

Balanced Nutrition: Your Guide to Counting Macros for Weight Loss

Tips, Recipes and More!



Table of Contents

WELCOME	02
WHAT ARE MACROS?	03
Key Differences Between Carbs, Proteins & Fats	04
MACROS & WEIGHT LOSS	05
Common Misconceptions	06
The Importance of Balance	06
Why Macros Matter	07
Macro Myths Debunked	08
The Best Macros for Weight Loss	09
GETTING STARTED	11
Prepare Yourself	12
Determine Your Calorie Goal	13
4 Simple Steps to Balance Macros for Weight Loss	14
KITCHEN & PANTRY ESSENTIALS	16
Recommended Grocery Add-ins	17
Nutrisystem Foods	20
Become a Portion Size Pro	22
TIPS TO STAY ON TRACK	23
Strategies for Adherence & Motivation	24
Overcoming Challenges & Setbacks	25
Metrics to Track	26
Adapting to Individual Needs & Preferences	27
Addressing Nutritional Gaps	27
RECIPES & HACKS	28
Simple and Delicious Recipes	29
Nutrisystem Food Hacks	32
SUPPORT & RESOURCES	33

Welcome!

Congratulations on starting your journey to health and happiness! As a member of Club Advantage, you're now part of a community dedicated to supporting your goals.

No matter what your schedule is, no matter what your cravings are, no matter how much time you can spare, you can use Club Advantage to your advantage. It flexes to your taste and style, so it's totally, personally yours, with our full support.

Choosing the right diet is crucial for achieving sustainable weight loss and overall health improvement. A diet that fits your lifestyle and preferences increases the likelihood of long-term adherence and success. It should align with your health goals, whether it's weight management, muscle building or improving overall wellness.

This guide was created to help you understand balanced nutrition and counting macros. Inside, you'll find valuable information on the benefits of eating a balanced diet, how to get started, essential tips for staying on track, and delicious recipes to keep you motivated.

Our goal is to provide you with all the tools and knowledge you need to be successful.

The best diet for you is one that you can consistently follow and enjoy. Club Advantage offers a variety of resources and meal options to make it easier for you to stick to your chosen diet and achieve your goals.

Nutrisystem products are designed to fit seamlessly into various diet plans, including one that counts macros for balanced nutrition. They offer convenient, nutritionally balanced options to help you stay on track and achieve your goals.

Embarking on a balanced diet is a positive step towards better health and wellness. Remember, every small change you make brings you closer to your goals. Stay motivated, be patient with yourself, and celebrate your progress along the way.

You have the power to create a healthier, happier you, and Club Advantage is here to support you every step of the way.



What are Macros?

Macros is a shortened name for macronutrients, which are the nutrients that provide the bulk of the energy and nutritional value in our diets.

Carbohydrates, proteins and fats are the primary macronutrients. Technically, alcohol is also considered a macronutrient, but most healthy diets limit alcohol intake.

Each macronutrient serves a specific function in the body and provides a different amount of energy (calories).

Key Differences Between Carbs, Proteins & Fats

As the term macro suggests, your body needs large quantities of these nutrients to carry out daily functions. (Micronutrients, on the other hand, are vitamins and minerals that your body needs in much smaller amounts).

Each macronutrient uniquely impacts your body. For example:



Carbohydrates are your primary source of energy. They're also a significant source of fiber which contributes to heart, metabolic and digestive health.



Proteins help with tissue repair and growth.



Fats help with appetite regulation, hormone production and the absorption of vitamins A, D, E and K.

Most foods contain a mix of these nutrients, but many have a dominant macronutrient. For example:



Poultry, fish, meat, soy, eggs and cheese are primarily **protein** but contain some fat.



Cereal, rice, grains, bread, pasta, fruits and vegetables are primarily **carbohydrates** but contain some protein.



Oils, butter, cream, avocado, nuts and seeds are primarily **fats** but may contain some protein and carbohydrates.

Each macronutrient also contributes a specific number of calories to your diet. Therefore, balancing your macros can help you manage your overall calorie intake.

- Carbohydrates and protein each provide **four calories per gram**.
- Fat provides **nine calories per gram**.



Macros & Weight Loss

It's well known that the magic equation for losing weight is to eat fewer calories than you burn. As long as you maintain this calorie deficit, does adjusting your macro ratios matter?

The short answer is yes. But not in the way that you might think.

Common Misconceptions

People often believe that cutting out specific macronutrients like fat or carbs will help weight loss. However, there is little solid evidence supporting this approach, and it can sometimes be harmful.

Low-Fat Diet Movement

- **Reasoning:** Health experts recommended low-fat diets to combat weight gain, as fats contribute the most calories per gram.
- **Outcome:** Despite [cutting back on fat intake](#), obesity levels continued to rise. This was largely because people replaced fat with sugar-laden refined carbohydrates, promoting weight gain.

