

Nutrisystem®

# WELCOME GUIDE



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# WELCOME TO NUTRISYSTEM



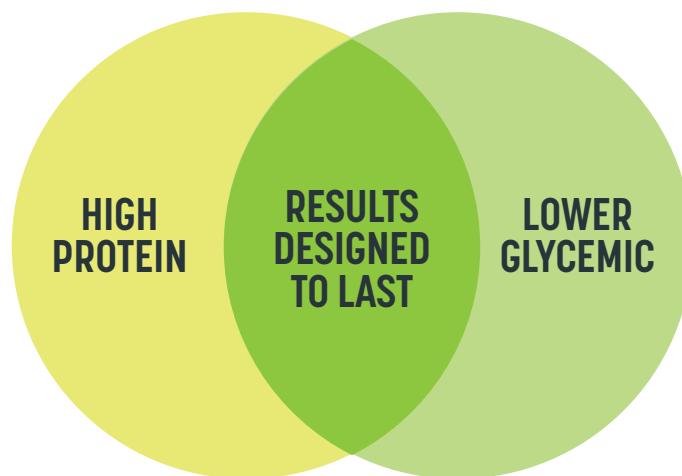
## CONGRATULATIONS ON TAKING THE FIRST STEP TOWARDS BECOMING A HEALTHIER YOU.

While so many diet fads have come and gone in the last 50 years, Nutrisystem has provided millions of people with exactly what they need to drop excess pounds and develop healthier habits for the rest of their lives.

Losing weight with Nutrisystem plans has remained so popular for a half-century because there's no "fad of the month" or secret involved. Nutrisystem plans are all about eating well, enjoying the foods you like and sensible nutrition. It remains one of the most trustworthy and reliable ways to lose weight.

# THE SCIENCE BEHIND NUTRISYSTEM

## PROVEN WEIGHT LOSS, POWERED BY SCIENCE.



Your Nutrisystem plan is expertly designed by dietitians to combine higher-protein and lower-glycemic nutrition. This innovative science may help keep your blood sugar steady and help control hunger while you lose weight.

That way, you get what it takes to feel satisfied while losing weight:



**PREPARED MEALS** are perfectly portioned for weight loss and made from quality ingredients you'll love.



**FREEDOM TO INDULGE** enables you to enjoy some of your favorite foods, made healthier - even desserts!



**BALANCED NUTRITION** combines lean proteins, healthy fats, smart carbs like dietary fiber and nutrient-rich vegetables.



**FILLING DAILY MENU** keeps you feeling satisfied, so you can fight hunger! In fact, we recommend eating 5-6 times a day.

You'll stay on track with tools to learn how to get lasting results, including 1-on-1 coaching and our fully integrated weight loss app.

**IT'S SIMPLE. IT'S HEALTHY. IT WORKS.**





# YOUR FIRST SHIPMENT

## WHAT TO EXPECT

The arrival of your first Nutrisystem box signifies the official first step toward a happier and healthier you!

Here's what to expect in your first order:

### 1. CLEAR SOME SPACE

Pantry-ready foods will arrive in a cardboard box. If your order includes pantry-ready foods, you don't need to worry about refrigerating them—they've been sealed through a safe, "soft canning" process which locks in their nutrition and flavor. These items can safely be stored in your cabinets. This box will also include your [Nutrisystem Starter Guide](#).

Frozen foods are delivered in a white styrofoam cooler with dry ice.

If your order includes frozen foods, you'll want to place them in the freezer as soon as your delivery arrives. **Frozen foods may arrive in a separate shipment from your pantry-ready foods.** They will be marked "Keep Frozen" on the label. If you receive your frozen foods first, wait to get started until you receive the non-frozen shipment. The frozen food cooler can be disposed of in the trash. It can also be recycled at your local recycling facility. We suggest checking your local municipality.



## 2. GET ORGANIZED

Keeping an organized kitchen will be helpful on those busy days when you just want to grab and go! Keep temptations out of sight and out of mind and create a designated place for your Nutrisystem foods and plan-friendly groceries.

