



Nutrisystem®

# MEAL PLANNER

LET'S DO THIS!

Not only did I lose the weight, but my confidence improved, too— I feel like I got my life back!

**MIKE, REAL SUCCESS STORY**



# INTRODUCTION

## Welcome to Nutrisystem®

Over 50 years ago, Nutrisystem began its mission of helping people lose weight, and has since helped millions of people achieve real, significant weight loss results.

Why has Nutrisystem worked so well for so many? It works for two main reasons:

### 1. This Is A Healthy And Science-Based Approach.

Reinforced by **decades of industry research and innovation**, Nutrisystem is clinically proven to deliver safe, healthy and effective weight loss. There's no counting or measuring. Simply enjoy your favorite foods, made healthier and perfectly balanced to harness your body's natural fat-burning ability.

### 2. This Program Provides The Structure And Convenience Necessary For Weight Loss Success.

Unlike other weight loss programs, Nutrisystem doesn't just give you a book and wish you luck on your own. Instead, we give you everything you need to lose weight and live a healthier life. You'll get the convenience of **no-hassle home delivery and ready-when-you-are foods** that are perfectly portioned (no measuring or weighing) to help you lose weight. We also give you handy **Daily Trackers and Grocery Guides**, plus you can connect with one of our weight loss coaches. With Nutrisystem, you've got a complete set of resources designed specifically to help you succeed as you lose weight and learn how to live healthier.

## Our Success is Your Success

Here at Nutrisystem we constantly improve our programs to meet the nutritional requirements and lifestyles of our customers.

After years of research, results and real-life, hands-on experience, we're proud to present **our most complete program ever!**

**OPTIMIZED NUTRITION** + **ACTIVITY** + **TRANSITION & MAINTENANCE** = Nutrisystem®

Nutrisystem® foods  
PowerFuels (PF)  
SmartCarbs (SC)  
Non-Starchy  
Veggies (V)

Get the benefits  
of enhanced  
fitness levels  
with My Daily 3®

To ease you into  
post-weight loss life &  
keep you healthy on  
your own

**PLUS!**  
You can connect  
with a coach  
when you need  
support!

**The Nutrisystem® program is a holistic approach to long-term weight management**—meaning that it can help you lose the weight you want, and help you learn how to keep the weight off for healthier living for years to come.

Nutrisystem is with you every step of your weight loss journey, providing you with simple, convenient and most importantly, **comprehensive** programs that can work for you in the real world.

In other words, **this is no ordinary diet!**

It's your all-in-one tool for weight control, and it's all right here at your fingertips, ready to help you succeed.

## The Secret to Success

With Nutrisystem<sup>®</sup>, you get a comprehensive plan designed to optimize your weight loss and help improve your overall health. The program is centered around these essentials:

- **Nutrition**
- **Fitness**
- **Transition & Maintenance**
- **Support**

### 1. Nutrition

Nutrisystem takes the guesswork out of eating. Our easy-to-follow, nutritionally balanced plan helps you take the weight off and teaches you to include nutritious “lower-GI” carbohydrates (called SmartCarbs) and lean, healthy proteins and fats (called PowerFuels) into everyday eating to help reduce hunger. In addition, our plans are higher in fiber and lower in sodium than the typical American diet.

#### **What are lower-Glycemic “good carbs” or SmartCarbs?**

Lower-GI carbs are better for you because they break down slowly and steadily in your body. High-GI carbs, on the other hand, break down quickly. This can send your blood sugars soaring at first, followed by a crash that can leave you hungrier than when you started.

#### **With Nutrisystem, the good carbs help keep you feeling fuller longer.**

The Grocery Guide included with your plan will help you choose the right SmartCarbs, PowerFuels and vegetables to round out your diet and create healthy, balanced meals.

## What are Nutrisystem Protein Shakes?

Delicious Nutrisystem shakes are packed with 15 grams of protein to give you the boost you need to curb your hunger. Each serving counts as a PowerFuel in your plan. Shakes are easy to make – just add shake mix, water and ice and blend until smooth—or shake in a shaker bottle.

Drinking a protein shake in combination with the Nutrisystem meal plan adds extra protein to your diet to help you stay full.

(Note: Your protein shakes are not to be used as meal replacements; they should be used to enhance your Nutrisystem program.)

## 2. Fitness

### Studies show that a low-calorie diet combined with exercise can help you lose weight faster.

That's why we embrace fitness at Nutrisystem. The Physical Activity Guidelines for Americans recommends that individuals do at least 150 minutes of physical activity each week.

We've developed My Daily 3®—an easy way to incorporate activity into your daily life without huge time commitments or pricey gym memberships. Simply choose any activities and do them for 10 minutes at a time, three times a day, seven days a week.



It's easy to lead an active lifestyle. Try gardening, riding a bike, or walking around the mall. Everything counts.

### 3. Transition & Maintenance

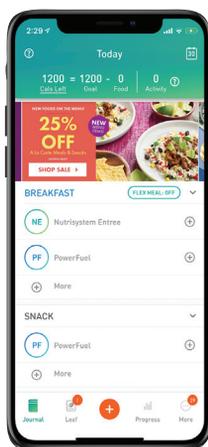
As you approach your goal weight, the next step is to maintain your weight as you start to enjoy more meals on your own. Our Transition & Maintenance plans can help make that transition easy, with:

- **Dinners Off**
- **Weekends Off**
- **Bars & Shakes**

### 4. Support

## GET THE NuMi® APP—FREE!

This top-rated app makes staying on track easy.



Achieve optimal results with:

- **Daily articles**, tips and recipes from our blog, The Leaf®
- **One-touch tracking**—research shows that people who track their progress lose more weight than non-trackers!
- **Rewards for staying on track**, exclusive offers and prizes.

## DOWNLOAD NuMi TODAY—FREE



or Track Online at [NuMi.com](https://www.numi.com)

## Learn How to Succeed on Nutrisystem

Visit our weight loss blog, The Leaf, for information about how to get started, expert weight loss tips, inspirational success stories plus hundreds of delicious, plan-friendly recipes. It's your one-stop weight loss shop!



**We can all use a little help now and then.**

**Remember:** If you have questions or concerns about any aspect of your program, or if you need a little support, you can connect with a weight loss coach. They are here to help with any question, no matter how big or small!

**You're ready to take the first step!**

**Now it's time to get ready to reshape your thinking, reshape your body and reshape your life once and for all!**

**Let's get started!**



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## Turn Over A New Leaf

No two leaves are exactly alike. And no two Nutrisystem® successes are, either. Each has a unique, inspiring tale to tell. What will yours be?



## GETTING STARTED

**Allison** put on weight during a stressful period in her life. She wanted to lose the weight but wasn't sure where to start. Nutrisystem was a convenient option for her because she could just pull the meals out of the freezer and add veggies. Here favorite meal? Pizza! So simple.

\*Casting participant. Expect to lose an avg. of 1-2 lbs. per week.

"I never thought I could lose weight by eating frequently and eating delicious foods...but I did. Thank you, Nutrisystem!"

**ALLISON**



# GETTING STARTED

## Getting Started With Your Daily Tracker

It's where you keep track of your program every day as it happens. Consider it the log of success—your own personal history of your weight loss journey! As the millions who have lost weight on Nutrisystem® would tell you, your Daily Tracker is an indispensable tool on the road to better health. It helps you short-term and long-term by allowing you to monitor your program day-to-day, while also helping you to learn better, healthier eating and exercise habits along the way.

