



Nutrisystem



GUIDE & DAILY TRACKER

**Lose up to 7 pounds
your first 7 days!**

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



IMPORTANT NOTE:

Repeating week 1 in any consecutive four-week period may lead to health complications and is not recommended. Please consult with your physician before starting your first week. Those on the 5-day program will have two Prosync™ bars and two Prosync® shakes left after week one. The bars can be used as a PowerFuel + SmartCarb add-in and the shakes can be used as a PowerFuel add-in.



START STRONG WITH 3 EASY TIPS

1. Follow Week 1 of your 28-day program

Research shows that if you have a great start to weight loss, you're more likely to reach your goal. So we've designed your first week to reset your body and support your weight loss.

2. Stick with it

Your Hunger Control Shakes and Fat Burning Bars are designed to help you feel fuller. You can also eat as many non-starchy veggies as you'd like to fill up!

3. Use this guide and daily tracker for week 1

It's packed with important information, advice and tools to help you have a successful first week. Do limit your activity this week to something light, like walking. Have questions? Connect with a coach!

Lose up to 7 pounds—and keep going until you hit your goal!

WE'RE HERE TO HELP

With Nutrisystem, you're never alone. You can get support and guidance from our team of coaches.

Nutrisystem

To make an appointment with a coach, create an account on [Nutrisystem.com](https://www.nutrisystem.com), go to My Account and select Schedule Coaching.



Download the official Nutrisystem® app for helpful tracking tools.

The Leaf

Check out [The Leaf](https://www.nutrisystem.com/blog), the official Nutrisystem® blog filled with tips, recipes and guides to help you succeed!

MY GOAL WEIGHT IS LBS.



Don't forget to snap your "before" photo!

Some tips before you begin:

- Eat everything listed each day, including at least 4 servings of veggies. Otherwise, you won't be getting the nutrition you need!
- Bulk up your meals with non-starchy veggies or enjoy them between meals to help with hunger. They are UNLIMITED!
- **NOTE:** Food may be subject to change based on availability.

7-DAY PROGRAM SAMPLE WEEK

If you have 100 pounds or more to lose, you will need to add 2 additional PowerFuels daily.
If you are using the Nutrisystem® app to track, your meal plan will automatically be adjusted to your goal.

DAY 1 <input type="radio"/> BREAKFAST Nutrisystem® Harvest Nut Oat Bar <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake <input type="radio"/> LUNCH Nutrisystem® ProSync™ Bar <input type="radio"/> AFTERNOON SNACK Nutrisystem® Chocolate Flavored Pretzels <input type="radio"/> DINNER Nutrisystem® Meatloaf Sandwich VEGGIES: ○○○○○ DRINKS: ○○○○○○○○○○	DAY 2 <input type="radio"/> BREAKFAST Nutrisystem® NutriFlakes Cereal <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake <input type="radio"/> LUNCH Nutrisystem® ProSync™ Bar <input type="radio"/> AFTERNOON SNACK Nutrisystem® White Cheddar Popcorn <input type="radio"/> DINNER Nutrisystem® Margherita Pizza VEGGIES: ○○○○○ DRINKS: ○○○○○○○○○○	DAY 3 <input type="radio"/> BREAKFAST Nutrisystem® Granola Cereal <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake <input type="radio"/> LUNCH Nutrisystem® ProSync™ Bar <input type="radio"/> AFTERNOON SNACK Nutrisystem® Chocolate Caramel Bar <input type="radio"/> DINNER Nutrisystem® Chicken Parmesan VEGGIES: ○○○○○ DRINKS: ○○○○○○○○○○
DAY 4 <input type="radio"/> BREAKFAST Nutrisystem® Double Chocolate Muffin <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake <input type="radio"/> LUNCH Nutrisystem® ProSync™ Bar <input type="radio"/> AFTERNOON SNACK Nutrisystem® Butter Popcorn <input type="radio"/> DINNER Nutrisystem® Artichoke & Spinach Stuffed Chicken VEGGIES: ○○○○○ DRINKS: ○○○○○○○○○○	DAY 5 <input type="radio"/> BREAKFAST Nutrisystem® Cinnamon Bun Bar <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake <input type="radio"/> LUNCH Nutrisystem® ProSync™ Bar <input type="radio"/> AFTERNOON SNACK Nutrisystem® Chocolatey Pretzel Bar <input type="radio"/> DINNER Nutrisystem® Chicken Fettuccine Alfredo VEGGIES: ○○○○○ DRINKS: ○○○○○○○○○○	DAY 6 <input type="radio"/> BREAKFAST Nutrisystem® Biscotti Bites <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake <input type="radio"/> LUNCH Nutrisystem® ProSync™ Bar <input type="radio"/> AFTERNOON SNACK Nutrisystem® Cheese Puffs <input type="radio"/> DINNER Nutrisystem® Chicken Enchilada VEGGIES: ○○○○○ DRINKS: ○○○○○○○○○○
DAY 7 <input type="radio"/> BREAKFAST Nutrisystem® Chocolate Chip Granola Bar <input type="radio"/> LUNCH Nutrisystem® ProSync™ Bar <input type="radio"/> AFTERNOON SNACK Nutrisystem® Chocolate Chunk Cookie <input type="radio"/> DINNER Nutrisystem® Mac & Cheese VEGGIES: ○○○○○ DRINKS: ○○○○○○○○○○		

