



DID YOU ORDER FROZEN FOOD?

It comes in a separate package!

STARTER GUIDE

Look inside for
your introduction
to Nutrisystem.



NUTRISYSTEM PROGRAM GUIDE

Scan with phone to learn about your specific plan.

WELCOME TO NUTRISYSTEM!

Whether you want to lose a lot of weight or just get a little healthier, Nutrisystem plans are dietitian-designed to provide the right nutrition, right from the start. Once you reach your goal, you'll transition to a healthy lifestyle you can manage on your own or with our help! **It starts with weight loss but doesn't end there:**

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!

What does a typical day on Nutrisystem look like?

This is just an example and plans will vary. Check out our NuMi® app for your personalized meal plan.



BREAKFAST

Nutrisystem Entrée



AFTERNOON SNACK

Fresh and healthy!



MORNING SNACK

Fresh and healthy!



DINNER

Nutrisystem Entrée



LUNCH

Nutrisystem Entrée



EVENING SNACK

Nutrisystem Snack

You'll also enjoy healthy grocery "add-ins" throughout the day—more on that later!

Quick tips for getting started:

- **Know the name of your plan.** You can find it in "My Account". Remember: You need to follow the guidelines for your specific plan.
- **Download NuMi®.** Follow your meal plan, track progress and so much more with our FREE top-rated smart app.
- **Join the Official Nutrisystem Facebook Community.** Make meaningful connections while sharing fresh ideas.
facebook.com/groups/officialnutrisystemsupportcommunity
- **Bookmark our go-to guides.** Scan the codes on the back!

A TASTE OF WHAT TO EXPECT

Eat it!

Nutrisystem meals are ready-made, perfectly portioned and packed with flavor. They're specially formulated to deliver results and keep you feeling full and satisfied. In addition, you'll enjoy fresh grocery additions that we call **add-ins**. These foods are plan-approved and easy to incorporate (more details on the next page).

Drink it!

Water is essential to weight loss—it helps you feel fuller and may even give your metabolism a boost, so you burn calories throughout the day.



Drink at least 64 oz. of water per day. Any zero-calorie drink counts as water, but we recommend the real stuff!

Move it!

We suggest a proven regimen of activity (like walking) in 10-minute increments, three times a day.



Does your plan include 7 in 7?

Your first week will look a little different:

- **You'll lose up to 7 lbs your first week!***
- Your first week will include a variety of Nutrisystem menu items, including ProSync shakes and ProSync bars.
- You'll keep physical activity to a minimum. This allows your body some time to adjust to your new way of eating.

Learn more about your 7 in 7 week!

Scan the QR code to learn more about 7 in 7.

*In a study, avg. weight loss was 5.1 lbs. in first 7 days.



ADD MORE TO YOUR MEALS

Adding nutrient-rich, wholesome foods into your meals and snacks is essential for maintaining optimal health and wellness on Nutrisystem. It also helps you practice healthy habits for a lifetime of success. We've broken these **add-ins** into the following categories, making them easy to incorporate into your plan:

 SmartCarbs	Carbohydrate choices that contain fiber and take longer for your body to digest. <i>Ex: Fruit (1 cup), whole grains such as whole-wheat pasta (½ cup)</i>
 PowerFuels	Lean proteins and healthy fats to help maintain muscle and keep you feeling satisfied. <i>Ex: Lean meats such as chicken breast (2 oz.), Greek yogurt (⅔ cup or about 6 oz. single-serving container)</i>
 Extras	Foods or ingredients that add flavor or texture to meals without a large number of calories. <i>Ex: Popcorn (1 cup), ketchup (1 Tbsp.)</i>
 Free Foods	Foods or ingredients you can enjoy in unlimited quantities (because they are so low in calories). <i>Ex: Black pepper, salsa, hot sauce, lemon juice</i>
 Vegetables	Non-starchy, low-calorie vegetables packed with vitamins, minerals and water. We recommend 4 servings a day, but veggies are unlimited!



