

Nutrisystem[®]

PROGRAM GUIDE



TABLE OF CONTENTS

Welcome to Nutrisystem	4
Nutrisystem® Programs	5
Women’s Health Program & Nutrisystem for Men Program	5
Women’s Health 50+ Program	7
Nutrisystem for Men 50+ Program	8
Partner Program & Partner 50+ Program	10
Club Advantage Plan	10
Following the Plan and What to Expect	11
7 in 7 Overview	11
7 in 7 Tips for Success	11
Nutrisystem Meal Plan Overview	12
Nutrisystem Meal Plan Tips for Success	14
Learn the Lingo:	15
PowerFuels	15
SmartCarbs	16
Non-Starchy Vegetables	16
Extras	18
Free Foods	19
Flex meals	20
The Nutrisystem® app	21
Hearty Inspirations®	22
Beverages	23
Water or Other Calorie-Free Beverages	23
Other Popular Drinks	23
Alcohol	24
Become a Portion Size Pro	24
Building Flex meals and Snacks	26
Freedom. Flexibility. Familiar Flavors	26

Mix and Match Flex Meal Guide.....	28
Easy Combinations For Flex meals	29
Flex Breakfast Ideas.....	29
Flex Lunch Ideas.....	30
Flex Dinner Ideas	31
Flex Snack Ideas.....	32
Setting Weight Loss Expectations	33
What Factors Affect Weight Loss?.....	33
Non-Scale Victories.....	34
Typical Weight Loss on Nutrisystem	34
How Often Should You Weigh In?	35
My Daily 3®	36
My Daily 3® Activity Ideas.....	36
4 Essentials for Getting Active	36
Planning Your Week:	37
Have a Game Plan	37
What to Expect When You Hit Your Goal Weight.....	39
Helpful Resources	40

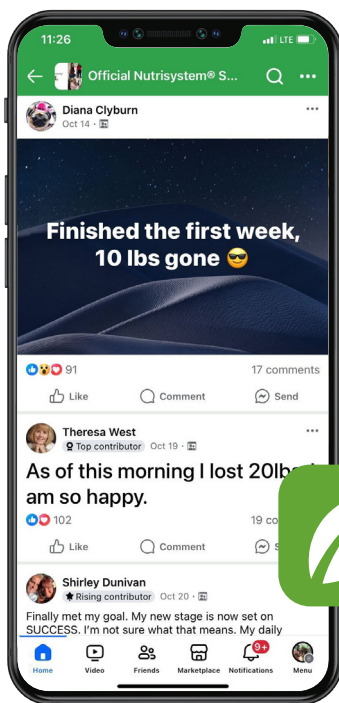
WELCOME TO NUTRISYSTEM

A weight loss program should do more than help you lose weight. The best plan will help you feel great, amp up your energy, enjoy delicious food, improve your health and become the best version of you.

That's what makes Nutrisystem so special. Our program fuels your body with nutrition and fills your plate with flavor. And it doesn't just help you lose weight: It also teaches you portion control and healthy cooking so that you learn the skills to better support you in keeping the weight off for life.

Nutrisystem is more than a diet. It's a whole new lifestyle to create a whole new you.

So sit back, relax and enjoy your weight loss journey with a simple-to-use plan that takes away the guesswork. We've compiled the essential info you need to know in this easy-to-read guide.



Join the **Official Nutrisystem® Support Community** for support, motivation, tips and exclusive content!

[Click here](#) or check it out on the Nutrisystem® app by navigating to the home screen and scrolling down to find the Facebook icon.

It's important to know that changing your diet or exercise or losing weight could affect some medical conditions and medications. Your doctor may need to adjust your medications due to changes in your diet, exercise, or weight while on Nutrisystem. Make sure to check with your doctor before beginning any weight loss program, including Nutrisystem. Please be sure to eat all of the food that is recommended on the Nutrisystem program. Failure to follow the program and eat all of the food recommended may increase the risk of developing serious health complications. At Nutrisystem, we care about you. That's why we champion safe, effective weight loss—no fads, no gimmicks, just better health.

NUTRISYSTEM® PROGRAMS

If you're new to Nutrisystem, you're probably wondering why we offer so many weight loss program choices. It's because of you.

You're unique. You have your own weight loss goals, nutritional needs, taste preferences and of course, budget. We keep all of that in mind when we develop the options we offer, so you have the best plan to become the best you.

Nutrisystem is the perfect choice for those looking to change their eating habits, but it is far from a "one-size-fits-all" weight loss plan. You get to make lots of choices along the way to meet your exact needs, starting with choosing from our various plan options.

On the following pages, we've laid out our various weight loss programs and highlighted the important details for each option. We've also listed the specific sections of this guide that you should focus on.

- **WOMEN'S HEALTH PROGRAM5**
- **NUTRISYSTEM FOR MEN PROGRAM.....5**
- **WOMEN'S HEALTH 50+ PROGRAM7**
- **NUTRISYSTEM FOR MEN 50+ PROGRAM.....8**
- **PARTNER PROGRAM10**
- **PARTNER 50+ PROGRAM10**
- **CLUB ADVANTAGE PLANS.....10**

WOMEN'S HEALTH PROGRAM & NUTRISYSTEM FOR MEN PROGRAM

The Women's Health Program and Nutrisystem for Men Program include both pantry-ready (shelf-stable) and frozen menu choices. With these plans, Nutrisystem breakfasts, lunches, dinners and snacks are shipped to your door every 28 days.

When ordering your program, you have the option to receive Hearty Inspirations® premium meals. Hearty Inspirations are designed to provide an additional serving of protein and vegetables, requiring fewer grocery add-ins for you. A Hearty Inspirations® meal = 1 Nutrisystem Dinner + 1 PowerFuel + 1 Vegetable. Check out the **Learn the Lingo** section of this guide for more information on Hearty Inspirations®!

Download the free Nutrisystem® app to log and track your daily meal plan.



The first week of these programs are called 7 in 7. This is a lower calorie jumpstart week for the first 7 days of the program, designed to provide an average of 1,000 calories per day. This specially selected first week was created by dietitians to help you lose up to 7 pounds in your first 7 days.*

During this first week, you'll enjoy Nutrisystem breakfasts, snacks, and dinners, plus ProSync shakes and bars. You will also add in at least 4 servings of non-starchy vegetables and at least 64 ounces of water each day. If you are on a 7-day plan, you will have all your meals covered for the week. If you purchased 5-days worth of Nutrisystem foods, you will add in a few of your own Flex meals this week. [More on Flex meals here.](#) It is recommended to minimize physical activity due to the lower calorie nature of this week. To learn more about this first week, check out the [7 in 7 Guide!](#)

For an overview of your meal plan after your first week, check out the **Following the Plan and What to Expect** and the **Nutrisystem Meal Plan Overview** pages of this guide.

In week 2 and beyond, your meal plan includes 6 daily eating occasions – breakfast, morning snack, lunch, afternoon snack, dinner and evening snack. You'll enjoy the Nutrisystem foods along with fresh grocery add-ins, which we call PowerFuels, SmartCarbs, Vegetables, Extras and Free Foods. Check out the [Nutrisystem Grocery Guide](#) for examples of each category. You'll also drink at least 64 ounces of water each day.

Before starting Week 2 make sure to head back to the Nutrisystem app and change your meal plan to match the program you purchased. To do so, head to your "Account" scroll down to "Your Meal Plan" and click the "Plan" arrow. Now you are ready to start Week 2 by following your personalized meal plan.