Nutrisystem meals and snacks are color-coded for your convenience:

**BREAKFAST**

**LUNCH**

**DINNER**

**SNACK**

- Breakfasts have yellow labels
- Lunches have blue labels
- Dinners have red labels\*
- Snacks have purple labels

*\*If you have a Hearty Inspirations® meal with a red label, you can count it as 1 Nutrisystem Dinner, 1 PowerFuel and 1 Vegetable. You can find more information on Hearty Inspirations® meals in the [Nutrisystem Program Guide](#).*

## HOW IT WORKS

Nutrisystem is easy to follow and proven to work. Whether you need to drop a lot of weight or just get a little healthier, your plan is designed to work from the start.



## YOUR FIRST WEEK



Discover 7 in 7: This first week of weight loss is included with select Nutrisystem plans and specially designed for fast results. 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, you'll get delicious meals and snacks hand selected by nutritionists.

Learn more about this first week in the [7 in 7 Guide!](#)

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

## NUTRISYSTEM MEAL PLAN

On Nutrisystem, you'll lose weight enjoying Nutrisystem meals and snacks, plus some of your favorite healthy grocery add-ins.

On most days, you'll enjoy a Nutrisystem breakfast, lunch, dinner and 1-2 snacks depending on your program. Round out your meal plan with your favorite healthy grocery add-ins each day. These include PowerFuels (lean proteins and healthy fats like meat and nuts), SmartCarbs (fiber-rich carbohydrates like whole grain pasta or fruit) and non-starchy veggies.

Find out more about PowerFuels and SmartCarbs in the [Nutrisystem Program Guide.](#)

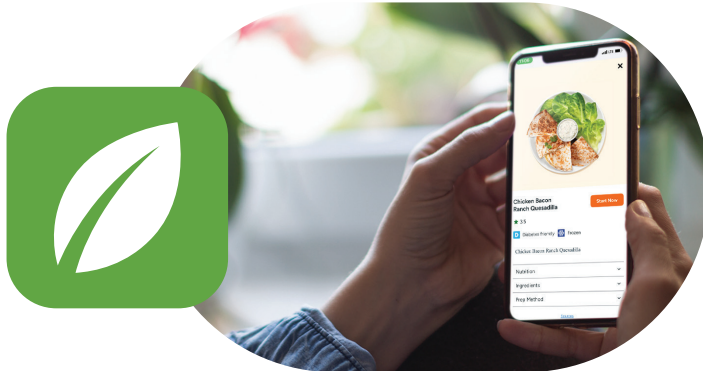
Expect to lose an average of 1 to 2 pounds per week.

## ALONG THE WAY...

You'll have the opportunity to practice building healthy meals on your own called Flex meals, allowing development of healthy habits for life. We'll provide easy guidelines and recipes to keep you on track. This gives you the freedom to dine out or enjoy healthy home-cooked meals throughout each week.

If you opted for a Nutrisystem plan 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, simply follow the Flex meal guidelines to stay on plan.

# YOUR SUPPORT SYSTEM AND TOOLS FOR SUCCESS



Download the **Nutrisystem®** app for **FREE** on your Smartphone's App store.



## 1. The Nutrisystem® app

Did you know studies show that people who track their food, activity, and progress lose more weight than non-trackers? That's why you need Nutrisystem® app, our official companion app designed to work hand-in-hand with your Nutrisystem plan.

The Nutrisystem ® app is your secret to success, allowing you to tap into weight loss with amazing support, motivation and features that keep you on track. It's an accountability coach, meal-planning mentor and cheerleader all wrapped up in one!

### What can you do in the Nutrisystem® app?

- ✓ Stay on track by logging your food, hydration and exercise all in one organized place.
- ✓ Set reminders and easily scan barcodes to quickly find your foods.
- ✓ Keep track of your weight and measurements right in the app.
- ✓ Daily motivation and 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.



## 2. YOUR NUTRISYSTEM® GUIDES

Visit our Guides page for a comprehensive list of all [Nutrisystem Guides and Resources](#). Once you finish reading through this Welcome Guide, be sure to review the [Nutrisystem Program Guide](#) for essential information on the basics of your Nutrisystem plan.