Find full explanations of each add-in category in the **Nutrisystem Grocery Guide**.

PLATE IT UP!

You'll enjoy added flavor and variety by incorporating add-ins into most of your Nutrisystem meals. **Here's one example of a Nutrisystem meal complete with add-ins:**

1 Nutrisystem Entrée + 1 PowerFuel + 1 Extra + 2 Servings of Vegetables

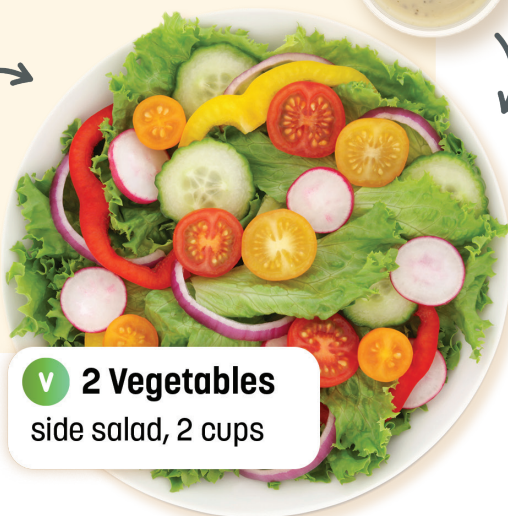
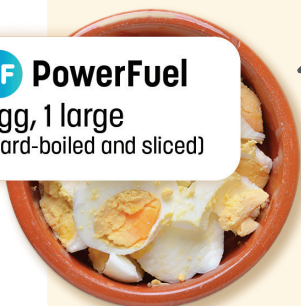


NE Nutrisystem® Dinner
Italian Sausage & Turkey Pepperoni Pizza

Ex Extra
salad dressing, 1 Tbsp.
(reduced-fat)



PF PowerFuel
egg, 1 large
(hard-boiled and sliced)