On Nutrisystem, we recommend at least 30 minutes of physical activity each day. Head to the **My Daily 3[®]** section to learn more.

Nutrisystem programs allow you to choose the number of days' worth of Nutrisystem food you receive each month. Programs that provide less than 7 days' worth of Nutrisystem food include Flex meals.



If you decide to cook your own meal or dine out at a restaurant, you can follow our easy Flex meal guidelines. Flex meals will replace the Nutrisystem food for that meal occasion. They provide flexibility and teach you how to make your own healthy, balanced meals and snacks. See the **Building Flex meals and Snacks** section for more details!

*In a study, average weight loss was 5.1 pounds in the first 7 days.

WOMEN'S HEALTH 50+ PROGRAM

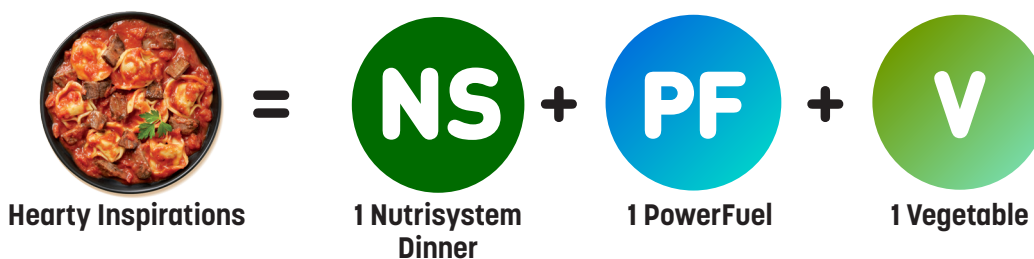
The Women's Health 50+ Program is designed for women 50 years or older. Hormonal changes during menopause can increase your risk of heart disease. Nutrisystem can help improve your cardiometabolic health and the nutritional quality of your diet.

Fight menopause weight gain especially around your middle. Reduce harmful belly fat by 8% in your first month! The Women's Health 50+ Program is our most effective plan to help women 50+ lose fat while preserving lean muscle.

Plus, improve your quality of life during the menopause years. Have fewer night sweats and reduce hot flashes in as little as 1 month!

The Women's Health 50+ Program includes both pantry-ready (shelf-stable) and frozen menu choices. With this program, Nutrisystem breakfasts, lunches, dinners and snacks are shipped to your door every 28 days.

When ordering your program, you have the option to receive Hearty Inspirations® premium meals. Hearty Inspirations are designed to provide an additional serving of protein and vegetables, requiring fewer grocery add-ins for you. A Hearty Inspirations® meal = 1 Nutrisystem Dinner + 1 PowerFuel + 1 Vegetable.



Check out the **Learn the Lingo** section of this guide for more information on Hearty Inspirations®.

Download the free Nutrisystem® app to log and track your daily meal plan.

For an overview of your meal plan, check out the **Nutrisystem Meal Plan Overview** section of this guide.

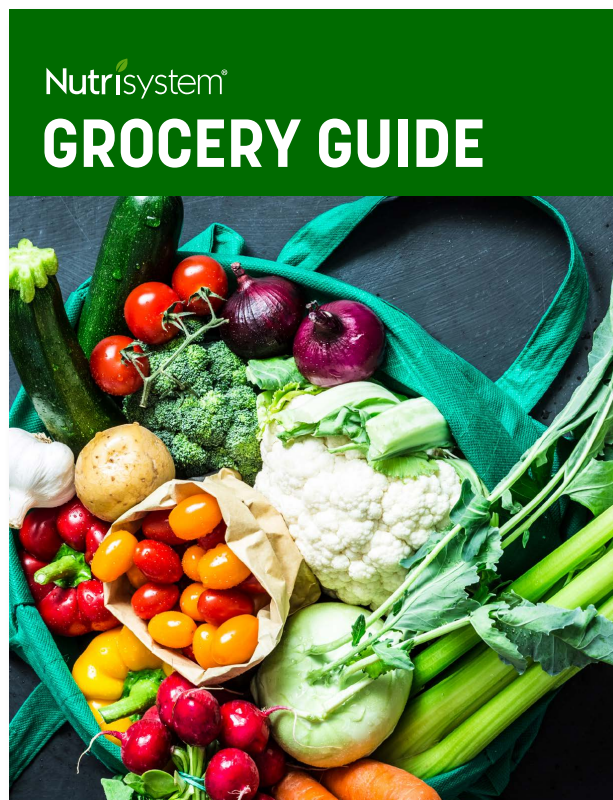
Your meal plan includes 5 daily eating occasions – breakfast, morning snack, lunch, afternoon snack and dinner. The meal plan is designed to front-load your calories and carbs earlier in the day versus at nighttime. This may help you feel more satisfied and less hungry throughout the day. It can also help prevent late-night eating that may derail your weight loss efforts.

You'll enjoy the Nutrisystem foods along with fresh grocery add-ins, which we call PowerFuels, SmartCarbs, Vegetables, Extras and Free Foods. Check out the [Nutrisystem Grocery Guide](#) for examples of each category. You'll also drink at least 64 ounces of water each day.

On Nutrisystem, we recommend at least 30 minutes of physical activity each day. Head to the **My Daily 3[®]** section to learn more.

Nutrisystem programs allow you to choose the number of days' worth of Nutrisystem food you receive each month. Programs that provide less than 7 days' worth of Nutrisystem food include Flex meals.

If you decide to cook your own meal or dine out at a restaurant, you can follow our easy Flex meal guidelines. Flex meals will replace the Nutrisystem food for that meal occasion. They provide flexibility and teach you how to make your own healthy, balanced meals and snacks. See the **Building Flex meals and Snacks** section for more details!



NUTRISYSTEM FOR MEN 50+ PROGRAM

The Nutrisystem for Men 50+ Program is designed for men 50 years or older. Testosterone levels naturally begin to decline as men age. Excess weight may further exacerbate declining testosterone. However, weight loss may help counteract some of these effects.

Yet, as we age, muscle mass also naturally declines and restricting calories too low, along with insufficient protein and resistance training during weight loss, may further reduce muscle mass. More protein is needed to support muscle during your weight loss journey.

That's why the Nutrisystem for Men 50+ Program is high in protein and provides personalized calories for a man's needs. You'll get the greatest number of calories designed to still provide meaningful weight loss results!

The Nutrisystem for Men 50+ Program includes both pantry-ready (shelf-stable) and frozen menu choices. With this plan, Nutrisystem breakfasts, lunches, dinners and snacks are shipped to your door every 28 days.

When ordering your program, you have the option to receive Hearty Inspirations® premium meals. Hearty Inspirations are designed to provide an additional serving of protein and vegetables, requiring fewer grocery add-ins for you. **A Hearty Inspirations® meal = 1 Nutrisystem Dinner + 1 PowerFuel + 1 Vegetable.** Check out the **Learn the Lingo** section of this guide for more information on Hearty Inspirations®!



You have the option to purchase Nutrisystem for Men® FUEL™ Protein Shakes with Velositol®, a unique ingredient that doubles the power of protein with fewer calories. Created just for men, these shakes are designed to help maintain lean muscle mass, improve body composition and significantly improve strength along with daily exercise.* They are also low-glycemic to help sustain energy levels and fight hunger. We recommend enjoying one of these shakes along with a Nutrisystem Breakfast for a high-protein start to your day.