Low-Carb Dieting

- **Popularity:** Low-carb dieting became popular as a response.
- **Concerns:**
 - Potential negative impact on heart health due to high-fat content.
 - While [low-carb diets may lead to faster initial weight loss](#), research indicates they offer no long-term advantage over any other diet.

The Importance of Balance

These examples demonstrate that focusing on a single macronutrient without considering the overall balance of one's diet has a limited impact on health and weight loss outcomes. Numerous studies support this.

Research Insights

One study published in the [New England Journal of Medicine](#) compared the impact of four reduced-calorie diets with varying proportions of fat, carbohydrate and protein on weight loss outcomes over two years. The results showed no significant difference in weight loss between the diets. Researchers concluded,

“reduced-calorie diets result in clinically meaningful weight loss regardless of which macronutrients they emphasize.”

Why Macros Matter

So why even bother discussing macros when it comes to weight loss? While tweaking macro ratios won't directly impact your weight, maintaining a balanced mix of macronutrients can indirectly support your goals by enhancing diet quality and making dietary changes more sustainable and achievable.

Benefits of a Balanced Macro Diet

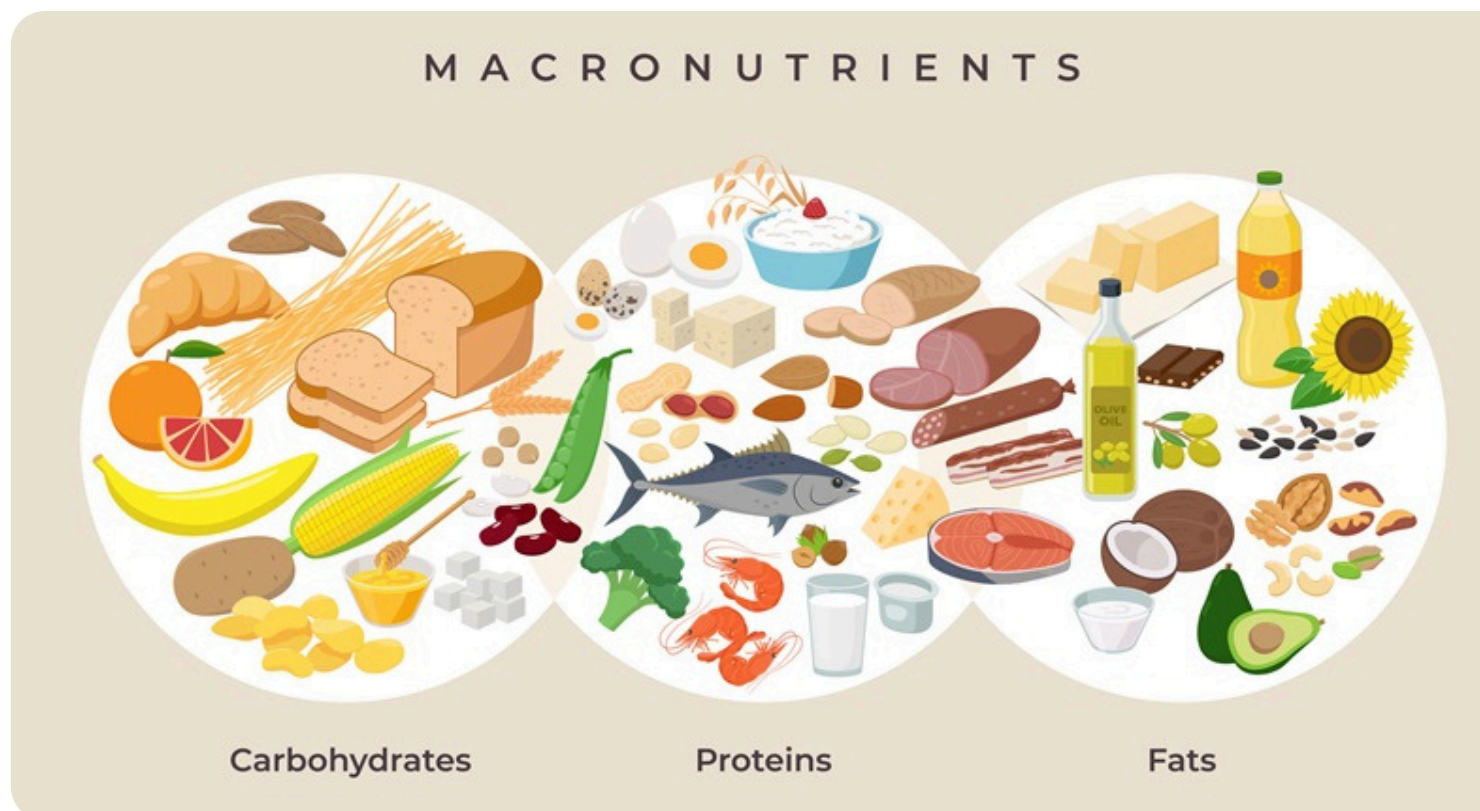
The right balance of proteins, carbohydrates and fats can:

- Deliver essential vitamins and minerals
- Support a healthy metabolism
- Improve appetite control
- Boost energy levels

This ultimately makes sticking to your healthy eating goals easier.

