

GROCERY GUIDE



To help complete a well-rounded diet, you'll add in your own fresh grocery foods along with your Nutrisystem® meals and snacks each day. These foods are split into five easy-to-follow categories: SmartCarbs, PowerFuels, Vegetables, Extras and Free Foods.

We recommend that most of your grocery food add-ins come from whole, minimally processed food sources—these types of foods can come in a variety of forms such as fresh, frozen or canned. Ideally, we encourage you to aim for 80% or more of your add-ins coming from these wholesome choices! And, to maximize the nutrients you add to your diet, try to include a variety of SmartCarbs, PowerFuels and Vegetables throughout your week, rather than going to the same foods time and time again.



SmartCarbs

SmartCarbs are a specific group of carbohydrates that are nutrient-rich and measure “lower” on the Glycemic Index. These carbs are digested more slowly, keeping you feeling fuller longer and helping to sustain your energy after meals, while promoting good health by delivering vitamins, minerals, fiber and other important nutrients.

One serving of SmartCarbs contain 80–120 calories and at least 1 gram of fiber.

Apple, fresh, with skin, 1 medium	Oatmilk, 1 cup (8 fl. oz.) NOTE: Calorie and fiber content may vary based on brand, use individual product's Nutrition Facts Panel.
Applesauce, unsweetened, ½ cup	Papaya, raw, cubed 1 cup
Apple Slices, dried, ¼ cup	Parsnips, cooked, 1 cup
Apricots, dried, ¼ cup	Pasta, whole-grain, cooked al dente, ½ cup
Bagel Thins, whole-grain, 1 bagel	Peach, fresh, 1 medium
Banana, 1 medium	Peaches, canned, packed in water or 100% juice, 1 cup
Barley, cooked, ½ cup	Pear, canned, packed in water or 100% juice, 1 cup
Beans, all varieties (ex. black, white, pinto, chickpeas/Garbanzo, kidney, Great Northern, navy, etc.), cooked or canned, ½ cup	Pear, fresh, with skin, 1 medium
Blackberries, fresh or frozen, 1 cup	Peas, green, cooked ½ cup
Black Eyed Peas, cooked or canned, ½ cup	Persimmons, 2 medium
Blueberries, fresh or frozen, 1 cup	Pineapple, canned, packed in water or 100% juice, 1 cup
Bread, whole-grain, 1 slice	Pineapple, fresh, 1 cup
Bread, sourdough, 1 slice	Pita Bread, 6-inch whole-wheat, 1 pita
Bulgur, cooked, ½ cup	Pizza Dough, whole-grain NOTE: Serving sizes may vary based on brand of dough, use individual product's Nutrition Facts Panel.
Cantaloupe, cubed 1 cup, or ⅓ melon	Plantains, cooked, ½ cup
Cherries, canned in water, 1 cup	Plums, canned, packed in water or 100% juice, 1 cup
Cherries, fresh or frozen, 1 cup	Plums, fresh, with skin, 2 medium
Clementine, 2 small	Pomegranate, ½ cup arils (seeds/juice sacs)

Corn, yellow or white, cooked, ½ cup	Potatoes, (ex. red, white, sweet), cooked with skin, ½ cup or 1 small
Couscous, whole-wheat, cooked, ½ cup	Prickly Pear, 1 cup
Crackers, whole-grain, about ¼ cup NOTE: Serving size varies based on brand of cracker, use individual product's Nutrition Facts Panel.	Prunes, ¼ cup
Cranberries, dried, ¼ cup	Pumpkin, cooked, 1 cup
Currants, red & white, fresh 1 cup	Quinoa, cooked, ½ cup
English Muffins, whole-grain, 1 muffin	Raisins, ¼ cup
Figs, dried, ¼ cup	Raspberries, fresh or frozen, 1 cup
Figs, fresh, 2 medium	Rice, brown or wild, cooked, ½ cup
Fruit Cocktail, canned, packed in water or 100% juice, 1 cup	Rice Cakes, brown rice, approx. 1–2 cakes NOTE: Serving size may vary based on brand of rice cakes, use individual product's Nutrition Facts Panel.
Goji Berries, dried, ¼ cup	Roll, whole-grain, rye, or sourdough, 1 small
Grapefruit, 1 medium	Sandwich Thins, whole-grain, 1 roll
Grapes, 1 cup	Split Peas, cooked, ½ cup
Guava, 1 cup	Squash, Acorn, cooked, 1 cup
Honeydew Melon, cubed 1 cup, or ⅓ medium melon	Squash, Butternut, cooked, 1 cup
Hummus, ¼ cup	Squash, Winter, cooked, 1 cup
Kiwi, 2 medium	Strawberries, fresh or frozen, whole, 1 cup
Lentils, cooked, ½ cup	Sweet Potato, cooked, with skin, ½ cup or 1 small
Lima beans, cooked, ½ cup	Tangelos, 1 medium
Loganberries, 1 cup	Tangerines, 2 medium
Lychee, 1 cup	Tortilla, whole-grain or corn, 6-inch
Mandarin Oranges, 2 medium	Watermelon, cubed, 1 cup
Mango, 1 cup	Yam, cooked, with skin, ½ cup or 1 small
Mung Beans, cooked, ½ cup	Yucca or Cassava, cooked, ¼ cup
Nectarine, 1 medium	100% Fruit Juice, all varieties, ½ cup (4 fl. oz) Note: Limit fruit juices to no more than one serving per day.
Plain Oatmeal, prepared with water, ½ cup	