**Simply put, your Daily Tracker is your everyday answer to:**

- **What do I eat and drink every day?**
- **How much do I eat?**
- **What foods do I eat to complete my menu?**
- **How much activity should I get?**

It's an easy-to-use, all-in-one place to follow your Nutrisystem® program.

### SUCCESS TIP

We've color-coded your Nutrisystem® food items by meal occasion, making them not only super easy to sort and store, but also to grab and go as you're running out the door.

## The Daily Tracker

The Daily Tracker section of this book is a vital part of your success—you should use it every day of your program to keep track of your eating, drinking and exercise.

### Here's how to use this important tool:

- **Take a look at your daily meal plan outlined in the Daily Tracker.** This is your eating plan for breakfast, lunch, dinner and snack times, including all grocery foods you'll be adding throughout the day (also known as SmartCarbs, PowerFuels and Vegetables).
- Your meal plan includes "Nutrisystem days" and "on-your-own days". Every day, you record your meals. On Nutrisystem days, you'll write down the Nutrisystem foods and the grocery items you eat; during on-your-own days, you'll mark all of the grocery foods you eat throughout the day.
- **Keep track of your water intake.** Aim to get at least 64 ounces (eight cups) each day for optimal health and to help keep you feeling fuller.
- **Log your exercise.** At the bottom of each Daily Tracker page, log the number of My Daily 3<sup>®</sup> sessions you complete and the type of activity for each session.

## SmartCarbs, PowerFuels, Vegetables & Extras

When it comes to your Nutrisystem® meal plan, in addition to your Nutrisystem® foods, there are four categories of foods you'll be adding into your meals each day:

1. **SmartCarbs**
2. **PowerFuels**
3. **Vegetables**
4. **Extras (optional)**

Your meal plan outlines exactly which of these categories to add in, and when.

Next, you'll find information describing each of these categories, and tips for choosing good foods within each category. For a comprehensive list of these foods, please reference the Grocery Guide section.



**SmartCarbs**



**PowerFuels**



**Vegetables**



**Extras**

My husband and I love Nutrisystem! We enjoy the great-tasting food, the variety, the convenience, but most of all, the optimism we feel about our future. That feeling is priceless.

**DIANNE, NUTRISYSTEM CUSTOMER**

# 1. Smartcarb Grocery Additions

## What are SmartCarbs?

When we talk about SmartCarbs, we are referring to carbs that are nutrient-dense and register lower on the Glycemic Index (GI), which measures how quickly your body converts carbs into sugar. SmartCarbs are carbohydrate sources that are digested more slowly, helping you to keep fuller longer and promoting good health by delivering vitamins, minerals and fiber.

## So, what are some examples of SmartCarbs?

They're good-for-you carbs like whole grains (such as brown rice, whole wheat pasta, grains and cereals), fresh fruit and starchy vegetables (such as beans, peas, corn and potatoes).

**In the back of this book is a Grocery Guide that outlines serving sizes you should follow when adding SmartCarbs into your meals.**

## Choosing SmartCarbs

- Choose **whole fruit** over fruit juice.
- **Check the nutrition facts.** Aim to get one or more grams of fiber per serving.
- **Read the ingredients.** Look for a whole grain (such as whole wheat, oat, rye, brown or wild rice) listed as one of the top three ingredients in the item you're choosing.
- Better yet, look for foods made only with **100% whole grains.**
- **Opt for whole grain pastas** and other lower-GI carbohydrate sources over other refined grains (like white rice).

# Sensible Shopping For Smartcarbs

## FRESH FRUITS AND VEGETABLES

Get the most bang for your buck (and the best taste) by buying **local, in-season produce**. Opt for easy “grab-and-go” choices like apples, bananas, peaches and oranges.

## WHOLE GRAIN FOODS

**Choosing whole grain carbohydrates** as part of your grocery food additions will support a lower-glycemic way of eating—so look for a whole grain listed within the first three ingredients of any carbohydrate product and make sure it has at least one gram of fiber per serving.

## CONVENIENT SOLUTIONS

**Frozen vegetables and fruits, 100% fruit juices, applesauce, fruits canned in water and low-sodium canned vegetables and beans are all ways to fulfill your grocery food additions in a snap!** In fact, some frozen foods are more nutritious frozen since they are picked and preserved at the peak of freshness. Also, make sure to avoid sugary fruit drinks, fruits packed in syrup or any high sodium canned vegetables packed in brine. Finally, rinse and drain your canned beans and vegetables to further reduce sodium.



## 2. PowerFuel Grocery Additions

### What are PowerFuels?

What we call PowerFuels can be broken down into two food categories:

1. High-quality proteins that contain essential amino acids
2. Healthy fats

### Why are these so vital to your weight loss and your well-being?

**PowerFuels are beneficial because they digest slower, so they help you stay full longer; plus, they are good for muscle tone** which, in conjunction with daily activity, can help you feel strong. PowerFuels also provide a good source of protein to your program, and by adding an optional Nutrisystem Protein Shake, you'll be getting our most protein-rich meal plan ever!

**In the back of this book is a Grocery Guide that outlines serving sizes you should follow when adding PowerFuels into your meals.**

### Choosing PowerFuels

- **Reach for hard-boiled eggs as a grab-and-go breakfast or snack option.**
- **Aim to get at least two PowerFuel servings each week from a fatty fish source (like salmon).**
- **Add nuts or nut butters to a SmartCarb for a satisfying snack, complete with protein.** For example, mix peanut butter with whole grain bread, crackers or pretzels, or enjoy nuts and sunflower seeds combined in a trail mix.
- **Freeze a package of chicken breasts, and once a week, cook up one or two at a time so you have a few days worth of PowerFuel servings ready.**

## Nutrisystem Protein Shakes

As part of the Nutrisystem® program, we offer a delicious Protein Shake as **an excellent source of protein (15g)** for your program on every Nutrisystem day. Here's why:

When you're trying to lose weight, a higher-protein diet helps with:

- **Providing more fullness after a meal.**
- **Promoting greater fullness between meals**—helping you feel satisfied longer, making you less likely to give in to unhealthy cravings.
- **Retaining lean body or muscle mass**—which is vital because when you lose weight, you can lose both fat and muscle; proper protein intake can help you retain muscle mass, which is critical for optimal calorie burning.

**Use a blender for a creamy, smooth shake every day!**



serving  
suggestion

**If you ordered the Protein Shake, log when you have it every day.**

To maximize its nutritional benefits, we suggest you enjoy your Protein Shake in the morning with your Nutrisystem breakfast entrée (one Protein Shake counts as one PowerFuel). You can also replace any PowerFuel with a Protein Shake any time during the day.



## Sensible Shopping For Powerfuels

- **Look for lean cuts of meat** like chicken, turkey, sirloins, tenderloins, top loins, roasts and top rounds.
- **Choose low-sodium or reduced-sodium meats and cheeses** when available (140mg or less per serving).
- **Look for fat-free milks and low-fat yogurts with no added sugars.**
- Choose conveniently portioned, **low-sodium string cheese sticks or wedges** (like The Laughing Cow®).