MY GOAL WEIGHT IS _____ LBS.



Don't forget to snap your "before" photo!

Some tips before you begin:

- Eat everything listed each day, including at least 4 servings of veggies. Otherwise, you won't be getting the nutrition you need!
- Bulk up your meals with non-starchy veggies or enjoy them between meals to help with hunger. They are UNLIMITED!
- **NOTE:** Food may be subject to change based on availability.

5-DAY PROGRAM* SAMPLE WEEK

If you have 100 pounds or more to lose, you will need to add 2 additional PowerFuels daily.
If you are using the Nutrisystem® app to track, your meal plan will automatically be adjusted to your goal.

<div>DAY 1</div> <div> <input type="radio"/> BREAKFAST Nutrisystem® Harvest Nut Oat Bar </div> <div> <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake </div> <div> <input type="radio"/> LUNCH Nutrisystem® ProSync™ Bar </div> <div> <input type="radio"/> AFTERNOON SNACK Flex Snack: 1 PF + 1 SC </div> <div> <input type="radio"/> DINNER Nutrisystem® Meatloaf Sandwich </div> <div> <div>VEGGIES:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div> <div> <div>DRINKS:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div>	<div>DAY 2</div> <div> <input type="radio"/> BREAKFAST Nutrisystem® NutriFlakes Cereal </div> <div> <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake </div> <div> <input type="radio"/> LUNCH Flex Lunch: 1 PF + 1 SC </div> <div> <input type="radio"/> AFTERNOON SNACK Nutrisystem® White Cheddar Popcorn </div> <div> <input type="radio"/> DINNER Nutrisystem® Margherita Pizza </div> <div> <div>VEGGIES:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div> <div> <div>DRINKS:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div>	<div>DAY 3</div> <div> <input type="radio"/> BREAKFAST Flex Breakfast: 1 PF + 1 SC </div> <div> <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake </div> <div> <input type="radio"/> LUNCH Nutrisystem® ProSync™ Bar </div> <div> <input type="radio"/> AFTERNOON SNACK Nutrisystem® Chocolate Caramel Bar </div> <div> <input type="radio"/> DINNER Nutrisystem® Chicken Parmesan </div> <div> <div>VEGGIES:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div> <div> <div>DRINKS:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div>
<div>DAY 4</div> <div> <input type="radio"/> BREAKFAST Nutrisystem® Double Chocolate Muffin </div> <div> <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake </div> <div> <input type="radio"/> LUNCH Nutrisystem® ProSync™ Bar </div> <div> <input type="radio"/> AFTERNOON SNACK Nutrisystem® Butter Popcorn </div> <div> <input type="radio"/> DINNER Flex Dinner: 2 PF + 1 SC </div> <div> <div>VEGGIES:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div> <div> <div>DRINKS:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div>	<div>DAY 5</div> <div> <input type="radio"/> BREAKFAST Nutrisystem® Cinnamon Bun Bar </div> <div> <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake </div> <div> <input type="radio"/> LUNCH Flex Lunch: 1 PF + 1 SC </div> <div> <input type="radio"/> AFTERNOON SNACK Nutrisystem® Chocolaty Pretzel Bar </div> <div> <input type="radio"/> DINNER Nutrisystem® Chicken Fettuccine Alfredo </div> <div> <div>VEGGIES:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div> <div> <div>DRINKS:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div>	<div>DAY 6</div> <div> <input type="radio"/> BREAKFAST Flex Breakfast: 1 PF + 1 SC </div> <div> <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake </div> <div> <input type="radio"/> LUNCH Nutrisystem® ProSync™ Bar </div> <div> <input type="radio"/> AFTERNOON SNACK Flex Snack: 1 PF + 1 SC </div> <div> <input type="radio"/> DINNER Nutrisystem® Chicken Enchilada </div> <div> <div>VEGGIES:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div> <div> <div>DRINKS:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div>
<div>DAY 7</div> <div> <input type="radio"/> BREAKFAST Nutrisystem® Chocolate Chip Granola Bar </div> <div> <input type="radio"/> LUNCH Nutrisystem® ProSync™ Bar </div> <div> <input type="radio"/> MORNING SNACK Nutrisystem® ProSync® Shake </div> <div> <input type="radio"/> AFTERNOON SNACK Nutrisystem® Chocolate Chunk Cookie </div> <div> <input type="radio"/> DINNER Flex Dinner: 2 PF + 1 SC </div>		<div> <div>VEGGIES:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div> <div> <div>DRINKS:</div> <div> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div>