Check your first food shipment for a printed copy of the [Nutrisystem Starter Guide](#). This provides a general meal plan overview.

Check out the [Nutrisystem Grocery Guide](#) and start to make a list of your go-to PowerFuels, SmartCarbs and Vegetables. You can find more guidance and support for your meal plan in the Nutrisystem® app.

## 3. THE OFFICIAL NUTRISYSTEM® SUPPORT COMMUNITY ON FACEBOOK

We believe that peer support and education help make achieving weight loss goals possible. The Official Nutrisystem Support Community is a Facebook group to connect and support members who are on a journey to better health with Nutrisystem.

We encourage you to use this space to make meaningful connections, share ideas and experiences, learn, connect with Nutrisystem® experts, and grow with other individuals who are working towards a common goal of better health through weight loss with Nutrisystem.

Make sure to turn on your group notifications so you don't miss a thing!

[Click Here](#) or check it out on the Nutrisystem® app on your Home screen.



## 4. THE LEAF®

The Leaf is the official Nutrisystem blog filled with tips, recipes and guides to help you succeed.

### Articles

Learn how to live healthy and lose weight with science-backed articles centered around nutrition, lifestyle and fitness. Plus, stay motivated on the way to your goal with inspirational success stories from real people who had real results on Nutrisystem.

### Recipes

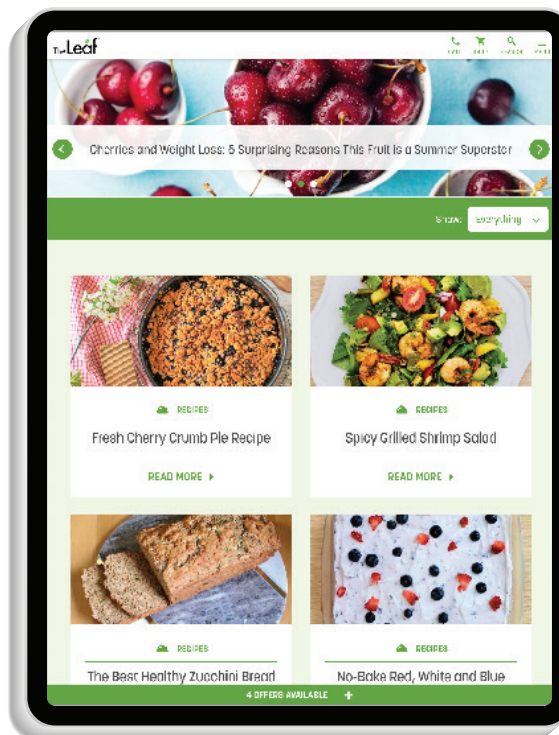
Access thousands of nutritious and delicious Flex meal and snack recipes for every occasion.

### Guides

Get set for weight loss success with our guides and resources designed specifically for the Nutrisystem plan. Click [here](#) or head to our “For Customer” section to check them out!

Check out The Leaf at: [leaf.nutrisystem.com](http://leaf.nutrisystem.com).

The Leaf®



## 5. WEIGHT LOSS COACHING

If you have questions or concerns about any aspect of your program, or if you just need a little support, you can connect with one of our coaches. Log in at [nutrisystem.com](http://nutrisystem.com) and click the Schedule Coaching tab in My Account.



# DEFINING YOUR “WHY”



## WHY DID YOU JOIN NUTRISYSTEM?

Each of us has our own reasons for wanting to lose weight and improve our health. It's important to establish a meaningful “why” to ground ourselves during times of lesser motivation, frustration, busy schedules or anything else that may challenge our success on this journey.

Some may be urged by our physicians, family members and friends to lose weight for our health. Others may be unhappy with their appearances or feel limited in what they can do or where they can go. Special events, such as weddings or vacations, motivate a lot of people to make changes. Maybe you're simply motivated by the realization that you aren't showing up for life in the way you'd like to.