### 3. Vegetables (Non-Starchy)

#### What are considered non-starchy vegetables?

Non-starchy vegetables include leafy greens, broccoli, lettuce, tomatoes, zucchini and eggplant, as well as vegetable juices. What makes them great for you is that they are rich in nutrients, which are great for your body and can also lessen your hunger. Additionally, according to the Centers for Disease Control and Prevention (CDC), **substituting vegetables for higher-calorie foods can be a very effective weight management strategy.** In addition to helping with calorie control, vegetables can have a mellowing effect on blood sugar that can help keep appetite in check.

So this food group gets its own category because of its importance to your overall health and your weight loss success. (Please note: If you eat starchy vegetables like corn, potatoes and peas, these count as SmartCarbs. See page 6 to read more about SmartCarbs).

#### Creative Ways To Get More Veggies

- **Include mushrooms, onions, tomatoes or spinach in omelets.**
- **Top your Nutrisystem® pizzas** with broccoli, zucchini, fresh tomatoes, mushrooms, peppers or any of your other favorite veggies.
- **Make a soup and salad combo**, combining one of our delicious soups with at least a cup of salad greens.
- **Mix in vegetables with foods you already love** (for example, add sautéed garlic, onions, peppers or zucchini into a Nutrisystem® southwestern or Italian dinner).

## Starchy Vs. Non-Starchy Vegetables

There's a difference between starchy and non-starchy vegetables on your Nutrisystem® plan, and knowing the difference is key, because the **starchy ones count as a SmartCarb on your plan, and the non-starchy ones count as a Vegetable.**

Take a good look at the examples below, and before you know it, recognizing these vegetables as SmartCarbs or Vegetables will become second nature.

### Starchy (SmartCarbs)

- Chickpeas
- Corn
- Green peas
- Kidney beans
- Lentils
- Lima beans
- Plantains
- Potatoes
- Split peas

### Non-starchy (Vegetables)

- Broccoli
- Cabbage
- Celery
- Eggplant
- Leafy greens
- Peppers
- Tomatoes
- Zucchini

**On your program, you'll eat at least four non-starchy vegetables a day to supplement your Nutrisystem® meals.**

However, because they are so beneficial, **even though we recommend at least four each day, many of these veggies are deemed unlimited—which means you can eat as many of them as you want!** The more you eat, the more added nutrition you get and the fuller you will feel.

**In the back of this book is a Grocery Guide that outlines serving sizes you should follow when adding Vegetables into your meals.**

## 4. Extras

### What are optional Extras?

Last but not least, don't forget to check out the Extras section in the Grocery Guide. Here you will find a list of low- or no-calorie add-ins that can help enhance the flavor of your meals even more!

Included in the Extras are fat-free coffee creamer, mayonnaise and salad dressing. These are all optional.

**Unless they are labeled unlimited (also called Free Foods), limit your Extras to three servings each day and make sure that they have fewer than 35 calories per serving.**

For example, spices and seasonings are all unlimited, so feel free to add cumin, paprika or cilantro to Mexican dishes, or keep garlic, parsley, oregano and red pepper flakes handy to jazz up Italian fare. But fat-free coffee creamer still has calories, so watch that you don't overdo it—no more than 35 calories per serving, and no more than three of those servings per day!

**In the back of this book is a Grocery Guide that outlines guidelines you should follow when adding Extras into your meals.**

I am really impressed with Nutrisystem. I have everything I need for success. The food is great, I never feel hungry and it works.

**TONJA, NUTRISYSTEM CUSTOMER**

## SUCCESS TIP

On Nutrisystem, you can feel free to have breakfast for dinner, or dinner for lunch for that matter. Once you've got your program mastered, remember that you can always mix it up every once in a while, just to keep things interesting.

## Smart Ways To Use Extras

- **Use oils sparingly when cooking. 1 tsp. of oil counts as 1 Extra.**
- **Enjoy 1 cup of air popped popcorn** to satisfy a snack craving
- **Combine unlimited vegetables with low-sodium broth** as a snack or to add volume to a meal
- **Make an iced coffee for a pick-me-up:** Add 1 cup unsweetened vanilla almond milk, chilled coffee and a sprinkle of cinnamon over ice
- **Use spices and seasonings** to add extra flavor to your Nutrisystem® entrées
- **Add red pepper flakes, basil, garlic powder and oregano** to enhance flavor of Italian dishes
- Watch out for sodium in marinades and condiments—**look for low- and reduced-sodium choices**

## Get Moving With My Daily 3®

We all know that exercise is an important part of leading a healthy, active life. But that doesn't mean that you have to spend hours every day at the gym lifting heavy weights or killing yourself on the cardio machines.

**My Daily 3 is based on the recommendation of the Physical Activity Guidelines for Americans, which suggests that adults should get at least 150 minutes of activity each week for better health.**

**Our personalized plan lets you fit exercise into your unique lifestyle. Simply do 10 minutes of any activities you like three times a day, every day.**

$$\begin{array}{c} \text{10} \\ \text{MINS.} \end{array} \times \begin{array}{c} \text{3} \\ \text{TIMES} \\ \text{A DAY} \end{array} \times \begin{array}{c} \text{7} \\ \text{DAYS} \\ \text{PER WEEK} \end{array} = \begin{array}{c} \text{210} \\ \text{MINS.} \\ \text{PER WEEK} \end{array}$$



You choose which three you'd like to do on any given day, and that's it! You can start doing them on the very first day, and in no time, you'll see and feel the benefits of becoming more active in your everyday life.

## Activity Suggestions:

- **Get to work early** and walk 10 minutes around the parking lot or building
- **Get off the bus or train a stop early** and walk the rest of the way
- **Park farther away** at the mall or shopping center and walk from store to store
- **Use 10 minutes of your lunch break** to go for a brisk walk
- **Make family time active time**—go for a walk or dance to your favorite tunes
- **Take the stairs instead of the elevator** whenever you can
- **Walk across your office** to speak to a coworker instead of sending that email
- **Do short errands by foot** instead of by car available depending upon your current fitness level and goals.

And this is just the beginning! More and increasingly extensive activities are available depending upon your current fitness level and goals.

Nutrisystem strongly encourages you to contact your physician before starting this or any exercise or weight loss program.

## Why Should I Do My Daily 3® Activities?

There are many benefits of being active every day, the most well-known being that you burn calories to lose weight, and then keep doing so to keep the weight off. But you'll find also that **when you become active on a regular basis, you'll have more energy and better stamina**; in addition, activity can also have a positive impact on your bone and muscle health. Plus, you're building a healthier future by reducing your risk for chronic diseases!

And the benefits don't stop with the physical side of things. Oftentimes **people feel better about themselves because they are more active**—and a healthy self-esteem can do wonders for weight and overall health.

## When Should I Do My Daily 3?

**That depends on the type of person you are.** If you're a morning person, you may want to get all your activity in at once, first thing in the morning. However, if you prefer to break it up throughout the day, you can fit your 10-minute sessions in whenever you have free time.

## How Often Should I Perform My Daily 3 Activities?

Every day. This activity plan is **designed to provide 30 minutes of exercise a day as recommended by the Physical Activity Guidelines for Americans**, which includes cardio and strength training every week. To start, we recommend easing into your activity plan by spreading out your sessions over the course of the day.