PowerFuels

PowerFuels are foods that provide high-quality proteins or healthy fats. It takes longer for your body to digest protein and fat, so these foods will help you stay fuller and more satisfied.

One serving of PowerFuels contain 80–120 calories and at least 5 grams of protein to count as a protein add-in, OR contain at least 8 grams of total fat, with no more than 4 grams of saturated fat, to count as a healthy fat add-in.

Almond Butter, no sugar added, 1 Tbsp.	Oil (ex. avocado, canola, olive, peanut, safflower, sesame, etc.), 1 Tbsp.
Almonds, unsalted, 2 Tbsp. or ½ oz. (approx. 12 almonds)	Olives, small, approx. 16–20 olives
Almond Milk, with added protein, 1 cup (8 fl. oz.)	Olives, large, approx. 8–10 olives
Anchovies, canned, 2 oz.	Oysters, medium 3 oz.
Avocado, ⅓ fruit or ¼ cup pureed	Parmesan Cheese, grated, ¼ cup
Beef, lean, trimmed, cooked, 2 oz.	Peanuts, unsalted, 2 Tbsp. or ½ oz. (approx. 17 peanuts)

Brazil Nuts, unsalted, 2 Tbsp. or ½ oz. (approx. 4 medium nuts)	Peanut Butter, no sugar added, 1 Tbsp.
Butter Substitute, (ex., Benecol®, Smart Balance®), original varieties, 1 ½ Tbsp.	Pine Nuts, unsalted, 2 Tbsp. or ½ oz.
Butter Substitute, (ex. Benecol®, Smart Balance®), light varieties, 2 Tbsp.	Pistachios, shelled, unsalted, 2 Tbsp. or ½ oz. (approx. 25 kernels)
Cashew Butter, 1 Tbsp.	Pork, lean, cooked, trimmed, 2 oz.
Cashews, unsalted, 2 Tbsp. or ½ oz. (approx. 9 cashews)	Protein Bars NOTE: Serving size can vary based on brand of bar, use individual product's Nutrition Facts Panel.
Cheese, reduced-fat, all varieties, 1 oz. or 1 slice	Protein Powder and Drinks (ex., whey, soy, plant-based) NOTE: Serving size can vary based on brand of powder or shake, use individual product's Nutrition Facts Panel
Cheese, reduced-fat, all varieties, shredded or crumbled, ¼ cup	Pumpkin Seeds, unsalted, 2 Tbsp.
Chia Seeds, 2 Tbsp.	Ricotta Cheese, part-skim milk, ¼ cup
Chicken Breast, cooked, without skin, 2 oz.	Salad Dressing, vinaigrette-style/oil-based (non-creamy), regular fat varieties, about 3 Tbsp. NOTE: Serving size can vary based on brand of dressing, use individual product's Nutrition Facts Panel.
Chicken, dark meat, cooked, without skin, 2 oz.	Sardines, drained, 3 oz. or about 4 sardines
Clams, cooked, 3 oz.	Salmon, canned in water, drained, ½ cup
Cottage Cheese, 1% fat, no salt added, ½ cup	Scallops, cooked, 3 oz.
Crab Meat, cooked, 3 oz.	Seitan, ½ cup
Crab Meat, imitation, ½ cup	Sesame Seeds, unsalted, 2 Tbsp.
Edamame, cooked, deshelled, ½ cup	Shrimp, cooked, 3 oz.
Egg, 1 large	Soy Milk, low-fat, 1 cup (8 fl. oz.)
Egg Whites, large, 3-4 or ½ cup	Soy Nuts, dry-roasted, unsalted, 2 Tbsp. or ½ oz.
Fish, fatty (ex., salmon, tuna, mackerel, swordfish, trout, herring, etc.), cooked, 2 oz.	Soy Yogurt, plain, 1 cup
Fish, white, (ex., cod, halibut, tilapia, snapper, bass, grouper, catfish, etc.), cooked, 3 oz.	String Cheese, 1 piece
Flaxseed, ground, 3 Tbsp.	Sunflower Seeds, without shell, unsalted, 2 Tbsp.
Guacamole, ¼ cup	Tahini (Sesame Paste), 1 Tbsp.
Ham, low- or reduced-sodium, cooked, 2 oz.	Tempeh, reduced- or low-sodium ½ cup
