVIA LEAF EXTRACT (REB A), NIACINAMIDE, D-CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, CHROMIUM PICOLINATE, RIBOFLAVIN, THIAMIN MONONITRATE, FOLIC ACID, CHOLECALCIFEROL, BIOTIN, CYANOCOBALAMIN.

**Nutrisystem® ProSync™ Shake – Sweet Vanilla Flavor**

| <b>Nutrition Facts</b>                   |                       |
|--|-----------------------|
| 14 servings per container                |                       |
| <b>Serving size</b>                      | <b>2 scoops (32g)</b> |
| <b>Amount per serving</b>                |                       |
| <b>Calories</b>                          | <b>120</b>            |
| <b>% Daily Value*</b>                    |                       |
| <b>Total Fat</b> 2.5g                    | <b>3%</b>             |
| Saturated Fat 0.5g                       | <b>3%</b>             |
| <i>Trans</i> Fat 0g                      |                       |
| <b>Cholesterol</b> 15mg                  | <b>5%</b>             |
| <b>Sodium</b> 200mg                      | <b>9%</b>             |
| <b>Total Carbohydrate</b> 12g            | <b>4%</b>             |
| Dietary Fiber 6g                         | <b>21%</b>            |
| Total Sugars 3g                          |                       |
| Includes 2g Added Sugars                 | <b>4%</b>             |
| <b>Protein</b> 15g                       | <b>30%</b>            |
| Vitamin D 20mcg 100% • Calcium 190mg 15% |                       |
| Iron 0mg 0% • Potassium 40mg 0%          |                       |

11.4.2



**INGREDIENTS:**

CALCIUM CASEINATE, RESISTANT MALTODEXTRIN (DIETARY FIBER), WHEY PROTEIN CONCENTRATE, NATURAL FLAVOR, SUNFLOWER OIL, FRUCTOSE, MALTODEXTRIN, GUAR GUM, NONFAT MILK, SALT, SODIUM CASEINATE, MONK FRUIT EXTRACT (SWEETENER), XANTHAN GUM, SOY LECITHIN, TOCOPHEROLS (TO PROTECT FLAVOR), MONO AND DIGLYCERIDES, SUNFLOWER LECITHIN, ASCORBIC ACID, STEVIA LEAF EXTRACT (REB A), NIACINAMIDE, D-CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, CHROMIUM PICOLINATE, RIBOFLAVIN, THIAMIN MONONITRATE, ANNATTO EXTRACT (FOR COLOR), FOLIC ACID, CHOLECALCIFEROL, BIOTIN, CYANOCOBALAMIN.

Vitamin B12 0.48mcg 20% • Biotin 6mcg 20%  
 Pantothenic Acid 1mg 20% • Chromium 400mcg 1140%  
 (as chromium picolinate)

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Nutrisystem® for Men FUEL™ Shake – Chocolate Flavor**

| <b>Nutrition Facts</b>        |                       |
|-------------------------------|-----------------------|
| <b>Serving size</b>           | <b>1 packet (39g)</b> |
| <b>Amount per serving</b>     |                       |
| <b>Calories</b>               | <b>130</b>            |
| <b>% Daily Value*</b>         |                       |
| <b>Total Fat</b> 2g           | <b>3%</b>             |
| Saturated Fat 1g              | <b>5%</b>             |
| Trans Fat 0g                  |                       |
| <b>Cholesterol</b> 50mg       | <b>17%</b>            |
| <b>Sodium</b> 200mg           | <b>9%</b>             |
| <b>Total Carbohydrate</b> 13g | <b>5%</b>             |
| Dietary Fiber 7g              | <b>25%</b>            |

**Nutrisystem® for men**  
**FUEL™ | PROTEIN SHAKE MIX**  
 Formulated with key ingredient Velositol® to  
**DOUBLE THE POWER OF PROTEIN™**

**Ch**  
 CHOCOLATE FLAVOR

**PROTEIN 20g**  
**CALORIES 130**  
**FIBER 7g**  
**ADDED SUGARS 0g**

\*Along with diet and exercise, clinical research shows Velositol® + whey protein doubles the impact of protein on muscle protein synthesis versus whey protein alone.



**INGREDIENTS:**

Whey Protein Concentrate, Resistant Maltodextrin (Dietary Fiber), Calcium Caseinate, Cocoa (Processed With Alkali), Natural Flavor, Amylopectin Chromium Complex (Velositol), Guar Gum, Xanthan Gum, Salt, Soy Lecithin, Monk Fruit Extract (Sweetener), Sunflower Lecithin, Magnesium Oxide, Dipotassium Phosphate, Stevia Leaf Extract (Reb A), Ferrous Sulfate, Ascorbic Acid, Zinc Sulfate, Alpha Tocopherol Acetate, Niacinamide, D-Calcium Pantothenate, Manganese Sulfate, Copper Gluconate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Vitamin A Palmitate, Folic Acid, L-Selenomethionine, Potassium Iodide, Phytonadione, Biotin, Cholecalciferol, Magnesium Carbonate, Cyanocobalamin.

**Nutrisystem® ProSync™ Bar - Peanut Butter Chocolate**

| <b>Nutrition Facts</b>    |                    |
|---------------------------|--------------------|
| 7 servings per carton     |                    |
| <b>Serving size</b>       | <b>1 bar (50g)</b> |
| <b>Amount per serving</b> |                    |
| <b>Calories</b>           | <b>200</b>         |
| <b>% Daily Value*</b>     |                    |
| <b>Total Fat</b> 10g      | <b>13%</b>         |
| Saturated Fat 3g          | <b>15%</b>         |
| Trans Fat 0g              |                    |



**INGREDIENTS:**

SOLUBLE CORN FIBER, PEANUT BUTTER, DARK CHOCOLATE FLAVORED COATING (CANE SUGAR, VEGETABLE OILS [PALM KERNEL, PALM], COCOA [PROCESSED WITH ALKALI], LACTOSE [MILK], SOY LECITHIN, VANILLA [MILK]), GLYCERIN, SOY NUGGETS (ISOLATED SOY PROTEIN, RICE STARCH), POLYDEXTROSE, WHEY PROTEIN CONCENTRATE, PEANUTS, CALCIUM CASEINATE, WHEY PROTEIN ISOLATE, PEANUT MEAL, NATURAL FLAVOR, PEANUT OIL, SEA SALT, MONK FRUIT EXTRACT, CHROMIUM PICOLINATE.