Download the free Nutrisystem® app to log and track your daily meal plan.

For an overview of your meal plan, check out the **Nutrisystem Meal Plan Overview** section of this guide.

Your meal plan includes 5 daily eating occasions – breakfast, morning snack, lunch, afternoon snack and dinner. The meal plan is designed to front-load your calories and carbs earlier in the day versus at nighttime. This may help you feel more satisfied and less hungry throughout the day. It can also help prevent late-night eating that may derail your weight loss efforts.

You'll enjoy the Nutrisystem foods along with fresh grocery add-ins, which we call PowerFuels, SmartCarbs, Vegetables, Extras and Free Foods. Check out the [Nutrisystem Grocery Guide](#) for examples of each category. You'll also drink at least 64 ounces of water each day.

On Nutrisystem, we recommend at least 30 minutes of physical activity each day. Head to the **My Daily 3[®]** section to learn more.

Nutrisystem programs allow you to choose the number of days' worth of Nutrisystem food you receive each month. Programs that provide less than 7 days' worth of Nutrisystem food include Flex meals.

If you decide to cook your own meal or dine out at a restaurant, you can follow our easy Flex meal guidelines. Flex meals will replace the Nutrisystem food for that meal occasion. They provide flexibility and teach you how to make your own healthy, balanced meals and snacks. See the **Building Flex meals and Snacks** section for more details!

*Supports lean muscle mass in combination with diet and exercise. Along with resistance training, a clinical study shows a significant increase in strength after 8 weeks.

PARTNER PROGRAM & PARTNER 50+ PROGRAM

The Partner Program and Partner 50+ Program deliver Nutrisystem food for 2 individuals living in the same household every 2 weeks.

The programs align with the information outlined on the previous pages, except for receiving 2 weeks of food instead of 4. Reference these sections for more details on your specific plan.

Your partner has access to edit and manage your order. If you did not already link your partner through check out, be sure to link via [My Profile > Update General Information](#).



CLUB ADVANTAGE PLANS

These flexible plans provide you with options like high protein or carb conscious meals, plus free access to Club Advantage while an active customer.

To get started, download the Nutrisystem app and select the plan you ordered. You can also learn more about your plan and download a guide specific to the diet approach you are following by checking out the [Club Advantage Guides and Resources page](#) on The Leaf!

FOLLOWING THE PLAN AND WHAT TO EXPECT

Check out the [7 in 7 Recipe Book!](#) It's packed with healthy recipes and fresh ideas designed to support your first week of weight loss.

7 IN 7 OVERVIEW

Included with select Nutrisystem programs, 7 in 7 is a specially selected first week created by dietitians to help you lose up to 7 pounds in your first 7 days* – because when you get off to a fast start, you're more likely to reach your goal!

Designed to prime your body for steady weight loss, 7 in 7 features Hunger Control Shakes and Fat Burning Bars, plus delicious meals and snacks hand selected by nutritionists. You can also eat as many non-starchy veggies as you'd like to fill up!

To learn more about this first week, check out the [7 in 7 Guide!](#) This guide is packed with important information, advice and tools to help you have a successful first week.

*In a study, average weight loss was 5.1 pounds in the first 7 days.



7 IN 7 TIPS FOR SUCCESS

- Load up your plate with Non-Starchy Vegetables: They make a great snack if you're hungry and can bulk up any Nutrisystem meal.
- Enjoy zero-calorie beverages like black coffee, unsweetened tea and flavored seltzer water. Aim for at least 64 ounces (8 cups) of fluids daily.
- Free Foods are allowed on 7 in 7: Add unlimited flavor to your meals and veggies with spices, herbs, lemon juice, hot sauce, vinegar and more.
- Try to limit your physical activity during 7 in 7. This gives your body time to adjust.
- Space your meals and snacks 2-4 hours apart.
- Hearty Inspirations® meals are not recommended during this first week.
- If you are on a 5-day plan that includes Flex meals, we recommend that you prepare your Flex meals at home this first week rather than eating out. This will allow you to better manage portions and overall nutrition.

Important Note:

- Repeating week 1 in any consecutive four-week period may lead to health complications and is not recommended.
- Please consult with your physician before starting your first week. Not all plans include 7 in 7.

NUTRISYSTEM MEAL PLAN OVERVIEW

Nutrisystem programs are dietitian-designed to provide the right nutrition, right from the start. With our delicious food and easy-to-follow meal plans, you'll drop pounds at a healthy, steady rate of 1-2 pounds per week on average while enjoying tasty food and acquiring knowledge about healthy eating.

Each day, you'll eat Nutrisystem foods and complete your daily menu with grocery add-ins including PowerFuels, SmartCarbs, Vegetables, Extras and Free Foods (more on these below!). These foods are plan-approved and easy to incorporate.

Important Note: Does your plan include 7 in 7? Your first week will look a little different. Read the **7 in 7 Meal Plan Overview** section first, then come back here for week 2!

Here's a high-level overview of what you'll eat on a typical day on Nutrisystem:



SC SmartCarbs
number varies by plan

PF PowerFuels
number varies by plan

Ex Extras
limit 3 per day

FF Free Foods
unlimited

V
At least 4 servings of Non-Starchy Vegetables (Unlimited)

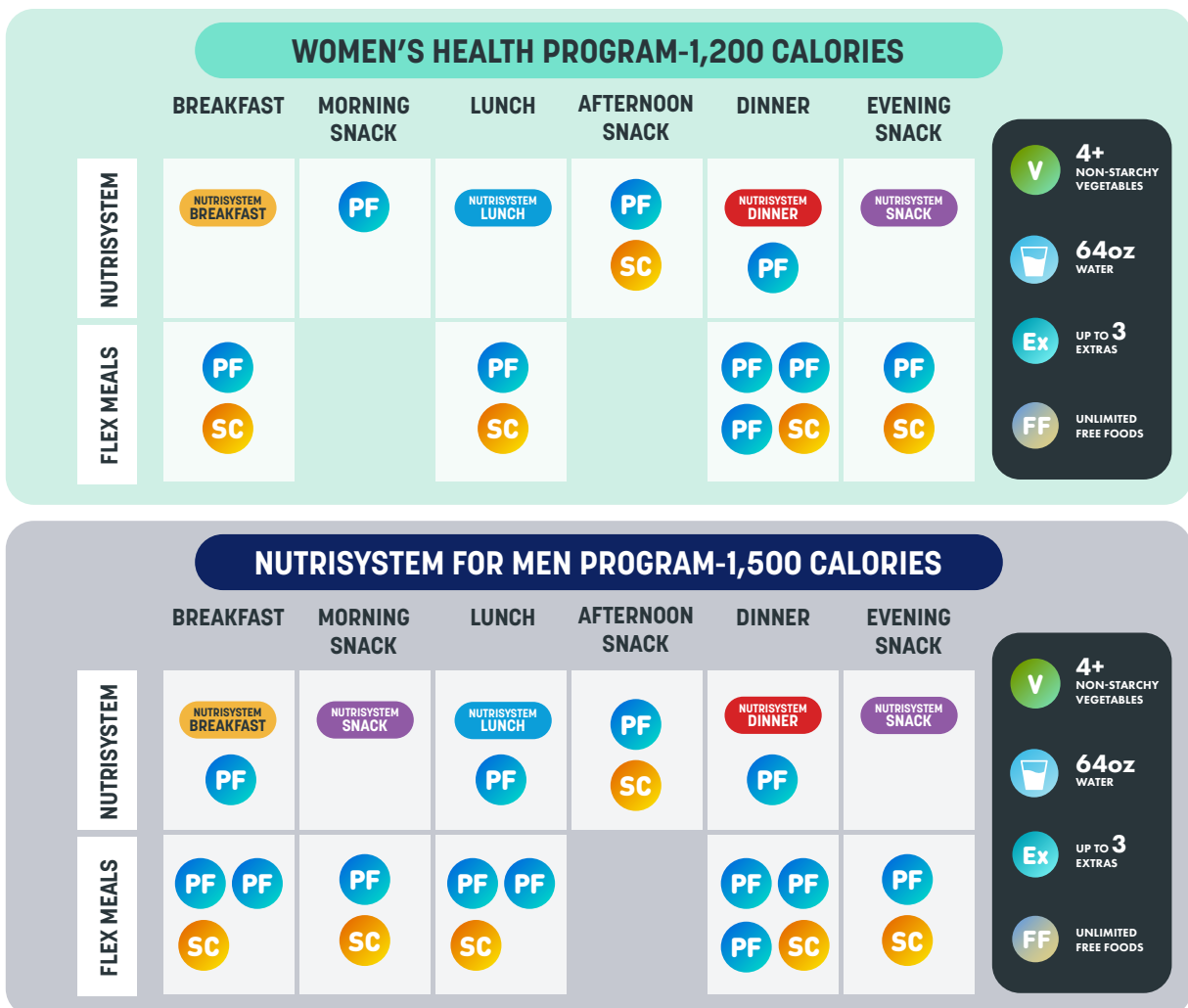
At least 64 oz. of Water (8 cups)