Hazelnuts/Filberts, unsalted, 2 Tbsp. or ½ oz. (approx. 10 nuts)	Tofu, all varieties, ½ cup
Hemp Seeds, 2 Tbsp.	Tuna, canned, water-packed, drained, all varieties, ½ cup
Lobster, cooked, 3 oz.	Turkey, breast, cooked, without skin, 2 oz.
Luncheon Meat, low- or reduced-sodium, 2 oz.	Turkey, dark meat, cooked, without skin, 2 oz.
Macadamia Nuts, unsalted, 2 Tbsp. or ½ oz. (approx. 6 nuts)	Turkey Bacon, 2 oz. or about 3–4 slices
Milk, fat-free or low-fat, 1 cup (8 fl. oz.)	Vegetarian Burger, about 3 oz. NOTE: Serving size can vary based on brand of burger, use individual product's Nutrition Facts Panel.
Mussels, cooked, 3 oz.	Walnuts, halves, unsalted, 2 Tbsp. or ½ oz. (approx. 7 halves)
Nutritional yeast, ¼ cup	Yogurt, plain, low-fat or fat-free, 1 cup
Nutrisystem Protein Shake, 1 serving	Yogurt, Greek, low-fat or fat-free, ¾ cup
Pecans, halves, unsalted, 2 Tbsp. or ½ oz. (approx. 7 halves)	

Vegetables

This category includes all non-starchy veggies (you'll find the starchy ones under the SmartCarbs category). Vegetables are packed with nutrients that your body needs and are beneficial to an overall healthy lifestyle. When choosing canned, look for low or reduced sodium. When choosing frozen, look for those without added sauces, butter or sodium.

You'll be eating at least four non-starchy vegetables each day; however, they are also "unlimited," so feel free to add more than four servings if you'd like to each day! While vegetables are unlimited, we still define serving sizes to help you learn to recognize portion sizes.

One serving = ½ cup cooked or 1 cup raw, unless otherwise noted.

Alfalfa Sprouts	Leeks
Artichoke	Lettuce, all varieties (ex., green or red leaf, iceberg, Romaine, spring mix, etc.)
Artichoke Hearts, canned or cooked, ½ cup	Mixed Greens
Arugula	Mixed Vegetables (without corn, peas or pasta)
Asparagus	Mushrooms, all varieties (ex. white button, portobella, shiitake, etc.)
Bamboo Shoots	Okra
Beans, wax, Italian	Onions, all varieties (ex. red, white, sweet, shallots, etc.)
Bean Sprouts	Radish
Beets	Rhubarb
Bell Peppers, any variety	Rutabaga
Bok Choy, Chinese Chard, white mustard	Sauerkraut, canned, reduced- or low-sodium, ½ cup
Broccoli Rabe (Rapini)	Seaweed
Broccoli	Snap Peas, sugar
Brussels Sprouts	Snap Peas, yellow
Cabbage, green or purple	Snow Pea Pods
Carrots	Spinach
Cauliflower	Squash, spaghetti
Celery, 2 medium stalks	Squash, yellow or Summer
Cucumber	Tomatillos
Daikon (Chinese radish)	Tomato Juice, no salt added, ½ cup (4 fl. oz.)
Eggplant	Tomato Sauce or Puree, no salt added, ½ cup
Endive	Tomato, canned, no salt added, ½ cup
Escarole	Tomato
Fennel	Tomatoes, cherry or grape
Green Beans	Turnips
Greens, all varieties (ex., collard, chicory, dandelion, mustard, beet, Swiss Chard, turnip, etc.)	Vegetable Juice/V-8, low-sodium, ½ cup (4 fl. oz.)
Hearts of Palm, canned, ½ cup	Vegetable Soup, made with low-sodium broth, non-starchy vegetables, and optional herbs and spices of your choice
Jicama	Water Chestnuts, canned, ½ cup
Kale	Watercress
Kohlrabi	Zucchini