However, **we realize that not everybody's the same when it comes to activity**—some people love it and will want to dive right in, while some people have to gradually get accustomed to it. **So there is a lot of flexibility in My Daily 3<sup>®</sup>, too.** For example, if you prefer, you can get your activity in twice a day for 15 minutes, or if you like longer workouts, you can certainly do your entire half hour at once. (And remember: you aren't limited to 30 minutes; feel free to get more than 30 minutes each day if you wish!)

The bottom line: As long as you get 30 minutes of activity a day, how you get it in is largely up to you and what's best for your lifestyle!

## **What Should I Do To Get Started?**

Once you have the OK from your health care professional, visit The Leaf at leaf.nutrsystem.com for tips on exercise.

## **Make The Most Of My Daily 3:**

- **Be realistic**—gradually increase the amount and the intensity of activity each day to avoid injury or burnout
- **Plan activity into your day if possible**—mark it on your calendar
- **Find a buddy**—it will be more fun and make you more accountable
- **Do activities you enjoy**—activity can be enjoyable, and should be
- **Mix it up**—try new activities to keep it fresh and motivating
- **Break it up**—get 10 minutes of activity in whenever you can

## DAILY TRACKER

For 10 years, **Gogo** maintained the same weight. Then, little by little, the weight started to creep up. "I was not fully enjoying what I looked like in the mirror," he says. After losing the weight, he loves the way he feels and is happy to be developing healthier habits. "Nutrisystem came into my life at the perfect time, so I am so grateful."

\*Casting participant. Expect to lose an avg. of 1-2 lbs. per week.

"I enjoyed the  
NuMi® app— having  
the app made me feel  
like I had a digital  
accountability partner"

**GOGO**



# DAILY TRACKER

## Your Plan for Success

Welcome to the starting point of your Nutrisystem® program! Your Daily Tracker is designed to simplify keeping track of the foods you eat every day, as well as your exercise and water intake. In short, it's your all-in-one log of your program every day.

### Best of all, it's so easy to use:

- 1. Before you start your first day, make sure that you organize and store your Nutrisystem® foods by meal occasion for easy access.**

Also, have plenty of nutritious grocery items in your home to supplement the days you use Nutrisystem, and for all of the food on your on-your-own days; these are referred to as SmartCarbs, PowerFuels and Vegetables in your Daily Tracker. (Use the Grocery Guide in the back of this book for ideas on what counts as SmartCarbs, PowerFuels and Vegetables.)

- 2. Each day, determine whether you're going to have a Nutrisystem day or an on-your-own day.** (Note: Even though the meal plan is structured for you to have five consecutive Nutrisystem days, followed by two weekend off days, you can have these days in any order each week—as long as five of the days are Nutrisystem days.)

- 3. Make sure that you also supplement every day of your program by eating at least four non-starchy vegetables and drinking 64 ounces (eight cups) of water;** keep track of these on the bottom of the Daily Tracker pages.

- 4. Finally, make sure to incorporate My Daily 3® activity—** 10 minutes of activity, three times a day—into your program every day and monitor your activity by using the My Daily 3 checkboxes.

## **Plus! Get Ready To Track On-Your-Own Days**

On-your-own days are specially structured to fit your personal plan.

### **Find your daily tracker pages:**

Nutrisystem® daily tracker..... pages 23-32

on-your-own daily tracker..... pages 33-36

## **Important Nutrition Note**

If you have over 100 pounds to lose, your daily food intake needs to be somewhat higher on the Nutrisystem® program. If you fall into this category, please make sure to incorporate one additional PowerFuel and one additional SmartCarb into your meal plan each day.

**Now turn the page—it's time to get started on the journey to better health!**

Remember: Connect with a weight loss coach for any questions or concerns.

# Nutrisystem® Day

DATE \_\_\_/\_\_\_/\_\_\_ WEIGHT \_\_\_\_\_

## BREAKFAST

- Nutrisystem® Entrée
- PowerFuel

## MORNING SNACK

- PowerFuel
- SmartCarb MEN ONLY

## LUNCH

- Nutrisystem® Lunch Entrée
- SmartCarb MEN ONLY
- PowerFuel MEN ONLY

## AFTERNOON SNACK

- SmartCarb + PowerFuel

## DINNER

- Nutrisystem® Dinner Entrée

## EVENING SNACK

- Nutrisystem® Snack

 Vegetables

 My Daily 3

 Water

DATE \_\_\_/\_\_\_/\_\_\_ WEIGHT \_\_\_\_\_

## BREAKFAST

- Nutrisystem® Entrée
- PowerFuel

## MORNING SNACK

- PowerFuel
- SmartCarb MEN ONLY

## LUNCH

- Nutrisystem® Lunch Entrée
- SmartCarb MEN ONLY
- PowerFuel MEN ONLY

## AFTERNOON SNACK

- SmartCarb + PowerFuel

## DINNER

- Nutrisystem® Dinner Entrée

## EVENING SNACK

- Nutrisystem® Snack

 Vegetables

 My Daily 3

 Water

DATE \_\_\_/\_\_\_/\_\_\_ WEIGHT \_\_\_\_\_

## BREAKFAST

- Nutrisystem® Entrée
- PowerFuel

## MORNING SNACK

- PowerFuel
- SmartCarb MEN ONLY

## LUNCH

- Nutrisystem® Lunch Entrée
- SmartCarb MEN ONLY
- PowerFuel MEN ONLY

## AFTERNOON SNACK

- SmartCarb + PowerFuel

## DINNER

- Nutrisystem® Dinner Entrée

## EVENING SNACK

- Nutrisystem® Snack

 Vegetables

 My Daily 3

 Water

DATE \_\_\_/\_\_\_/\_\_\_ WEIGHT \_\_\_\_\_

## BREAKFAST

- Nutrisystem® Entrée
- PowerFuel

## MORNING SNACK

- PowerFuel
- SmartCarb MEN ONLY

## LUNCH

- Nutrisystem® Lunch Entrée
- SmartCarb MEN ONLY
- PowerFuel MEN ONLY

## AFTERNOON SNACK

- SmartCarb + PowerFuel

## DINNER

- Nutrisystem® Dinner Entrée

## EVENING SNACK

- Nutrisystem® Snack

 Vegetables

 My Daily 3

 Water

# Nutrisystem® Day

DATE \_\_\_/\_\_\_/\_\_\_ WEIGHT \_\_\_\_\_

DATE \_\_\_/\_\_\_/\_\_\_ WEIGHT \_\_\_\_\_

## BREAKFAST

Nutrisystem® Entrée

PowerFuel

## MORNING SNACK

PowerFuel

SmartCarb MEN ONLY

## LUNCH

Nutrisystem® Lunch Entrée

SmartCarb MEN ONLY

PowerFuel MEN ONLY

## AFTERNOON SNACK

SmartCarb + PowerFuel

## DINNER

Nutrisystem® Dinner Entrée

## EVENING SNACK

Nutrisystem® Snack



Vegetables



My Daily 3



Water



## BREAKFAST

Nutrisystem® Entrée

PowerFuel

## MORNING SNACK

PowerFuel

SmartCarb MEN ONLY

## LUNCH

Nutrisystem® Lunch Entrée

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- SmartCarb MEN ONLY
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## AFTERNOON SNACK