Key Takeaway

Reduce your calories to see weight loss results, then balance macros to ensure diet quality and support long-term weight management.



Macro Myths Debunked

MYTH: Counting macros is only for bodybuilders.

FACT: Anyone can benefit from counting macros to ensure they are getting a balanced intake of nutrients to support their health and fitness goals.

MYTH: Counting macros is too complicated.

FACT: While it may seem complex at first, counting macros becomes easier with practice. There are many available tools, recipes and pre-made foods (like Nutrisystem meals and snacks!) that simplify the process, making it accessible for everyone.

MYTH: Macro counting neglects micronutrients.

FACT: Although macro counting focuses on proteins, fats and carbs, it's still important to include a variety of foods to meet your vitamin and mineral needs. Balanced macros can and should include a diverse range of foods.

MYTH: You need to eat perfectly balanced macros at every meal.

FACT: It's more important to achieve your macro goals over the entire day rather than at every single meal. Flexibility throughout the day can help you meet your targets.

MYTH: Counting macros is only for weight loss.

FACT: Counting macros can support various goals, including muscle gain, weight maintenance and improving athletic performance. It's not limited to weight loss.

MYTH: You can't enjoy food when counting macros.

FACT: Counting macros can be flexible, allowing for enjoyment of a wide variety of foods. Balancing indulgences with nutrient-dense options helps maintain a satisfying and enjoyable diet.

The Best Macros for Weight Loss

Understanding Macronutrient Distribution

Once you know your calorie target (more on that later!), it's crucial to determine the appropriate distribution of macronutrients—protein, carbohydrates and fats—in your diet to support healthy weight loss. The [National Academy of Sciences](#) recommends the following ranges for overall health:

- **Protein:** 10-35% of total calories
- **Carbohydrates:** 45-65% of total calories
- **Fats:** 20-35% of total calories

Fine-Tuning for Weight Loss

Research suggests you can help your weight loss efforts by dialing in these numbers further. Here's a closer look at the optimal macronutrient distribution for weight loss:

Higher Protein Intake: >25% of total calories

A study published in the [American Journal of Clinical Nutrition](#) highlights the benefits of higher protein intake:

- Better hunger control due to appetite-regulating hormones
- Higher metabolic rate
- Improved muscle mass retention during weight loss

Higher Healthy Fats Intake: >30% of total calories

The [New England Journal of Medicine](#) emphasizes the benefits of including more healthy fats in your diet, particularly those in line with the Mediterranean diet:

- Enhanced enjoyment and satisfaction from meals
- Easier adherence to dietary changes



Foods that are typically found in Mediterranean diets, including olive oil, fruits, vegetables, whole grains and fish, can be found in the [Nutrisystem Grocery Guide](#).



Carbohydrate Intake: $\geq 45\%$ of total calories

Carbohydrates are essential for energy and fiber. Maintaining a minimum intake of carbohydrates is important for several health aspects:

- Long-term weight control
- Digestive and heart health
- Positive influence on gut microbiome
- Improved inflammation, blood sugar control and metabolic health

Personalized Approach

Each individual responds differently to dietary changes, so it's important to personalize your macronutrient targets based on your health status, energy levels, hunger and weight goals. Always discuss any diet changes with your healthcare provider to ensure they are appropriate for your specific needs.

Key Points to Remember



Protein: Aim for $>25\%$ of total calories for better hunger control and muscle retention.



Fats: Include $>30\%$ of total calories from healthy fats for greater meal satisfaction.



Carbohydrates: Ensure at least 45% of total calories come from carbohydrates for energy and overall health.

Following these guidelines can help optimize your weight loss journey while supporting overall health and well-being. [Club Advantage meal plans](#) have been designed to hit this balance of macros.





Getting Started

Embarking on your journey to balanced nutrition through counting macros is an exciting step towards better health and fitness. In this section, you'll find essential tips for preparing yourself both physically and mentally, including goal-setting and proper hydration. Plus, we'll guide you through four simple steps to balance your macros effectively for weight loss. By following these steps, you'll be well on your way to mastering macro counting and achieving your health and wellness goals!

