

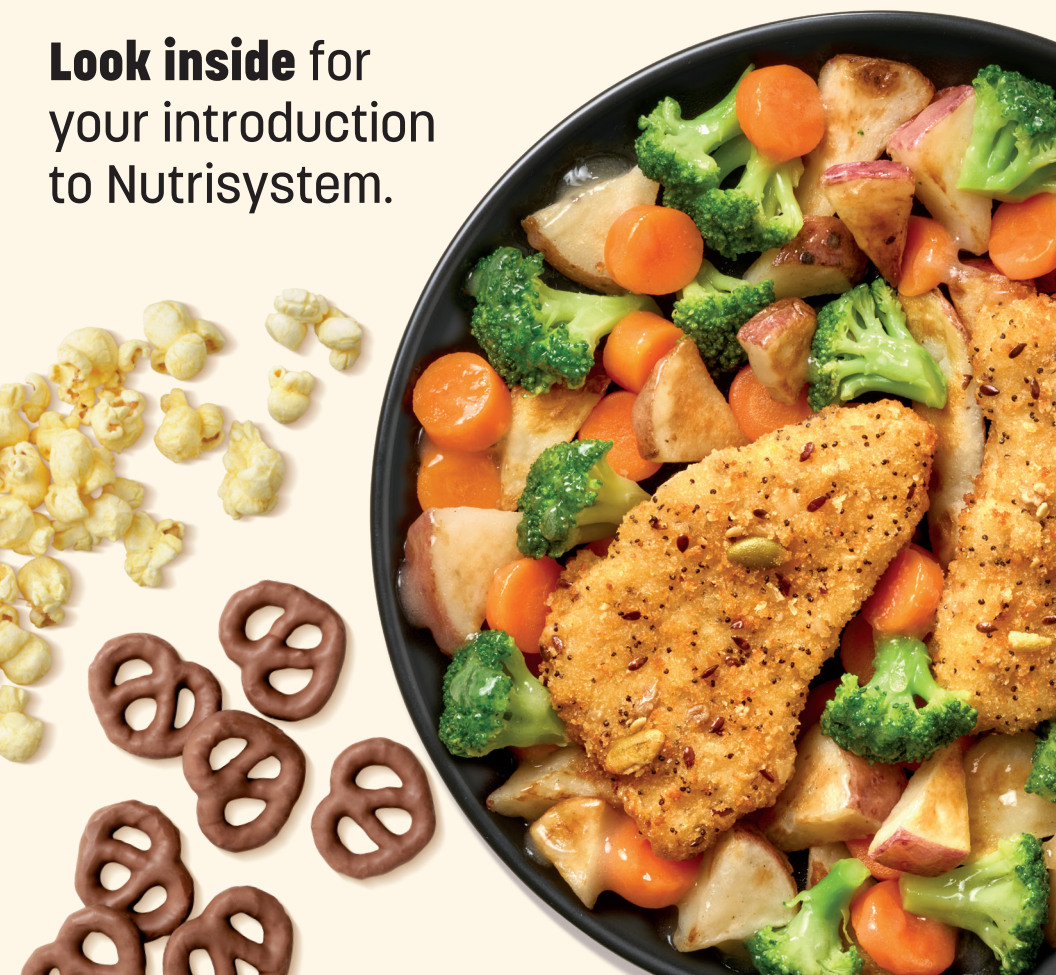
Nutrisystem®



**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 Nutrisystem® 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 Nutrisystem® app.** 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](https://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 2 ProSync™ shakes and 1 ProSync™ bar each day.
- 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!

*Check out the Nutrisystem Guides and Resources page and choose the "7 in 7 Guide" for more information.*



\*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.

*Ex: Fruit (1 cup), whole grains such as whole-wheat pasta (½ cup)*



## PowerFuels

Lean proteins and healthy fats to help maintain muscle and keep you feeling satisfied.

*Ex: Lean meats such as chicken breast (2 oz.), Greek yogurt (⅔ cup or about 6 oz. single-serving container)*



## Extras

Foods or ingredients that add flavor or texture to meals without a large number of calories.

*Ex: Popcorn (1 cup), ketchup (1 Tbsp.)*



## Free Foods

Foods or ingredients you can enjoy in unlimited quantities (because they are so low in calories).