Most Nutrisystem programs also include Flex meals—meals and snacks that you create using the easy guidelines we provide.

In addition to your daily allotment of SmartCarbs and PowerFuels, you'll be using the SmartCarbs and PowerFuels to create your Flex meals. You'll eat Flex meals and snacks in place of Nutrisystem food. The type and number of add-ins suggested for your Flex meals will vary based on your specific plan and daily calorie goals. Check out the **Building Flex meals and Snacks** section for tips and ideas!

The graph below shows what a typical day may look like on Nutrisystem. Please note that your meal plan may vary depending on your specific program. **You will need to check the Nutrisystem® app for your specific PowerFuel and SmartCarb goals.**

More than 100 pounds to lose? Add 1 PowerFuel and 1 SmartCarb to your plan each day. If you are using the Nutrisystem® app, it will automatically include these add-ins for you.



WOMEN'S HEALTH 50+ PROGRAM - 1,200 CALORIES

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER
NUTRISYSTEM	NUTRISYSTEM BREAKFAST PF	PF SC	NUTRISYSTEM LUNCH	NUTRISYSTEM SNACK	NUTRISYSTEM DINNER PF
FLEX MEALS	PF PF SC		PF SC	PF SC	PF PF PF SC

- V** 4+ NON-STARCHY VEGETABLES
- 64oz** WATER
- Ex** UP TO 3 EXTRAS
- FF** UNLIMITED FREE FOODS

NUTRISYSTEM FOR MEN 50+ PROGRAM - 1,500 CALORIES

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER
NUTRISYSTEM	NUTRISYSTEM BREAKFAST PF	PF SC	NUTRISYSTEM LUNCH PF PF	NUTRISYSTEM SNACK	NUTRISYSTEM DINNER PF
FLEX MEALS	PF PF SC		PF PF PF SC	PF SC	PF PF PF SC

- V** 4+ NON-STARCHY VEGETABLES
- 64oz** WATER
- Ex** UP TO 3 EXTRAS
- FF** UNLIMITED FREE FOODS

NUTRISYSTEM MEAL PLAN TIPS FOR SUCCESS

- Don't deprive yourself! Daily grocery add-ins are a delicious part of your plan and they're essential to your success.
- We recommend exercising for 30 minutes each day. Activity can be broken up into three 10-minute sessions to fit your schedule. See the **My Daily 3[®]** section for tips!
- If you need some Flex meal inspiration, check out [The Leaf](#) for thousands of tasty recipes!
- Stock up on Nutrisystem Protein Shakes for easy PowerFuels: 1 Shake = 1 PowerFuel!
- Hearty Inspirations premium meals cut down on grocery add-ins: **They count as 1 Nutrisystem Dinner + 1 PowerFuel + 1 Vegetable serving on the program.**



Get a Sample Meal Plan for your specific Nutrisystem program!

Go to <https://leaf.nutrisystem.com/guides/>

LEARN THE LINGO:

POWERFUELS



80-120 CALORIES
with at least 5g of protein
OR at least 8g of total fat
(with no more than 4g of saturated fat)

Lean proteins and healthy fats can make any weight loss plan more satisfying, delicious and easy to stick to. We call them PowerFuels. These grocery add-ins provide energy, keep you satisfied and help maintain muscle.

PowerFuels consist of items like meat, fish, dairy, nuts, seeds and avocados. They are often the stars of our dinner plates and make the best smart and filling snacks.

We recommend that most of your grocery add-ins come from minimally processed, whole food choices. You can find the most nutrient dense PowerFuel options in the **Nutrisystem Grocery Guide!**

If you choose to include packaged foods not in the Grocery Guide, be sure they contain between 80-120 calories with at least 7 grams of protein **OR** at least 7 grams of total fat, with no more than $\frac{1}{2}$ of the fat from saturated fat (ex. if food contains 7 grams of total fat, saturated fat should be 3.5 grams or less).

While the nutrition for all whole foods listed in the Grocery Guide will not align with the packaged food nutrition recommendations, they are included in the Nutrisystem meal plan as add-ins for their additional key nutrients.

Check out the [Nutrisystem Grocery Guide](#) for ideas and serving sizes of PowerFuels!

SMARTCARBS



1 SC
SERVING = **80-120** CALORIES
with at least 1g or more of fiber

Did you know that you can still lose weight and get healthy while enjoying carbs like bread, crackers and pasta? The key is selecting nutrient-rich carbohydrates that contain fiber and sticking to proper portion sizes. We call these nutritious carbs SmartCarbs.

SmartCarbs include items like brown rice, whole wheat pasta, beans, fruit and starchy vegetables like potatoes. They are a group of carbohydrates that measure low to medium on the Glycemic Index.

The Glycemic Index is a rating system that tells you how quickly a food affects your blood sugar levels after eating it. These carbs are digested more slowly, keeping you feeling fuller longer.

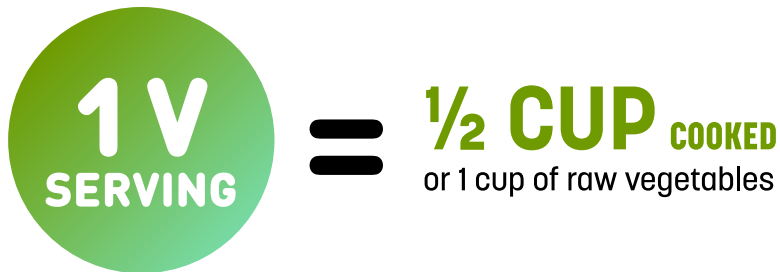
We recommend that most of your grocery add-ins come from minimally processed, whole food choices. You can find the most nutrient dense SmartCarb options in the Nutrisystem Grocery Guide!