For inspiration, check out the Leaf at <https://leaf.nutrisystem.com/for-customers/filling-healthy-veggie-recipes/>

Extras

“Extras” are low-calorie optional add-ins that you can use to spice up your meal plan or satisfy a craving. These extras are limited to 3 servings a day. Calories range from 10–35 per serving.

You will notice that some foods in the Extra category also appear in other add-in categories. The serving size will determine how to count it in your meal plan. For example, many healthy fats, like oils or avocado, will count as an Extra if the smaller portion sizes listed below are used; however, if a larger portion size is used then it can count towards your PowerFuels as a healthy fat add-in.

Avocado, 1 Tbsp. pureed or ⅓ fruit	Non-Dairy Milks, unsweetened (ex. almond, flax, oat, etc.) NOTE: Serving sizes will vary by brand and type, use individual product’s Nutrition Facts Panel.
Balsamic Vinegar, 1 Tbsp.	Nutritional Yeast, 1 Tbsp.
Barbecue Sauce, 1 Tbsp.	Oil (ex. avocado, canola, olive, peanut, safflower, sesame, etc.), 1 tsp.
Butter Substitute, (ex., Benecol®, Smart Balance®), light or original varieties, ½ Tbsp.	Olives, black or green 1 Tbsp. or 6-7 small olives
Butter, 1 tsp.	Pickles, 1 dill
Chocolate Chips, semi-sweet, ½ Tbsp.	Pimento, ½ cup
Chocolate Syrup, 2 tsp.	Popcorn, 1 cup
Cocktail Sauce 1 Tbsp.	Relish, 1 Tbsp.
Coconut, 1 Tbsp.	Salad Dressing, fat-free, 2 Tbsp
Coconut Water, unsweetened, ½ cup (4 fl. oz.)	Salad Dressing, light- or reduced-fat, 1 Tbsp.
Coffee Creamer, fat-free or low-fat, 1 Tbsp.	Salad Dressing, regular, 1 tsp.
Cream Cheese, reduced-fat or fat-free, 1 Tbsp.	Seeds (ex. chia, flaxseed, hemp, poppy, pumpkin, sesame, sunflower, etc.), deshelled, 1 tsp.
Dark Chocolate, 45% or more cocoa, ¼ oz.	Sour Cream, fat-free, 2 Tbsp.
Honey, 1 tsp.	Sour Cream, light, 1 Tbsp.
Jelly, 2 tsp.	Steak Sauce, 1 Tbsp.
Ketchup, 1 Tbsp.	Tomato Paste 1 Tbsp.
Maple Syrup, 1 tsp.	Wheat Germ, 1 Tbsp.
Mayonnaise, regular, 1 tsp.	Whipped Cream, 1 Tbsp.
Mayonnaise, reduced fat, 1 Tbsp.	Whipped Topping, light, 2 Tbsp.

Free Foods

“Free foods” are foods like condiments, beverages and spices that have less than 10 calories per serving. These foods are unlimited on the Nutrisystem plans.

Broth, all varieties (ex., chicken, beef, vegetable, fish/seafood, etc.), low-sodium or no salt added	Lime Juice
Butter Spray	Liquid Smoke
Capers	Mustard
Celery Seed	Oregano
Coffee, black	Paprika
Cooking spray	Parsley
Cumin	Peppers, hot, jalapeno
Garlic	Red Pepper Flakes

Ginger	Salsa or Pico de Gallo
Green Chilies	Seltzer, plain or flavored, calorie-free
Green Onions/Scallions	Soy Sauce, low-sodium
Herbs, all varieties, fresh or dried	Spices and Seasoning Blends, low-sodium
Herbal Teas, all varieties	Sweeteners, natural, calorie-free
Hot Sauce	Tea, all varieties (black, white, green, herbal, etc.), unsweetened
Iced Tea, unsweetened	Vegetable Soup, made with low-sodium broth, non-starchy vegetables, and optional herbs and spices of your choice
Lemon Juice	Vinegar, all varieties except balsamic (ex. apple cider, white or red wine, rice, etc.)
Lemonade, calorie-free	

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