*Ex: Black pepper, salsa, hot sauce, lemon juice*



## 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





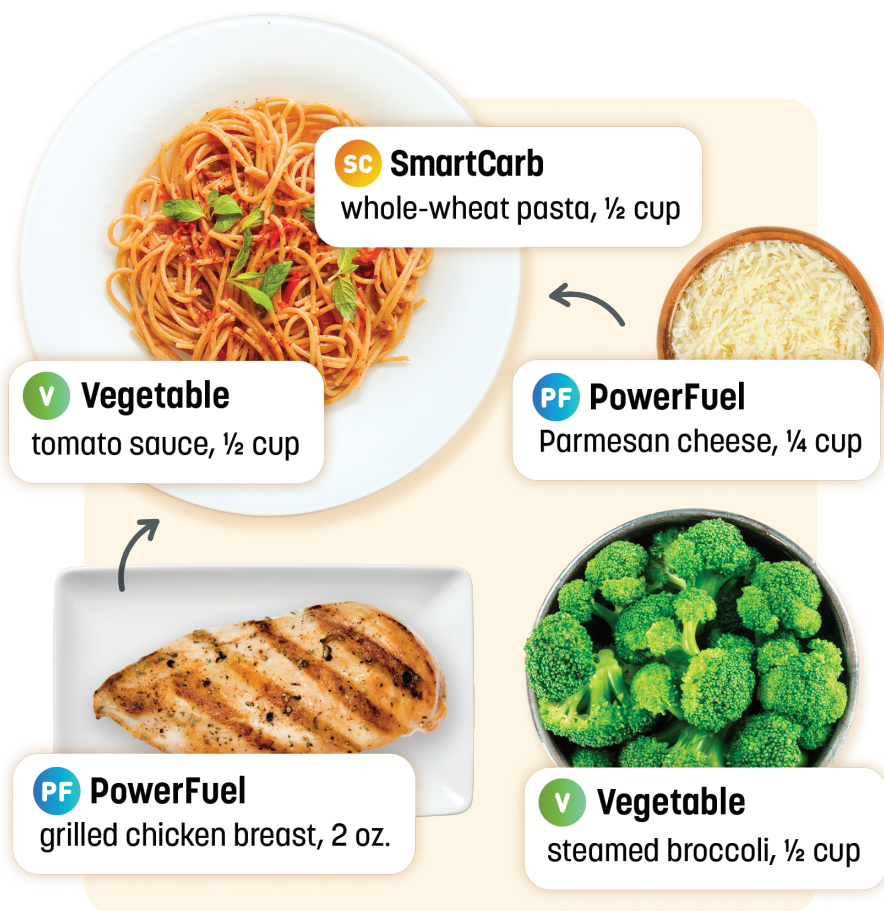
# FLEX YOUR WAY TO SUCCESS

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. OUR NEW APP MAKES IT SUPER SIMPLE!



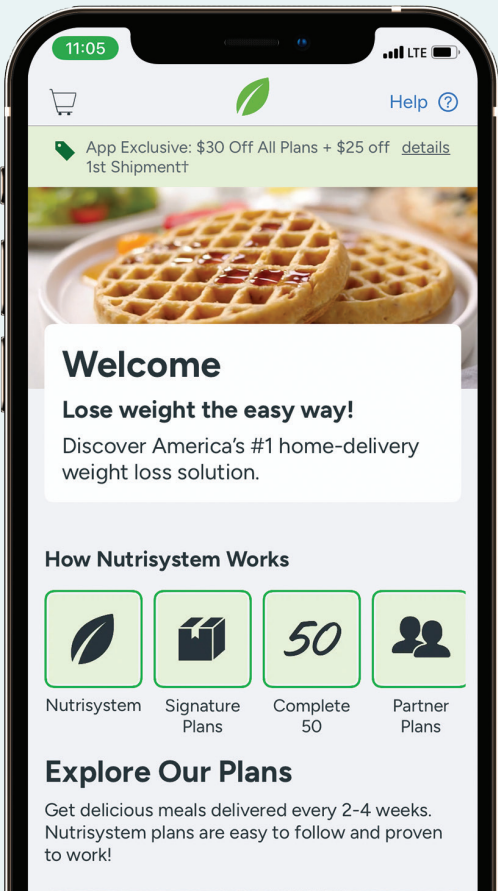
**4.6 STARS!**



Average rating of 4.6 based on App Store reviews as of September, 2024.

It's easy to stay on track with the all-new Nutrisystem app! With the new and improved journal, you can log food with one touch, and easily track water, activity and progress.

You'll also get a personalized meal plan and calorie range based on your unique goals. Log your progress and the app will intelligently adjust your meal plan as you lose weight.



Download the app  
**FREE** today.



# 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® app

Download or track at your  
devices app store.



The **Leaf**®

Daily recipes,  
expert tips and more

**leaf.nutrisystem.com**



MY ACCOUNT

Manage your order  
and more

**nutrisystem.com/login**



GROCERY GUIDE

Take the guesswork out  
of grocery shopping



## CONTACT US

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



**1-800-585-5483**



**weightlosssupport@nutrisystem.com**



**nutrisystem.com**

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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