*For your first week, we recommend preparing your own Flex meals and not dining out.



THE 7 IN 7 GROCERY GUIDE

SMARTCARBS

IF YOU'RE ON THE 5-DAY PROGRAM, YOU'LL INCLUDE SMARTCARBS IN YOUR FLEX MEALS.

SmartCarbs are a specific group of carbohydrates that are nutrient-rich and measure low to medium on the Glycemic Index

Each SmartCarb should contain between **80-120 calories with at least 3 grams of fiber per serving**

Enjoy SmartCarbs such as: sliced bread, bagels, beans, fruit, cereal, pasta, sweet potatoes

POWERFUELS

IF YOU'RE ON THE 5-DAY PROGRAM, YOU'LL INCLUDE POWERFUELS IN YOUR FLEX MEALS.

PowerFuels consist of lean proteins to support muscle health, or healthy fats to keep you feeling full and satisfied.

Each PowerFuel should contain between **80-120 calories with at least 7 grams of protein OR at least 7 grams of total fat, with no more than ½ of the fat from saturated fat.**

Enjoy lean PowerFuels such as: round steaks, chicken, bacon low-fat cheese, eggs, salmon, Greek yogurt, almonds

VEGGIES

Add non-starchy veggies to your meals or snack on them if you feel hungry. Keep plenty on hand so you always have a healthy snack option.

Aim for at least four servings each day.
1 serving = ½ cup cooked or 1 cup raw

Enjoy non-starchy veggies such as: bell peppers, broccoli, carrots, cucumbers, green beans, mixed greens, mushrooms, onions, spinach, tomato

SPICE IT UP

WITH UNLIMITED FREE FOODS

Quick Tip: Use small amounts of cooking spray or calorie-free spread. Avoid adding salt.

Examples:

Spices and herbs, salsa, hot peppers or red pepper flakes, vinegar, lemon or lime juice, calorie-free salad dressings

SMART BEVERAGES

Try to drink at least 64 ounces (8 cups) of water every day and limit caffeine. Use only calorie-free sweeteners.

Examples:

Coffee or tea, unsweetened (limit caffeine), Calorie-free flavored water or seltzer Calorie-free lemonade or iced tea

For a complete **Grocery Guide** with additional PowerFuels, SmartCarbs, non-starchy vegetables and Free Foods [click here](#).



[Click here for the 7 in 7 recipe book!](#)

Packed with healthy recipes and fresh ideas, including easy-to-prepare Flex meals for those on the 5-day program.