- SmartCarb + PowerFuel

## DINNER

- Nutrisystem® Dinner Entrée

## EVENING SNACK

- Nutrisystem® Snack

 Vegetables

 My Daily 3

 Water

# On-Your-Own Day

DATE \_\_\_/\_\_\_/\_\_\_ WEIGHT \_\_\_\_\_

## BREAKFAST

- PowerFuel
- SmartCarb

## MORNING SNACK

- PowerFuel MEN ONLY
- SmartCarb

## LUNCH

- PowerFuel WOMEN GET 1, MEN GET 2
- SmartCarb WOMEN GET 1, MEN GET 2

## AFTERNOON SNACK

- PowerFuel
- SmartCarb

## DINNER

- PowerFuel
- SmartCarb

## EVENING SNACK

- SmartCarb

 Vegetables

 Extras (up to 3)

 My Daily 3

 Water

DATE \_\_\_/\_\_\_/\_\_\_ WEIGHT \_\_\_\_\_

## BREAKFAST

- PowerFuel
- SmartCarb

## MORNING SNACK

- PowerFuel MEN ONLY
- SmartCarb

## LUNCH

- PowerFuel WOMEN GET 1, MEN GET 2
- SmartCarb WOMEN GET 1, MEN GET 2

## AFTERNOON SNACK

- PowerFuel
- SmartCarb

## DINNER

- PowerFuel
- SmartCarb

## EVENING SNACK

- SmartCarb

 Vegetables

 Extras (up to 3)

 My Daily 3

 Water

DATE \_\_\_/\_\_\_/\_\_\_ WEIGHT \_\_\_\_\_

## BREAKFAST

PowerFuel

SmartCarb

## MORNING SNACK

PowerFuel MEN ONLY

SmartCarb

## LUNCH

PowerFuel WOMEN GET 1, MEN GET 2

SmartCarb WOMEN GET 1, MEN GET 2

## AFTERNOON SNACK

PowerFuel

SmartCarb

## DINNER

PowerFuel

SmartCarb

## EVENING SNACK

SmartCarb



Vegetables



Extras (up to 3)



My Daily 3



Water

DATE \_\_\_/\_\_\_/\_\_\_ WEIGHT \_\_\_\_\_

## BREAKFAST

PowerFuel

SmartCarb

## MORNING SNACK

PowerFuel MEN ONLY

SmartCarb

## LUNCH

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PowerFuel

SmartCarb

## EVENING SNACK

SmartCarb



Vegetables



Extras (up to 3)



My Daily 3



Water

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DATE \_\_\_/\_\_\_/\_\_\_ WEIGHT \_\_\_\_\_

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## LUNCH

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## AFTERNOON SNACK

- PowerFuel
- SmartCarb

## DINNER

- PowerFuel
- SmartCarb

## EVENING SNACK

- SmartCarb

 Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 Extras (up to 3)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 My Daily 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 Water	<input type="checkbox"/>

DATE \_\_\_/\_\_\_/\_\_\_ WEIGHT \_\_\_\_\_

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- SmartCarb

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## AFTERNOON SNACK

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## DINNER

- PowerFuel
- SmartCarb

## EVENING SNACK

- SmartCarb

 Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 Extras (up to 3)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 My Daily 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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## BREAKFAST

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## EVENING SNACK

SmartCarb



Vegetables



Extras (up to 3)



My Daily 3



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## EVENING SNACK

SmartCarb



Vegetables



Extras (up to 3)



My Daily 3



Water

## GROCERY GUIDE

**Brianon** lost weight in the past, but was frustrated by plateaus. Then she tried Nutrisystem and it worked! “This Nutrisystem experience has lit a fire— and I’m so grateful and excited to see where it goes!”

Her husband, **Peter**, joined her on the program and got results as well. They are so happy with the new, healthier lifestyle. Now hiking is their new “date night,” and of course they bring their Nutrisystem snacks when they’re on the go!

"I still cannot believe that in just 5 weeks I have had such great results all while eating foods I genuinely enjoy!"

**BRIANON**

"Thanks to Nutrisystem, I am on my way to my ideal weight and I can keep up with my wife and kids!"

**PETER**



# GROCERY GUIDE

**SmartCarbs** = 80-120 calories and at least **one gram** of fiber per serving

- **Apple or Orange**, 1 medium
- **Banana**, 1 medium
- **Barley**, cooked ½ cup
- **Beans**, ½ cup
- **Blueberries**, 1 cup
- **Cantaloupe**, cubed 1 cup
- **Chickpeas/Garbanzo Beans**, cooked ½ cup
- **Corn, yellow or white** ½ cup
- **Couscous, whole-grain** cooked ½ cup
- **Crackers, whole grain** ¼ cup
- **Dried Fruit, no sugar added** ¼ cup
- **Fruit Cocktail, canned, packed in water** 1 cup
- **Grapefruit**, 1 medium
- **Grapes**, 1 cup
- **Hummus**, ¼ cup
- **Mandarin Oranges**, 2 medium
- **Oatmeal, prepared with water** ½ cup
- **Pasta, whole wheat, cooked al dente** ½ cup
- **Peach, fresh**, 1 medium
- **Pear, fresh**, 1 medium
- **Pineapple, canned, packed in water** 1 cup
- **Pita Bread, 6-inch whole wheat** 1 pita
- **Plantains, cooked** ½ cup
- **Rice, brown, cooked** ½ cup
- **Roll, whole grain**, 1 small
- **Strawberries, whole** 1 cup
- **Sweet Potato or Yam, cooked** ½ cup
- **Watermelon, cubed (limit-high GI)** 1 cup
- **Bread, whole grain**, 1 slice

## SUCCESS TIP

Since you'll be preparing more of your own foods throughout your on-your-own days, make sure to be consistent: Eat every 2-3 hours and don't skip meals. Eating regularly can help you control hunger and prevent you from overeating or making poor food choices.

**PowerFuels** = 80-120 calories and at least **five grams protein OR at least 8 grams fat (no more than 4 g saturated fat) per serving**

- **Almonds**, 2 Tbsp.
- **Beef, lean, trimmed** 2 oz.
- **Cashews**, 2 Tbsp.
- **Cheese, low sodium** 1 slice
- **Chicken Breast**, 2 oz.
- **Cottage Cheese, 1% fat, no salt added** ½ cup
- **Crab Meat**, 3 oz.
- **Edamame, cooked, deshelled** ½ cup
- **Egg**, 1 large
- **Egg Whites**, 3-4 large
- **Fish, fatty (e.g., salmon, tuna, mackerel, swordfish, trout)** 2 oz.
- **Fish, white, baked or broiled** 3 oz.
- **Ham, low fat, lower sodium** 2 oz.
- **Luncheon Meat, no salt added** 2 oz.
- **Milk, low-fat or fat-free** 8oz.
- **Parmesan Cheese, low sodium grated** ¼ cup
- **Peanut Butter**, 1 Tbsp.
- **Peanuts**, 2 Tbsp.
- **Pecans**, halves 2 Tbsp.
- **Pistachios**, 2 Tbsp.
- **Pork, lean, trimmed** 2 oz.
- **Protein Powder, (e.g., rice, soy, whey)** 2 Tbsp.
- **Salmon, canned in water** ¼ cup
- **Seitan**, ½ cup
- **Shrimp**, 3 oz.
- **Soy Milk**, 8 oz.
- **Tahini, (Sesame Paste)** 1 Tbsp.
- **Tofu**, ½ cup
- **Tuna, water-packed** ½ cup
- **Turkey Breast**, 2 oz.
- **Veggie Burger**, 3 oz.
- **Walnuts, halves** 2 Tbsp.
- **Yogurt, low-fat or fat-free, plain** 1 cup

## **Vegetables** = ½ cup cooked or 1 cup raw

- Alfalfa Sprouts
- Asparagus
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Collard Greens
- Cucumbers
- Green Beans
- Hearts of Palm, canned ½ cup
- Leeks
- Lettuce, any kind
- Kale
- Mixed Greens
- Mushrooms
- Okra
- Onion
- Rhubarb
- Spaghetti Squash
- Spinach
- Tomato Juice, no salt added 4oz. (½ cup)
- Tomatillos
- Tomatoes
- Turnips
- Vegetable Juice, low sodium 4oz. (½ cup)
- Water Chestnuts, canned ½ cup
- Watercress
- Zucchini

**Extras** **Unlimited Extras** (Free Foods) contain 10 calories or less per serving. **Limited Extras** contain 35 calories or less per serving and are limited to three per day.