If you choose to include packaged foods not in the Grocery Guide, be sure they contain between 80-120 calories with at least 3 grams of fiber.

While the nutrition for all whole foods listed in the Grocery Guide will not align with the packaged food nutrition recommendations, they are included in the Nutrisystem meal plan as add-ins for their additional key nutrients. For example, even though most fresh fruits do not contain 3 grams or more of fiber, they are recommended as SmartCarbs because they provide so much nutrition.

Check out the [Nutrisystem Grocery Guide](#) for ideas and serving sizes of SmartCarbs!

NON-STARCHY VEGETABLES



Non-starchy vegetables are a low-calorie way to stay full while you lose weight. We recommend eating 4 servings of non-starchy vegetables per day. Add these veggies to your Nutrisystem meals, Flex meals or snacks! They are the perfect choice to fill up and stay satisfied.

Non-starchy vegetables are packed with nutrition, yet are very low in calories. This is why we recommend filling up on more veggies if you find that you ate your recommended 4 servings for the day but are still hungry. We provide the serving sizes for non-starchy veggies in this guide. If you find you are hungry, serve yourself a serving of non-starchy vegetables. Wait 15-20 minutes after eating to check in with your hunger to see if you need another serving.

Non-starchy veggies include familiar staples like leafy greens, broccoli, onions and tomatoes. If choosing packaged vegetables, aim for no more than 25 calories per serving. Starchy vegetables like corn, potatoes and peas are higher in carbs and calories, so they count as SmartCarbs.

Check out the [Nutrisystem Grocery Guide](#) for ideas and serving sizes of Non-Starchy Vegetables!

EXTRAS



1 Ex
SERVING = **10–35** CALORIES
per serving

Adding flavor to your food can pile on calories without you even realizing it. To help you become more aware of this, Nutrisystem categorizes such foods as Extras. You can use these optional add-ins to spice up your meals or to make them more satisfying.

- Extras can make your meals and snacks more sweet, savory, spicy or satisfying.
- They include ingredients like coffee creamer, salad dressing, honey and condiments like ketchup and mayonnaise.
- Limit Extras to 3 per day.

Please Note: Some foods in the Extra category also appear in other categories. The serving size will determine how to count it in your meal plan. For example, avocado will count as an Extra if you use $\frac{1}{8}$ but if you use $\frac{1}{3}$, it will count as a PowerFuel.

Check out the [Nutrisystem Grocery Guide](#) for ideas and serving sizes of Extras!

FREE FOODS



1 FF
SERVING = UNDER **10** CALORIES

Just because you're eating to lose weight, that doesn't mean you have to compromise on flavor. Many ingredients that crank up the satisfaction in your meals are considered Free Foods on your Nutrisystem program, so you can enjoy as much of them as your taste buds desire.

- Free Foods contain less calories than Extras but still provide major flavor.
- They include spices, herbs, lemon juice, hot sauce, low-sodium broth and certain condiments and beverages.
- They have less than 10 calories per serving.
- Because these foods are so low in calories, they are unlimited on your Nutrisystem program.

Check out the [Nutrisystem Grocery Guide](#) for ideas and serving sizes of Free Foods!

FLEX MEALS

We don't just teach you how to lose weight. We also teach you how to keep it off. Most Nutrisystem programs include Flex meals—meals and snacks that you create using the easy guidelines we provide.

As you lose today, you are learning a new way to eat and to prepare food for yourself. Flex meals let you practice your new knowledge about healthy ingredients and portion sizes. They help you get ready for a lifetime of eating well and maintaining your healthy weight. And they couldn't be more simple!

All it takes is choosing from the five building blocks:



SmartCarbs



PowerFuels



Vegetables



Extras



Free Foods

If you opted for a Nutrisystem program that includes 7 days of food each week, you don't have to worry about Flexing. Just stick to your Nutrisystem foods for each meal occasion! If you do decide to eat out or cook a meal at home, be sure to follow the Flex meal guidelines to stay on program.

If you are on a program that provides fewer than 7 days of food each week, you will begin adding Flex meals in your first week. We recommend that your Flex meals in this first week be meals you prepare on your own. Save enjoying Flex meals out at a restaurant for weeks two and beyond once you've familiarized yourself with the grocery add-ins a bit more!

See the **Building Flex meals and Snacks** section for more information!



THE NUTRISYSTEM® APP

Keeping a food diary makes a significant difference in your chances of achieving weight loss success. The official Nutrisystem® app makes it easy for you to track your daily food and water intake, weight loss progress and physical activity.

Though we make logging quick and easy, there's no need to stress about tracking calories or being overly detailed. Just include your Nutrisystem foods and the minimally processed, whole foods listed in the Nutrisystem Grocery Guide. We've taken care of the backend work to align your plan with your calorie goal to support weight loss.



PRO TIP!

Simplify tracking further with our Quick Log feature in the Nutrisystem® app, where you can simply tap the Quick Log plus sign in your Log Food screen.

The free Nutrisystem® app is simple to use and offers lots of fun and helpful features:

- Stay on track by logging your food, hydration and exercise all in one organized place.
- Quick and easy logging with our database of over 1 million foods!
- Set reminders and easily scan barcodes to quickly find your foods.
- Keep track of your weight and measurements right in the app.
- Access to the Official Nutrisystem® Support Community.
- Tips and tricks to learn all about healthy weight loss—browse hundreds of weight loss tips and recipes right in the app.
- Access Nutrisystem Guides right in your Nutrisystem® app! Simply follow the steps below:
 - Tap “Learn” at the bottom of the screen.
 - Scroll down to find the “Digital Guides” card and click
 - Select the guide you want to access from the available options.



Download the Nutrisystem® app FREE on your smartphone's app store.

Download on the App Store

GET IT ON Google Play



Tap in!

HEARTY INSPIRATIONS®

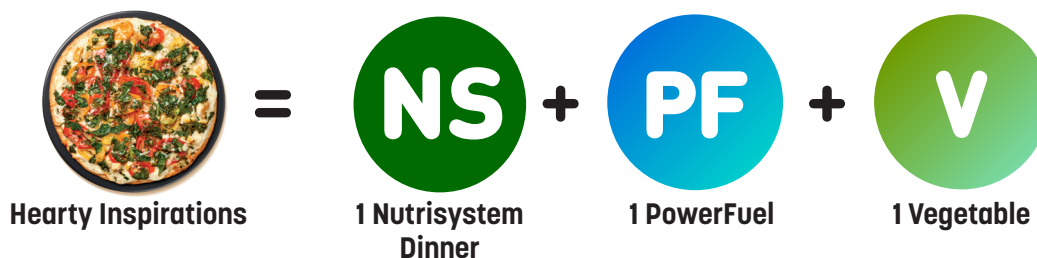


Hearty Inspirations® is our line of premium meals. These meals are bigger and more filling than our standard dinners, but remain perfectly portioned for weight loss.

These all-in-one meals contain up to 30+ grams of protein* and our full recommended serving of vegetables. Don't worry if the calories seem higher, trust that they fit within your meal plan.

Featuring both microwave and skillet options, these premium meals cook up in minutes. They make mealtime easier, providing you with an extra PowerFuel and one serving of Vegetables** when compared to standard Nutrisystem dinners. No need to add your own vegetables or sides!