Whatever the reason, making the decision to take action is a big first step on the journey. Before you get started, write down your “why” somewhere that you will be able to see it. This statement should make you feel emotional—that's when you know you've found your “why”. Reread it when you need a boost!



# SETTING GOALS FOR SUCCESS



Effective goal setting is an important part of making changes in your behaviors. Without a map, how are you supposed to reach the destination?

Consider you're running a race. Your long-term goal is to cross the finish line, while your short-term goals are the race checkpoints along the course to ensure you're making progress. Grab a water and keep at it! Short-term goals are your recipe to long-term success.

## SMART GOALS

Your short-term goals need to be "SMART" (specific, measurable, active, reasonable and time-bound)—more on this in the next section. These types of goals are "process-oriented" rather than "outcome-focused."

The use of the acronym SMART is a well-established method for creating effective behavior change goals that lead to success.



## SPECIFIC

Define precisely what is to be accomplished. Be as specific as possible.



### **Non-Specific Goal**

*Add more vegetables to my diet.*



### **Specific Goal**

*Add 1 serving of vegetables to my dinner every night this week.*

## MEASURABLE

Make your goal something that can be measured or tracked. This will allow you to determine if you are making progress or not.



### **Non-Measurable Goal**

*Walk more.*



### **Measurable Goal**

*Walk for 15 minutes three times this week.*

## ACTIVE

Define the goal in terms of what you will do rather than what you will not do.



### **Non-Active Goal**

*Stop going to the vending machine in the afternoon.*



### **Active Goal**

*Pack a healthy snack for my afternoon break during my work week.*

## REASONABLE

Make goals that are realistic and reasonable for YOU to do. Ask yourself, “on a scale of 0 to 10 (0 being not at all, 10 being totally doable), how likely is it that I can achieve this goal?” Anything less than a 9 or 10 should make you rethink the goal. Consider breaking it into smaller actions to make it more manageable.

**Pro Tip:** Start off small and choose goals that are closest to a 10. This will help build momentum and often leads to better success.



### Non-Reasonable Goal

*Run for 30 minutes every day this week.*



### Reasonable Goal

*Walk for 5 minutes at least 2 days this week.*

## TIME-BOUND

Assess your goals over short periods of time. Make sure to set a realistic end-date.

**Pro Tip:** Consider scheduling weekly or monthly self-assessments to review progress towards your goals. You may need to adjust/rewrite any goals that aren't serving you as expected. Not to mention, you'll need some new goals as you crush the existing ones (we know you will!)



### Non-Time-Bound Goal

*Drink 64oz. of water each day.*



### Time-Bound Goal

*Drink 64oz. of water each day for the next 3 days.*

## 4 KEYS TO A GREAT GOAL

1. It lists exactly what you intend to do.
2. It states what you'll do to achieve it.
3. It includes an intended completion date.
4. It determines how you'll measure success.

# STAY MOTIVATED

## 6 TIPS TO STICK WITH IT

Your healthy choices will soon become your healthy habits. Arm yourself with these ideas and you can overcome the most common challenges that people face when embracing a healthier lifestyle.

Once you start seeing the payoff, it's easier to stick with new, healthier habits. Still, life can throw some curveballs, and it's important to know how to deal with them so they don't throw you off your game. These tips can help develop the positive mindset you need to succeed.

### 1. LOSE THE ALL-OR-NOTHING ATTITUDE

We're all human, we all make mistakes. Plan for it, take care of it, forgive yourself and move on. A slip up is not a reason to give up, and it won't keep you from reaching your ultimate goals. If you overdid it at lunch, for instance, just get right back on track and eat what you had planned for dinner. The result: You're back on track the same day. Think of each meal and snack as a fresh opportunity to make good choices and learn.



### 2. DON'T BE RULED BY THE SCALE

Sometimes the scale won't match your record of excellent eating and exercise. It can be due to a variety of factors. Eating salty foods, weighing yourself at a different time of day, varying clothing and shoes, or weighing yourself on a different scale (such as your doctor's) can result in a different number than expected. Also, as you build muscle, your body may look slimmer and firmer, but the number on the scale may not budge.