### **Unlimited (Free Foods)**

- spices and seasonings (salt-free)
- low-sodium broths
- natural, calorie-free sweeteners
- calorie-free beverages (unsweetened coffee, tea, seltzer)
- fresh and dried herbs
- lemon and lime juice

### **Limited—MAX of 3 servings/day**

- 1 cup popcorn
- 1 tsp. maple syrup or honey
- 1 Tbsp. reduced-fat dressings
- 1 Tbsp. reduced-sodium condiments and marinades
- 1 Tbsp. fat-free creamer
- 1 Tbsp. reduced-fat or fat-free cream cheese
- 1 tsp. seeds
- 1 tsp. oil (olive, canola, peanut, flax, vegetable)

## **MAKE THE MOST OF ANY MEAL OCCASION**

You'll be able to sail through it with flying colors by using the breakfast, lunch, dinner and snack guidelines below.

### **Breakfast**

- Include fiber and protein in your breakfast.
- Order whole wheat, whole grain, oat or rye varieties for added fiber.
- Look for toppings like low-fat cheese or peanut butter to boost your protein intake.

### **Lunch**

- Choose lunch options that feature lean proteins like turkey, chicken breast, roast beef and salmon.
- Eat complex carbohydrates like whole grain breads, brown rice or fruit.
- Add veggies wherever you can—inside sandwiches, on pizza or as sides!

### **Dinner and Snacks**

- Avoid anything that is fried, pan fried breaded, battered, scalloped, au gratin, a la mode or served with cream, mayo or oil.
- Stick to dishes that are broiled, grilled or sautéed and prepared with herbs, spices or tomato sauces.
- Use these menu staples as a chance to eat your daily vegetable servings!
- Look for fresh fruits as dessert choices.

## DINING OUT GUIDE

**Krista** chose Nutrisystem because she wanted to lose weight for her wedding. “Not only did I get results,” she says, “but I’ve learned how to eat better and control my portion sizes.” Now she’s motivated to keep going and maintain a healthy weight.

\*Casting participant. Expect to lose an avg. of 1-2 lbs. per week.

The Nutrisystem program has changed the way I look and feel. My confidence level is now at an all-time high. I have so much energy now.

**KRISTA**



# DINING OUT GUIDE

## On Nutrisystem®, You Get The Support You Need To Lose Weight While Enjoying Your Social Life.

We understand that dining out is an enjoyable part of life. So for the times you're heading out for a meal, this Dining Out Guide can help you make healthy choices. Just follow the meal occasions and guidelines in your Daily Tracker, and let the Nutrisystem serving sizes guide your portions.

Your program is designed to help you to lose weight and learn new healthy eating habits—all while fitting conveniently into your lifestyle. So as you continue to learn how to rethink food, you will also learn how to make smart choices when making the occasional restaurant visit.

### SUCCESS TIP

You may enjoy up to two alcoholic beverages each week as part of your Nutrisystem plan. Choose dry wine, light beer or liquor mixed with no-calorie mixers like seltzer water. Some tips:

- Be mindful of portion sizes.
  - Dry wine = 4 oz.
  - Light beer = 12 oz.
  - Liquor (80-90 proof) = 1½ oz.
- Always have your drink with a meal or snack.
- Stay hydrated. Alcohol is a natural diuretic; be sure to have a glass of water after your drink.
- Limit one drink a day. While you can enjoy up to two alcoholic beverages a week, we recommend not having both on the same day.

## Dining Out: Do's and Don'ts

The key to eating out is to remember that YOU are in control of your food choices, your portions and your health. Here are some helpful tips to have an enjoyable dining out experience.

- **Pick a restaurant with healthy food choices.**
- **Check out menus and nutritional info online**, and plan your meal before you go.
- **Don't "save up" calories earlier in the day** or starve yourself before going out.
- **Just say no** to complimentary bread baskets, tortilla chips or fried noodles.
- **Skip the appetizers and soups**, or enjoy appetizers as your entire meal, skipping the entrée.
- **Choose foods with fiber and protein** to help you feel full.
- **Ask to replace french fries** or high-calorie sides **with extra vegetables.**
- **Choose whole grains, brown rice or fruit** as healthy SmartCarb options.
- **Ask for sauces, dressings and gravy on the side.**
- **Avoid salads that come with** mayonnaise-based or creamy, **high-calorie dressings.**
- **Eat slowly and enjoy the flavors**, the conversation and the atmosphere.
- **Leave food on your plate**—don't feel like you have to finish every last bite.
- **Ask a waiter to take your plate** as soon as you feel full.
- **Ask for a to-go container** and save half your meal before you start to avoid overeating.
- **Choose water with lemon** instead of high-calorie drinks.

Dining out isn't about "getting your money's worth". It's about spending time with friends, family or colleagues, sharing a meal without the effort of cooking or cleaning. Enjoy the dining out experience as a special treat.

## Portion Guidelines

Everything today has become supersized, and food portions are no exception! Servings are bigger—sometimes increased four times more than normal—and dinner plates are larger. It can be bewildering to figure out what a healthy portion is and how you can be sure that's what you're getting.

## Picturing Your Portions

Here's a handy picture guide to help you gauge proper portions in a snap. The portion sizes you put on your plate should equate to these common items:



½ cup cooked  
veggies, pasta, rice =  
the size of a light bulb



1 cup raw veggies, yogurt,  
cottage cheese = the size of  
a baseball



3 oz. fish or shellfish =  
the size of a checkbook



¼ cup dried fruits =  
the size of a golf ball

Knowing portion sizes is the first step to staying in control whether you're eating out or at home. Here are some ways to ensure you get proper portions wherever you are:

- **Always order the small size;** don't supersize anything.
- **Don't go to buffets.**
- **Look at the product label before eating or drinking** anything to see the recommended serving size and how many servings are included in the entire bag, box or bottle.
- **Place one portion on your plate** and put the rest away and out of sight when serving from large containers. Never eat out of the carton, bag or box.
- **Don't serve food family-style.** Plate the food before the meal (with appropriate portions) and serve restaurant-style.
- **Leave food if you're full.** Remember that you don't need to clean your plate.