On the Nutrisystem program and in the Nutrisystem® App, **1 Hearty Inspirations® meal = 1 Nutrisystem Dinner + 1 PowerFuel + 1 Vegetable**



Note: If your plan includes 7 in 7, Hearty Inspirations® meals are not recommended during this first week.

*Hearty Inspirations dinners contain 20 – 30g protein vs. standard dinners at 9 – 22g protein.

**As defined by the Nutrisystem program.

BEVERAGES

WATER OR OTHER CALORIE-FREE BEVERAGES



= 64 OUNCES
(8 cups) of water **OR** other
calorie-free drink

We recommend sipping on water all day long. It's naturally good for you and helps you feel full! Aim to drink at least 64 oz. (8 cups) of water or other calorie-free drinks each day.

In addition to water, you can enjoy these calorie-free beverages:

- Black coffee
- Iced tea, unsweetened
- Seltzer, plain or flavored
- Tea, all varieties, including black, green or herbal

OTHER POPULAR DRINKS

- 1 cup (8 fl. oz.) almond milk with added protein = 1 PowerFuel
- 1 cup (8 fl. oz.) fat-free/skim or low-fat milk = 1 PowerFuel
- 1 serving Nutrisystem Protein Shake = 1 PowerFuel
- 1 cup (8 fl. oz.) low-fat soy milk = 1 PowerFuel
- ½ cup (4 fl. oz.) 100% fruit juice = 1 SmartCarb
- ½ cup (4 fl. oz.) low-sodium vegetable juice/V-8 = 1 Vegetable
- 1 cup unsweetened almond milk = 1 Extra



PRO TIP!

Add lemon wedges, cucumber slices or mint leaves to water for flavor.

ALCOHOL

Enjoy up to 2 alcoholic beverages each week as part of your program. Opt for dry wine, light beer or liquor mixed with no-calorie mixers.

Be mindful of portion sizes:

- Dry wine = 4 oz.
- Light beer = 12 oz.
- Liquor (80-90 proof) = 1.5 oz.

Remember:

- Always have your drink with a meal or snack.
- Alcohol is a natural diuretic; be sure to have a glass of water after you drink.
- While you can enjoy up to 2 alcoholic beverages a week, we recommend not having both on the same day.

BECOME A PORTION SIZE PRO

You can perfect your portion sizes without relying on cumbersome kitchen tools. Visual aids can be a great way to figure out just how much might be too much when adding fresh additions to your program.

Here are some simple comparisons to keep in mind when portioning out your grocery add-ins.



1 oz. = 1 thumb or 3 dice

Examples:

PowerFuels: reduced fat cheese



2 oz. = about $\frac{2}{3}$ palm of hand or deck of cards

3 oz. = 1 palm of hand or deck of cards

Examples:

PowerFuels: 2 oz. meat, poultry or fatty fish, or 3 oz. white fish



1 teaspoon

1 tsp. = 1 fingertip or 1 dice

Examples:

Extras: honey, jelly, maple syrup, mayonnaise, oil and seeds



1 Tablespoon

1 Tbsp. = 1 thumb or 1 poker chip

Examples:

PowerFuels: 1 Tbsp. oil and nut butter, or 2 Tbsp. nuts and seeds

Extras: avocado, ketchup, low-fat coffee creamer, light salad dressing and reduced-fat mayonnaise



1/4 cup

1/4 cup = 1/2 cupped hand or 1 egg

Examples:

PowerFuels: avocado, ricotta cheese, and shredded, grated or crumbled cheese.

SmartCarbs: dried fruit and hummus



1/2 cup

1/2 cup = 1 cupped hand or computer mouse

Examples:

PowerFuels: 1% cottage cheese, canned tuna, edamame and lean ground turkey

SmartCarbs: brown rice, quinoa, whole grain pasta, beans and starchy veggies (corn, potatoes and peas)



1 cup

1 cup = 1 clenched fist or baseball

Examples:

PowerFuels: low-fat milk

SmartCarbs: fresh fruit and berries

Extras: unsweetened almond milk and air-popped popcorn

BUILDING FLEX MEALS AND SNACKS

FREEDOM. FLEXIBILITY. FAMILIAR FLAVORS.

Nutrisystem programs give you the freedom to dine out or enjoy healthy, home-cooked meals throughout the week. Recreate a family recipe or hit up your favorite restaurant!

Instead of eating a Nutrisystem entrée, Flex meals are meals that you create or order out by following our simple guidelines. They give you variety, flexibility and teach you healthy habits for lasting weight loss success. Learning to build a plate using the Flex meal system ensures that you are consuming the right combination of nutrients to help keep you full and satisfied.

If you opted for a Nutrisystem program that includes 7 days of food each week, you don't have to worry about Flexing. Just stick to your Nutrisystem foods for each meal occasion! If you do decide to eat out or cook a meal at home, be sure to follow the Flex meal guidelines to stay on program.

Check out [The Leaf](#) for thousands of healthy Flex meal recipes!

Ordering a Flex meal from a restaurant? Check out our [Dining Out Guide](#) for tips to stay on track!



PRO TIP!

At the start of each week, plan out when you will include your Flex meals. This allows you to plan around your schedule and ensures you don't forget to include your Flex meals throughout the week!

Making Flex meals is super easy! All it takes is choosing from these five building blocks:



SmartCarbs



PowerFuels



Vegetables



Extras



Free Foods

Breakfasts, lunches, dinners and snacks all have different Flex meal guidelines. Check out the graph below for an example of what each Flex meal may contain.

Please note that Flex meal guidelines will vary depending on your specific Nutrisystem program. Use the Nutrisystem® app for your specific PowerFuel and SmartCarb goals. In your app journal, simply go to the meal occasion your Flexing, then tap on Log Food and click "Turn On." This will show you how to build your Flex meal.

FLEX MEAL GUIDE
WOMEN'S HEALTH PROGRAM
1,200 Calories

BREAKFAST

PF SC

LUNCH

PF SC

DINNER

PF PF PF SC

SNACK

PF SC

FLEX MEAL GUIDE
NUTRISYSTEM FOR MEN PROGRAM
1,500 Calories

BREAKFAST

PF PF SC

LUNCH

PF PF SC

DINNER

PF PF PF SC

SNACK

PF SC

MIX AND MATCH FLEX MEAL GUIDE

Here are some example foods to get you started with your Flex meals. Check out the full [Grocery Guide](#) for more ideas.