V 2 Vegetables
side salad, 2 cups

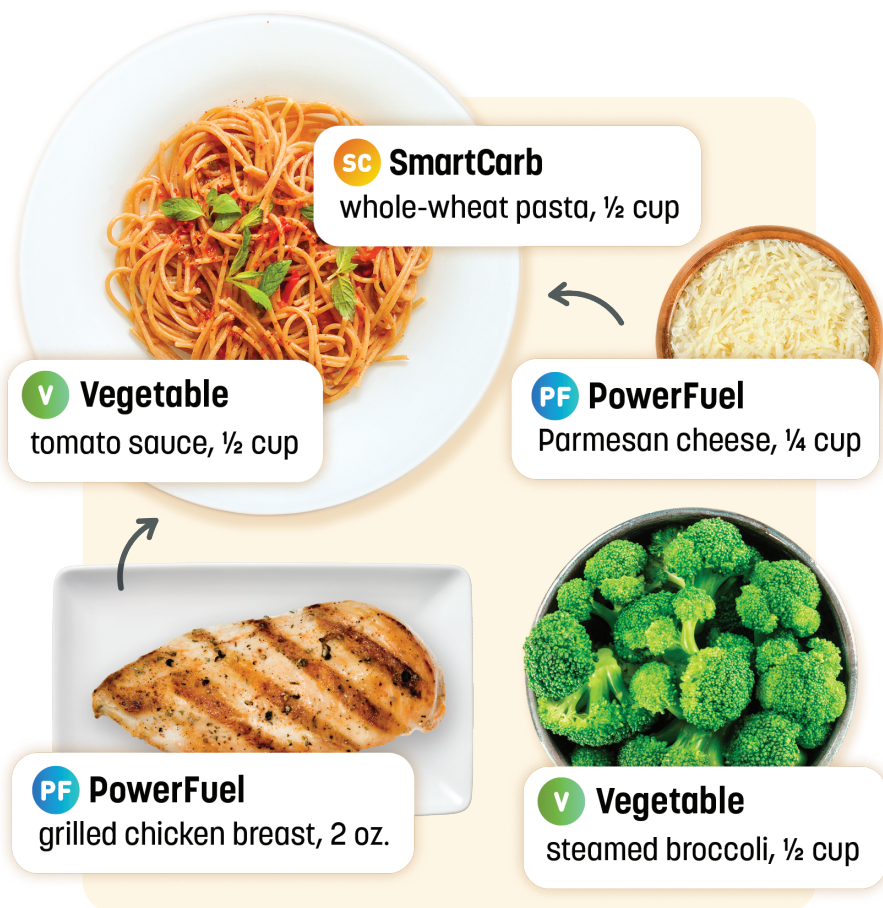
FLEX YOUR WAY TO SUCCESS

Flex meals are healthy home- and restaurant-made meals created from add-ins or based on guidelines we provide. Flex meals are a great way to:

- Learn healthy habits to help you prepare to better-manage your weight loss
- Complement your Nutrisystem meals*

The type and number of add-ins suggested will vary based on your specific plan and daily calorie goals. **Here's one example of a Flex meal for lunch:**

2 PowerFuels + 1 SmartCarb + 1-2 Servings of Vegetables



*The amount of food you receive varies based on the plan you purchased. You'll eat Flex meals in place of Nutrisystem food. It's best to spread Flex meals throughout the week.

TRACKING IS IMPORTANT. NuMi® MAKES IT SUPER SIMPLE!

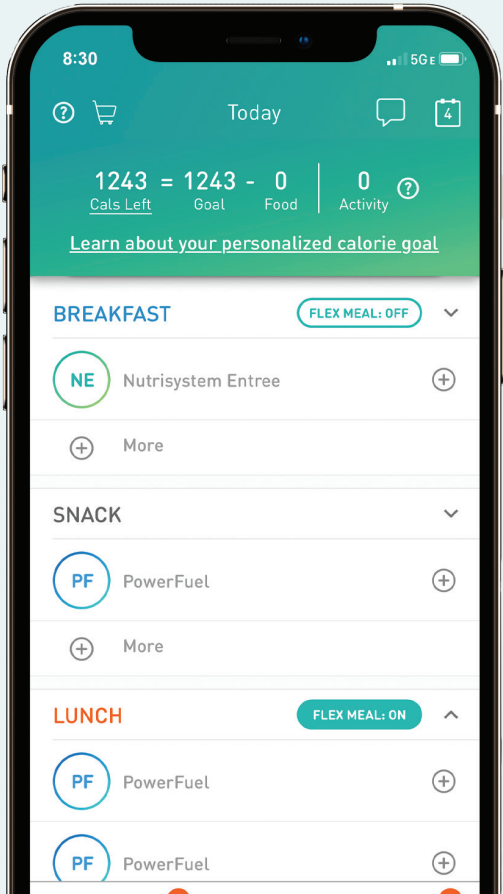


129K RATINGS

Average rating of 4.6 based on App Store reviews as of October, 2022.

NuMi® provides a daily meal plan that shows exactly what to eat and when, including how to incorporate add-ins and Flex meals.

Plus: NuMi is now powered by SmartAdapt!
As you track your weight loss, SmartAdapt calculates your calorie goals to adapt to your changing metabolism and help you minimize plateaus.



Download the app FREE today.



or track online at **NuMi.com**

HELPFUL RESOURCES

Scan the codes below for easy access to all the guidance and support you need:



NUTRISYSTEM GUIDES & RESOURCES
Learn more about your plan!



The Official
Nutrisystem
Smart App

Download or track at **NuMi.com**

The **Leaf**[®]
Daily recipes,
expert tips and more



leaf.nutrisystem.com



GROCERY GUIDE
Take the guesswork out
of grocery shopping

7 IN 7
First week guide
and daily tracker



CONTACT US

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



1-800-585-5483



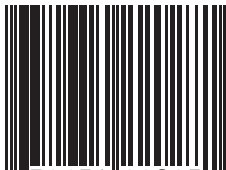
weightlosssupport@nutrisystem.com



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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.

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