## Simple Substitutions for Healthy Dining Out

When it comes to healthy eating, every smart choice can make a difference. Here are some small adjustments you can make that have a big impact on avoiding extra fat and calories:

### Choose:

mustard .....

vinegar .....

fat-free dressing on the side .....

brown rice .....

double vegetables.....

marinara sauce .....

broth soups .....

pico de gallo .....

yogurt .....

6" sub .....

thin crust .....

water or seltzer water .....

grilled mushrooms and onions .....

hot peppers .....

plain .....

steak sauce .....

au jus .....

### Instead of:

mayo

vinaigrette

regular dressing

white rice or flour tortillas

starchy potatoes, rice or bread

Alfredo sauce

cream soups

con queso

heavy cream or sour cream

12" sub

thick crust

regular soda or mixed drink

bacon

pepper jack cheese

with cheese

Béarnaise

au gratin

## On The Menu—Restaurants

Eating out is one of America's pastimes—and staying on track while dining out can be challenging. Many items are deep-fried or prepared with rich sauces. Even if you think you're ordering smart, serving sizes tend to be deceptively large.

**Restaurant terms can also be puzzling:** Is a Béarnaise sauce high in calories? What about sautéed food? There are also the perils of navigating different cuisines.

**Not to worry!** In the following pages you'll find tips and ordering suggestions for dining out. The different cuisines and specific types of restaurants you're likely to encounter are listed, along with good choices to help you order wherever you are.

For anyone wanting or needing to lose weight, I highly recommend Nutrisystem. It teaches portion control and allows you to eat great-tasting food and snacks while losing weight.

**BRETT, NUTRISYSTEM® CUSTOMER**

## American Food

### Get This:

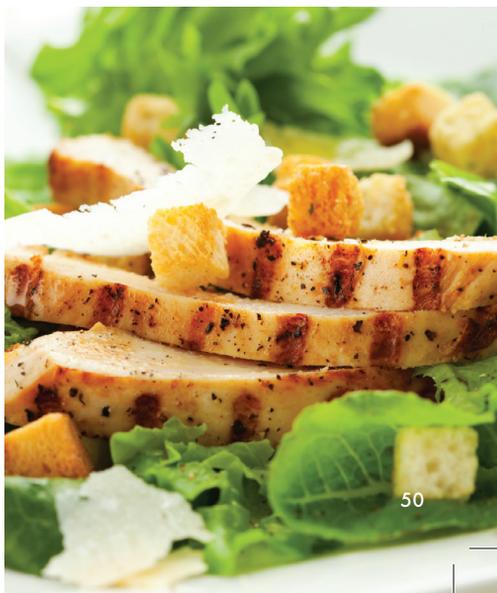
- salads and broth soups
- stir-fry vegetable dishes
- broiled fresh fish
- fajitas
- blackened chicken or fish
- crisp lettuce and sliced tomatoes
- green or red onion
- spicy chicken
- blackened, mesquite-grilled, charbroiled
- marinated and broiled

### Smart Ideas

- Replace coleslaw with fruit
- Get dressings on the side
- Eat appetizers as entrées
- Hold the sour cream or mayonnaise
- Order vegetables instead of french fries

### Skip That:

- fried appetizers
- burgers, cheesesteaks, clubs and melts
- cream soups
- heavy dressings and mayonnaise items
- french fries
- golden, crispy, deep-fried
- cheese—grated, melted, layered
- creamy, garlic butter, Alfredo sauce
- served in a crispy tortilla shell, large, jumbo, piled high, stacked



# Chinese Food

## Get This:

- soups
- steamed Peking dumplings, roast pork strips
- shrimp, prawns, scallops and fish dishes
- vegetable listings (spicy green beans, veggie delight)
- lobster or light wine sauce
- simmered, steamed, roasted
- served on a sizzling platter
- fresh fish filets
- hot and spicy
- tomato-based sauce

## Skip That:

- duck dishes
- sweet-and-sour dishes
- egg rolls, fried shrimp, fried wontons
- fried, breaded, crispy
- egg foo yung in bird's nest

## Smart Ideas

- Request no MSG
- Use less oil, salt or soy sauce in preparation
- Substitute chicken for duck
- Leave off the crispy, fried wonton
- Substitute brown rice for white rice
- Ask for sauces on the side



## Fast Food

### Get This:

- with limited toppings and no cheese: plain hamburger, junior roast beef sandwich, grilled chicken sandwich
- salads with dressing on the side
- fresh, baked, broiled or grilled
- small, child-sized

### Smart Ideas

- Plain or with limited toppings
- Always order small
- Fat-free dressings on the side
- A la carte items
- Look for fruit or yogurt items

### Skip That:

- chicken nuggets and strips
- fried chicken and fried chicken sandwiches
- fried seafood and fried fish sandwiches
- most toppings and cheese
- large orders of French fries
- fried, deep-fried, batter-dipped
- special sauce, mayo, cheese
- mega-sized, extra-large and value-packed



## French/Continental Food

### Get This:

- grilled dishes—asparagus, shrimp, vegetables
- clear broth soups
- fish, chicken, shellfish
- small cuts of beef or lean pork
- vegetarian dishes
- vinaigrette, cilantro, sun dried tomatoes
- blackened, Cajun-spiced
- wine, tomato, chutney sauce
- roasted, poached, grilled, broiled, steamed
- en brochette
- nouvelle cuisine

### Skip That:

- high-fat appetizers, bread and butter
- melted cheese and rich sauces
- creamy soups
- stuffed dishes
- creamy sauce—mushroom, cheese, garlic, butter, herbed au gratin, crème fraîche
- stuffed or casserole
- hollandaise, mayonnaise, sour cream

### Smart Ideas

- Half or petite portions
- Sauce, butter or sour cream on side
- Steamed vegetables vs. sautéed
- Extra plate to split dishes; extra forks for desserts



## Indian Food

### Get This:

- kachumber and raita (Indian-style salads)
- daal (lentil soup)
- chicken, seafood, lamb, vegetable
- low-fat paneer
- chapatti or roti (unleavened wheat flatbread)
- tandoori and tikka
- lentils and vegetables
- chapatti or roti
- basmati rice

### Skip That:

- crispy or deep-fried
- cream or coconut-based soups and sauces
- leavened
- fried appetizers—samosa, pakora
- fried, stuffed, leavened breads
- desserts—kheer, kulfi, carrot halwa, lassi

### Smart Ideas

- Make more or less spicy
- Less oil and salt in preparation
- No butter or ghee
- Sauces on the side



## Italian Food

### Get This:

- appetizers—squid, mussels, clams, marinated vegetables, soup
- whole-wheat pastas, meats, seafood or poultry
- marinara, primavera, white or red clam sauces, mushroom and wine sauces
- fish, scallops and chicken
- tomato-based sauces, red or white wine sauce, light mushroom sauce
- shallots, artichoke hearts, capers
- primavera, Florentine (spinach)

### Skip That:

- alfredo, carbonara, parmigiana
- stuffed with cheese
- creamy sauces
- manicotti, cannelloni, tortellini and lasagna
- pesto sauces
- prosciutto ham, pancetta

### Smart Ideas

- Appetizer size vs. entrée size
- No bread
- Remove skin from the chicken
- Hold the sauce on the pasta
- Serve half and wrap half to go