STEP 1: POWER UP PICK A POWERFUEL

- 2 oz. Chicken Breast
- 3 oz. Shrimp
- 1 slice Cheese
- 1 large Egg
- 2 Tbsp. Nuts

STEP 2: GET SMART SELECT A SMARTCARB

- 1 cup Fruit
- 1 slice Whole Grain Bread
- ½ cup Whole Wheat Pasta
- ½ cup Brown Rice
- ½ cup Sweet Potato

STEP 3: VEG OUT PILE ON THE NON-STARCHY VEGETABLES

- Broccoli
- Bell Peppers
- Green Beans
- Lettuce
- Tomatoes
- Asparagus

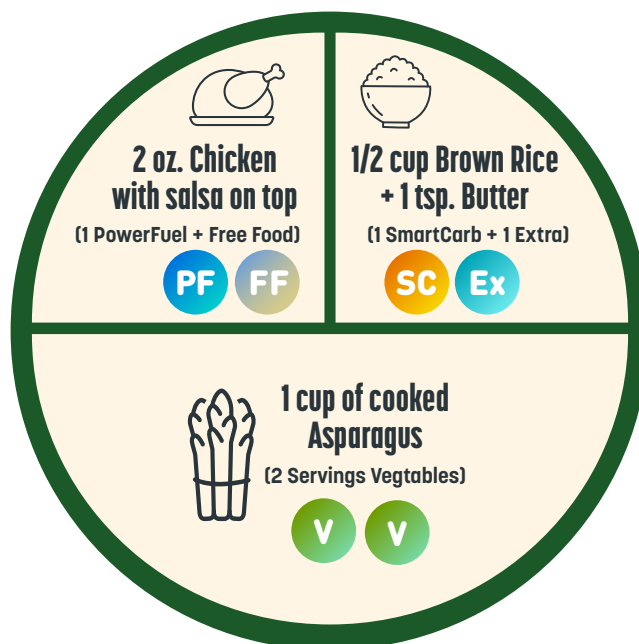
STEP 4: BE EXTRA ADD SOME EXTRAS

- 1 Tbsp. Avocado
- 2 tsp. Butter Substitute
- 1 tsp. Honey
- 1 tsp. Olive Oil
- 1 Tbsp. Light Salad Dressing
- 1 tsp. Butter

STEP 5: FEEL FREE FLAVOR WITH FREE FOODS

- Low-Sodium Broth
- Garlic
- Fresh Herbs
- Hot Sauce
- Lemon Juice
- Salsa

EXAMPLE FLEX LUNCH



EASY COMBINATIONS FOR FLEX MEALS

Need some Flex meal inspiration? Check out these tasty combination ideas for each meal occasion!

Please Note: You can easily adjust the below combinations to fit your specific meal plan. See the Nutrisystem® app for your personal Flex meal guidelines. For example, if your Flex lunch calls for 2 PowerFuels, simply enjoy 2 servings of the PowerFuel shown OR add on another PowerFuel from the list of examples. Feel free to add more Vegetables and Free Foods to your liking! Extras are always optional, but remember they should be limited to no more than 3 per day

FLEX BREAKFAST IDEAS




EGG SANDWICH




- PF** 1 large Egg
- SC** 1 slice Whole Grain Toast (2 slices if 40-60 calories per slice)
- FF** 1 Tomato Slice
- Ex** 1 Tbsp. Pureed Avocado
- FF** Unsweetened Tea

YOGURT WITH BERRIES



- PF** 2/3 cup Nonfat Plain Yogurt (or 6 oz. container)
- SC** 1 cup Mixed Berries
- V** 4 fl. oz. Low-Sodium Vegetable Juice
- Ex** 1 tsp. Pumpkin Seeds
- FF** Black Coffee

BANANA AND SPINACH PROTEIN SHAKE



- PF** 1 Nutrisystem Protein Shake
- SC** 1 medium Banana
- V** 1-2 large handfuls of Spinach
- Ex** 1 cup Unsweetened Almond Milk
- FF** Cinnamon

FLEX LUNCH IDEAS



HAM SANDWICH



- PF** 2 oz. Low-Sodium Ham
- SC** 1 slice Whole Grain Toast
(2 slices if 40-60 calories per slice)
- FF** Tomato and Onion Slices
- Ex** 1 tsp. Mayonnaise
- FF** Mustard

TUNA WRAP



- PF** ½ cup Tuna
- SC** 1 6-inch Whole Wheat Pita or Tortilla
- Ex** 1 tsp. Mayonnaise
- FF** Lettuce and Onions
- V** Serve with 1 cup Sliced Bell Peppers

VEGETARIAN BURRITO BOWL SALAD



- PF** ¼ cup Shredded Cheese
- SC** ½ cup Black Beans
- V** 1 cup Lettuce
- Ex** 1/8 Avocado
- FF** Salsa

FLEX DINNER IDEAS



CHICKEN AND BROCCOLI PASTA



- PF PF PF 6 oz. Chicken Breast
- SC ½ cup Whole Grain Pasta
- V ½ cup cooked Broccoli
- Ex 1 tsp. Olive Oil
- FF Garlic, Oregano and Red Pepper Flakes

TOFU STIR FRY BOWL



- PF PF PF 3 cups Tofu
- SC ½ cup Quinoa
- V ½ cup cooked Sugar Snap Peas
- Ex 1 tsp. Sesame Oil
- FF Low-Sodium Soy Sauce

STEAK FAJITAS



- PF PF PF 6 oz. Steak
- SC ½ cup Brown Rice
- V ½ cup cooked Bell Peppers and Onions
- Ex 1 Tbsp. Pureed Avocado
- FF Salsa

FLEX SNACK IDEAS



APPLES AND CELERY WITH PEANUT BUTTER



- PF** 1 Tbsp. Peanut Butter
- SC** 1 medium Apple
- V** 2 medium stalks of Celery
- Ex** 1 tsp. Honey
- FF** Cinnamon

TURKEY ROLL-UPS



- PF** 2 oz. Turkey Breast
- SC** 1 6-inch Whole Wheat Tortilla
- V** ½ cup Shredded Carrots (plus ½ cup Cherry Tomatoes on the side)
- Ex** 1 Tbsp. Fat-Free Cream Cheese
- FF** Fresh Basil

CHEESE AND CRACKERS



- PF** 1 oz. Cheese
- SC** ¼ cup Whole Grain Crackers
- V** 1 cup Cucumber Slices
- Ex** 6-7 small Black or Green Olives
- FF** Hot Peppers

SETTING WEIGHT LOSS EXPECTATIONS

Establishing realistic expectations and attainable goals as part of a weight loss journey is critical to achieving success. Yet, for many, the expectations you set for yourself and your weight loss often far exceed what is realistic or even healthy for your body.

A lot of times we set unrealistic expectations because we are impatient and want the weight to come off quickly. When your expectations are too lofty, you're less likely to achieve them, leaving you frustrated and disappointed. This can cause you to give up and go back to old habits.

This is the reason why it is important to be honest with yourself and set realistic expectations for YOUR weight loss.

WHAT FACTORS AFFECT WEIGHT LOSS?

It's important to know that everyone's journey is completely different. Your weight loss progress is affected by many factors:

- Age
- Gender
- Starting weight
- Activity levels
- Medical history
- When you were last on a diet
- Genetics
- Adherence
- Where you lose weight first
- Muscle mass
- Lifestyle
- Stress levels
- Sleep
- And the list goes on...

In addition, the number on the scale may be influenced by:

- Time of day you are weighing yourself
- How much clothing you are wearing
- For women, your menstrual cycle
- Your sleep quality and quantity
- Your stress levels
- Timing of your last meal
- Regularity of bowel movements
- Alcohol
- Calibration of your scale and if you are using the same one all the time
- Recovery from strenuous physical activity



NON-SCALE VICTORIES

There are many ways to measure success. The success of your journey and the benefits you receive are so much more than any one number can tell. It's important to celebrate ALL the progress that is being made and the habits that are being broken or formed. Here are some other measures of success to be mindful of and maybe even track:

- Improved energy levels
- The way your clothes fit differently
- Sleep quality and quantity
- Stress levels
- Building healthy habits – as small or big as they may be
- Improved confidence
- Reduced medications
- Improvement in health markers (e.g., blood work/labs, blood pressure, blood sugar and more)
- Eating more vegetables and balanced meals
- Moving more
- Improved joint pain
- Watching your family adopt healthier habits because you are
- Learning to listen to your body's hunger and fullness cues
- Improving your relationship to food



TYPICAL WEIGHT LOSS ON NUTRISYSTEM

When it comes to the number on the scale, the Nutrisystem program is designed to deliver weight loss of 1 to 2 pounds per week. This is considered healthy and sustainable weight loss, which is exactly what we want. However, general science says that even losing a half a pound per week is good!