If you're getting frustrated by the numbers on the scale, try to focus on these "off-scale victories," like feeling more energetic and your clothing fitting better. Remember, while it's fun to see those numbers drop, they shouldn't be your only motivator. What's important is sticking to your program, staying energized and getting to your goal over time.





### 3. TACKLE TEMPTATION

Nutrisystem can't remove temptations, so it's smart to identify pitfalls and figure out ways to avoid them. (For instance, if you munch in front of the TV at night, save your Nutrisystem snack for later.) List your triggers and plan how to beat each one.

Take a mental inventory and ask yourself, "am I actually hungry or am I bored, sad, happy, upset?" Is it true hunger or habit? Whenever you're tempted to slip up, picture how you'll feel afterward. You've made a commitment to yourself to get healthier and lose weight, and you have the tools to achieve it.

Next, picture how you'll feel and look when you lose 10 pounds. Imagine how your clothes will fit, how much energy you'll have and how much better your health will be.

Now ask yourself again: Is that food splurge or skipped walk worth it? You don't want to delay your progress!

#### How to Curb a Craving

- Tackle a task you enjoy.
- Call a friend.
- Take a walk or get in some exercise.
- Imagine what you'll look and feel like at your goal weight.
- Take some time to remember and reflect on your "why."

### 4. CREATE HEALTHFUL HABITS

Real habit change takes time. Keep setting goals and focusing on what's working and what's not. Each week, make a list of habits to work toward and set a SMART goal for the next few days. Also make a list of the actions you've already taken: Be proud of what you've achieved and try a non-food reward, such as new exercise equipment or a walk with friends.



## 5. PLAN AHEAD FOR THE HOLIDAYS

Remind yourself that following your Nutrisystem meal plan can help you feel better throughout the holidays and into the next year. Remember that exercise can include activities like cleaning the house for company and walking through the mall.

To avoid overindulging at parties, eat your planned Nutrisystem meal before you go, or plan to enjoy your holiday meal using Flex meal guidelines. Consider bringing along a healthy dish that you feel good about eating. Choose something from [The Leaf recipe section](#) to prepare.

Also be mindful of alcohol. Drinking can weaken your resolve, add calories to your diet and affect your blood sugar in a bad way. The Nutrisystem plan allows for up to 2 alcoholic drinks per week. We encourage you to spread them out throughout the week instead of having them all at once. Plan ahead if you know you have special events coming up that may include alcohol, or opt for a fun, low or no calorie mocktail!

## 6. DINE OUT THE SMART WAY

We understand that dining out is a social element of life that shouldn't be avoided altogether. That's why we've created a [Dining Out Guide](#) to help you navigate meal choices away from home. The guide offers tips and suggestions for the most common types of cuisine. You'll learn what to eat at salad bars, coffee shops and food courts. Use it to create your plan ahead of time. This way, you won't be overwhelmed when the server appears to take your order.





## NEXT STEPS

Congrats! Now go clear some space for your first shipment and download the Nutrisystem® app. When setting up the Nutrisystem® app, you'll need to know the specific Nutrisystem plan that you are on. Check My Account if you don't know what plan you ordered. Plans include:

- **Nutrisystem Signature**
- **Nutrisystem Complete 50**
- **Nutrisystem Partner Plan**

You can learn more about each specific plan in the [Nutrisystem Program Guide](#). Plus, find out everything you need to know about following the Nutrisystem meal plan!

Be sure to also check out the [Nutrisystem Grocery Guide](#) and make a game plan for your add-ins. Finally, don't forget to set SMART goals and define your "why."



# HELPFUL RESOURCES



## Learn more about your plan!



The Official Nutrisystem®  
Smart App



Tap in!



### NUTRISYSTEM GUIDES

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

The **Leaf**®

Daily recipes, expert tips and more

[leaf.nutrisystem.com](https://leaf.nutrisystem.com)

### MY ACCOUNT

Manage your order and more

[nutrisystem.com/login](https://nutrisystem.com/login)

## CONTACT US

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



[1-800-585-5483](tel:1-800-585-5483)



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[nutrisystem.com](https://nutrisystem.com)