# Japanese Food

## Get This:

- steamed dishes or shabu-shabu (which you dip yourself)
- soups
- sushi and sashimi (raw fish)
- wasabi
- salad and fresh fruit
- fish, shellfish, poultry
- steamed, sautéed, braised
- vinegared, marinated
- grilled, on skewers, barbecued
- broiled, served in broth

## Skip That:

- battered and fried
- deep-fried, tempura, agemono, katsu
- fried bean curd
- teriyaki, soy-based dishes
- sauces
- age tofu and dumplings (fried)

## Smart Ideas

- Ask for less sauce when a dish is prepared
- Substitute scallops for beef
- Substitute chicken for duck
- Dressings and sauces on the side



## Mexican Food

### Get This:

- gazpacho, chili con carne, black bean soup
- salsa (you can use it for salad dressing, too)
- chicken or beef enchiladas, burritos, soft tacos, fajitas
- black beans
- shredded, spicy chicken or beef
- served with salsa
- covered with enchilada sauce
- grilled, marinated, simmered
- wrapped in a corn tortilla

### Skip That:

- topped with sour cream, guacamole, or black olives
- covered with shredded cheese
- served in fried tortilla shell
- chorizo (Mexican sausage)
- layered with refried beans
- tortilla chips
- nachos, fried items
- chili con queso

### Smart Ideas

- Hold the sour cream, guacamole, and refried beans
- Hold the grated cheese
- Extra salsa on the side
- Salad without the fried shell
- An order of soft tortillas on the side



# Seafood

## Get This:

- mahi-mahi, monkfish, mussels
- poached salmon, steamed halibut and vegetables
- mesquite grilled tuna, swordfish kabobs
- blackened bluefish
- broiled, blackened, Cajun style
- in mustard dill sauce
- with herbs, spices, cilantro
- barbecued, kabobs
- poached
- freshly cooked

## Smart Ideas

- Extra lemon wedges
- Substitute dinner salad for coleslaw
- Broil instead of pan fry
- Avoid butter and sour cream

## Skip That:

- breaded and fried, batter-dipped
- fish and chips
- served with cream or cheese sauce
- Thermidor
- baked stuffed, or rolled
- creamy chowder or bisque
- high-fat preparations (oil and butter)
- fried clams or fish
- chowder, white



## Thai Food

### Get This:

- satay and steamed mussels
- healthy soups—tom yum koong, po taek
- salads
- vegetable-heavy dishes
- stir-fried, sautéed, braised, steamed
- basil sauce or basil leaves
- lime juice
- fish sauce, hot sauce
- napa, bamboo shoots, black mushrooms, ginger, garlic

### Skip That:

- deep-fried, crispy, golden brown
- curry sauce (made with coconut milk)
- eggplant (most often fried)
- duck dishes, usually high in fat and fried
- curry dishes and coconut milk dishes
- high-sodium soups—tom ka gai, chicken coconut soup

### Smart Ideas

- Substitute scallops or shrimp for beef in dish
- Order more veggies and less meat in dish
- Dressing on the side



# Vegetarian Food

## Get This:

- salads
- lentils and beans
- vegetables and edamame
- tofu, seitan, tempeh, veggie burgers
- tomato sauce
- fresh fruit
- variety of vegetables
- whole grains, couscous, quinoa, brown rice
- Avocado (limit to 2 Tbsp.)

## Smart Ideas

- Less oil and salt in preparation
- No butter
- Sauces on the side
- Hold the cheese
- Go for appetizer portion size

## Skip That:

- crispy, deep-fried, golden
- high-fat dressings
- pesto or cheese-based sauces
- cream soups
- fried appetizers and entrées
- go light on full-fat cheeses



## Glossary

Here's a handy list of the words and phrases (as well as their abbreviations) that you'll find throughout this book. Reference this list whenever you need a quick reminder!

**Daily Tracker** — the section where you jot down your eating, drinking, and exercise every day, and your weight once a week

**Extras** — optional foods for your program, such as spices, condiments and calorie-free beverages, that are added to your foods for additional taste or texture

**Glycemic Index** — a tool that measures how quickly a food is converted to sugar in the human body

**Grocery Guide** — the reference section of this book, where you will find lists of SmartCarbs, PowerFuels, Non-Starchy Vegetables and Extras, including their serving sizes

**High-GI** — a food that measures high on the Glycemic Index (over 70) because it breaks down quickly, which results in you feeling hungry sooner

**Lower-GI** — a food that measures low to medium on the Glycemic Index because it breaks down slowly, which allows you to feel full longer; also known as "good carb"

**My Daily 3®** — the personalized activity portion of your program, which focuses on you getting three 10-minute increments of activity each day

**Nutrisystem® Protein Shake** — a shake that contains 15 grams of protein and counts as one PowerFuel on your Nutrisystem meal plan

**Non-Starchy Vegetables** — veggies that you must have at least four servings of daily but can eat in unlimited amounts; they include leafy greens, tomatoes, peppers and broccoli

**PowerFuels** — a food category that features more protein-based foods and includes meat, fish, dairy and nuts

**SmartCarbs** — a food group that includes fruit, grains, starchy vegetables and lower-GI carbs

**Starchy Vegetables** — veggies such as corn, peas and potatoes, which you eat fewer of on your program compared to non-starchy vegetables

## SUCCESS TIP

On every Daily Tracker page, you will see a space to check off eight cups of water each day. Seem like a lot? It's not! Water is good for your health and your weight loss, so we recommend having at least eight, 8-ounce glasses of water a day, but you can always drink more if you want!

**IMPORTANT NUTRITION NOTE:** If you have over 100 pounds to lose, your daily food intake needs to be somewhat higher on the Nutrisystem® program. If you fall into this category, please make sure to incorporate one additional PowerFuel and one additional SmartCarb into your meal plan each day.

**IMPORTANT HEALTH INFORMATION FOR NUTRISYSTEM® PROGRAM:** The Nutrisystem Program is a portion-controlled, reduced-calorie comprehensive weight loss program. You are urged and advised to seek the advice of your health care provider or a physician before beginning the Nutrisystem Program, or any other weight loss program, as changing your diet or exercise, or losing weight, may affect some medical conditions and medications. Your health care provider or physician may need to adjust your medications due to changes in your diet, exercise, or weight while on this program.

We prohibit people with certain conditions to use the Nutrisystem Program; these include those who are pregnant, have been diagnosed with or treated for anorexia or bulimia within the last 5 years, and a BMI under 18.5. Please note that if you are allergic to soy, peanuts, or latex (which is used in food processing), you may not use the Nutrisystem program because adjustments to the meal plan cannot be made to accommodate these allergies.

Please be sure to eat all the food that is recommended on the Nutrisystem Program. Failure to follow the Nutrisystem Program protocol and eat all the food recommended may increase the risk of developing serious health complications. For information that you can share with your health care provider or physician about the Nutrisystem Program, please email [nutritionssupport@nutrisystem.com](mailto:nutritionssupport@nutrisystem.com).

**RETURN POLICY:** When you purchase Nutrisystem products and services from the select group of authorized retailers and distributors, please refer to the return policies and money back policies of such authorized retailers and distributors.

**PLEASE NOTE:** substituted food items may contain different ingredients and allergens than those in items originally ordered. Please be sure to carefully check all individual product packages for the most updated information regarding ingredients and nutritional content for any/all Nutrisystem® food products, including new and improved items, if you have any food allergies or if you are otherwise concerned about any specific ingredients.







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