Typically, weight loss is quicker in the beginning as the body adjusts to reduced calories. Over time, your body wants to fight back.

Remember, our bodies like to stay in balance and that can make it more challenging to lose weight the longer you are on the program. That doesn't mean you should give up or that the program isn't working anymore. That's exactly what your body wants you to think! It just means you recognize it and need to make some adjustments.

The Nutrisystem® app is designed to help manage these plateaus.

Note that day-to-day weight fluctuations are normal. It is impossible to gain 2 pounds of fat in a day while following the plan. This is not weight gain, it's a weight fluctuation that is most likely caused by one or more of the reasons we have mentioned.

HOW OFTEN SHOULD YOU WEIGH IN?

The frequency that you weigh yourself is a personal preference. Some people like to weigh themselves every day, while others weigh themselves every week. Some people don't want to weigh themselves at all! All options are OK. Just keep a few things in mind:

Make sure to weigh at the same time of day and with the same amount of clothing. The scale can fluctuate drastically from day to day, sometimes even 5 pounds, so you must be conscious of that and not get frustrated.

Chart your progress in the Nutrisystem® app and look at the weight loss trend over the month. You can't base your success on a day or even a few of weighing because it takes time for your body to adjust and show results.

If you're not weighing at all, use other indicators of success and measure those changes week to week. One of the easiest to check is the way your clothes fit. You can even break out a tape measure if you choose to do so.



MY DAILY 3[®]

Regular physical activity is an important component to lifelong weight management and overall health. Nutrisystem's My Daily 3[®] activity plan makes a movement routine achievable, because we know how hard it can be to exercise.

By incorporating 3 quick, 10-minute activity sessions into your day, you can reap the benefits of regular exercise without making a 30-minute commitment all at once.

Sneak 10 minutes of activity in before work, 10 minutes at lunch and 10 minutes after work. Or, if it works better with your schedule, you can spread them throughout your workday—whatever works for you!

MY DAILY 3[®] ACTIVITY IDEAS

Pick 3 of these activities to try out today. And remember, you only need to get moving 3 times a day for 10 minutes at a time.

- Take a walk
- Garden
- Rake leaves
- Jump rope
- Go for a jog
- Do jumping jacks
- Try sit-ups and push-ups
- Shovel snow
- Mow the lawn
- Go for a bike ride
- Dance
- Walk up and down the stairs
- Do some vigorous cleaning
- Pace while talking on the phone
- Walk the mall
- Go sledding
- Go bowling
- Stretch or do yoga
- Go ice skating or roller skating

4 ESSENTIALS FOR GETTING ACTIVE

1. Check with your doctor first.
2. Choose activities you enjoy.
3. Start slowly; build slowly.
4. Put workouts on your calendar.

NOTE: *Vigorous physical activity is not recommended during 7 in 7 week. Consult with your doctor before engaging in any kind of physical activity.*

PLANNING YOUR WEEK: STOCKING UP THE KITCHEN AND PANTRY



With the right skills and a little bit of preparation and planning, you can feel confident that grocery shopping can be easy, healthy and supportive of your weight loss goals.

HAVE A GAME PLAN

When it comes to grocery shopping, planning is key. Before you even step out of the house to head to the grocery store, you need a weekly game plan and a shopping list to stick to.

STEP 1: THINK AHEAD

Think about the week ahead and plan out what you will make for Flex meals, snacks and side dishes to complement your Nutrisystem meals. You can keep it simple and repeat the same Flex meals or you can experiment with different recipes, it's up to you!

STEP 2: MAKE A LIST

Start making a list of the foods you will need. What PowerFuels, SmartCarbs and Vegetables will you need to round out your Nutrisystem meal plan? Refer to our comprehensive [Grocery Guide](#) and choose some of your favorite options. Print out the Grocery Add-In List page and jot down your top 10 foods from each add-in category.

Focus on purchasing whole food options most of the time. They are often healthier choices and cut down on label reading. This makes it easier to identify if a food is a PowerFuel or SmartCarb.

STEP 3: MEAL PREP MINDSET

Think about ways to ease meal prep. Try to repurpose meal leftovers or ingredients if you can. Leftover baked chicken from dinner can make a satisfying PowerFuel snack the next day. Cook some extra, then pair it with a SmartCarb like whole grain crackers for a PowerFuel and SmartCarb combo.

STEP 4: TAKE INVENTORY

Take inventory of the foods you already have on hand. Plan out and build Flex meals and snacks around those foods first, then add in a few new meal or snack options where needed. Not only will this save you time and money, but it will also prevent food waste.

STEP 5: ORGANIZE YOUR LIST

Once you know what foods you still need to pick up, add them to your list. It can be helpful to organize your list into sections of the grocery store –produce, meat and meat alternatives, grains and breads, eggs and dairy, healthy fats and general pantry items like spices and canned goods.



WHAT TO EXPECT WHEN YOU HIT YOUR GOAL WEIGHT

Reaching your weight loss goal is an amazing accomplishment. You've stuck to the Nutrisystem plan, you've taken on challenges and you've made positive changes in your life that will last long after you reach your target weight.

But when you finally hit that number on the scale, are you ready for what comes next? It can feel a bit overwhelming being at the finish line of such a big journey. But don't worry! Nutrisystem is still here to guide you through it with continued support and motivation.

MANAGING YOUR NEW WEIGHT

Once you reach your goals, you'll transition to a healthy lifestyle. Club Advantage powered by Nutrisystem can help. It's a flexible solution designed for people looking to manage their weight or follow their own diet approach. It's the perfect way to continue to live healthy after your weight loss.

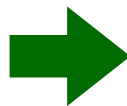
ACTIVE WEIGHT LOSS

Expect to lose an avg. 1-2 lbs. a week.

Eat 5-6 times a day.

Be active for 30+ minutes a day.

Achieve your goal weight!



MAINTENANCE

Manage your new weight.

Eat 5-6 times a day.

Be active for 60+ minutes a day.

Aim for a steady energy balance!

As a Club Advantage member, you can continue to receive the Nutrisystem meals and snacks you've come to love without following a comprehensive program.

To manage your new weight, you'll continue to eat 5-6 times a day. Club Advantage takes the guesswork out of eating right—order as many meals as you want whenever you want.

We also recommend increasing your activity level from 30+ minutes a day to 60+ minutes a day, as research shows this is important for weight maintenance. This can be something as simple as increasing the amount of time spent brisk walking. The goal is to aim for a steady energy balance!

HELPFUL RESOURCES



Learn more about your program!



The Official
Nutrisystem® app



NUTRISYSTEM GUIDES

Find all of the information
you need with these
[guides & resources](#)

The **Leaf**®

Daily recipes, expert tips and more

leaf.nutrisystem.com

MY ACCOUNT

Manage your order and more

nutrisystem.com/login

CONTACT US

Need some help? Contact us via phone, email or chat:



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