Prepare Yourself



Educate Yourself & Set Goals

- **Learn About Macros:** Understand the different types of macronutrients—proteins, carbohydrates and fats—and their nutritional benefits. Familiarize yourself with portion sizes (see page 22!) to ensure you are consuming the appropriate amount for your goals.
- **Reading Labels:** Get accustomed to reading nutrition labels to identify the macronutrient content of foods. This will help you understand the protein, carbohydrate and fat content per serving.
- **Goal Setting:** Establish clear, achievable goals for your healthy, balanced diet. These could be specific or broad. [Learn more about setting goals here.](#)

By tracking your macros, you can create a sustainable and healthy lifestyle, nourishing yourself from the inside out.

Stay Hydrated & Maintain a Balanced Diet

- **Hydration:** Proper hydration is essential for promoting overall health, which is one of the main goals balanced nutrition. Aim for at least 64 ounces of water a day.
- **Balanced Diet:** Ensure you're consuming adequate amounts of proteins, fats and carbohydrates. A well-rounded diet supports overall health and energy levels.
- **Include Fiber:** Not all carbs are created equal. Make sure to incorporate fiber-rich foods like vegetables, fruits and whole grains to maintain digestive health.
- **Mindset:** Adopting a balanced diet and counting macros requires a shift in mindset. Embrace the change by focusing on the positive health benefits and how it aligns with your goals.
- **Support System:** Share your dietary goals with family and friends. Having a support system can provide encouragement and accountability. Consider joining online communities (such as the [Nutrisystem Support Community on Facebook](#)) or forums for additional support and ideas.
- **Expert Guidance:** If needed, consult with a Nutrisystem coach to tailor your diet to your specific needs.

Determine Your Calorie Goal

Setting an appropriate calorie goal is essential for effective macro counting, as it lays the groundwork for achieving your desired results. By identifying the correct calorie intake, you ensure your body receives the necessary energy to support your weight loss or maintenance goals.

Calorie needs vary based on your weight management objectives, gender and activity level. The right calorie goal provides the energy needed to sustain your daily activities and exercise routine while still promoting weight loss or maintenance.

Club Advantage offers four personalized calorie options—1,200, 1,500, 1,700 and 2,000 calories—to help you meet your goals. Refer to the charts below to select the plan that best aligns with your objectives and supports your weight loss journey.

Goal: Weight Loss	1,200	1,500	1,700	2,000
Women	✓			
Women with 100+ lbs. to lose		✓		
Women exercising 60+ min. per day		✓		
Men		✓		
Men with 100+ lbs. to lose			✓	
Men exercising 60+ min. per day			✓	

Goal: Weight Maintenance	1,200	1,500	1,700	2,000
Women		✓		
Women exercising 60+ min. per day			✓	
Men			✓	
Men exercising 60+ min. per day				✓

Download Your Meal Plan Below:

- [1,200 Calories >](#)
- [1,500 Calories >](#)
- [1,700 Calories >](#)
- [2,000 Calories >](#)

4 Simple Steps to Balance Macros for Weight Loss



01

Focus on Foods Over Numbers

All of this macro talk can quickly feel like a complicated math equation. But we don't eat numbers; we eat meals.

Familiarize yourself with the food sources of each macronutrient and think about how you can build balanced meals around them.

The [plate method](#) supported by the Centers For Disease Control and Prevention (CDC) is a great visual tool for building balanced meals.

This method involves visualizing a nine-inch plate and drawing a line down the middle. Fill one half with non-starchy veggies. Split the remaining half evenly between fiber-rich carbohydrates and lean proteins. Finally, incorporate one to two tablespoons of healthy fat into the meal. Think: avocado, olive oil or nuts.

[Nutrisystem Flex meal guidelines](#) also teach you how to put together healthy and balanced meals that fit into your personalized calorie goal.

02

Choose Nutrient-Dense Options

Remember, not all macronutrients are created equal. Donuts and oatmeal are both carbohydrates. However, oatmeal is high in fiber to balance blood sugars and provide steady energy, while donuts contain refined starches that will spike blood sugars and promote fat storage.

Choose foods across each macronutrient group that improve your diet quality. To achieve this:

- Choose carbohydrates with low added sugars and at least three grams of fiber per serving. These include whole grain bread, veggies, fruits, quinoa, barley and oats.
- Opt for lean protein sources low in saturated fat, like chicken, fish, turkey, soy, beans and legumes.
- Prioritize vegetable-based unsaturated fats like olive oil, canola oil, avocado, seeds and nuts over saturated fats like butter, shortening, and full-fat dairy and cheese.



03

Look for Simple Tweaks

Before you can improve your diet, you need to understand where you are today. Most people only need minor adjustments to achieve a more balanced macronutrient profile.

Evaluate your current diet by looking at your plate and see where you may be overbalanced and underbalanced. Start by making small changes that you can easily stick with.


04

Lean on Club Advantage

Getting expert support can eliminate the guesswork of starting healthy diet changes. Club Advantage, backed by Nutrisystem's proven science and over 50 years of success, provides all the tools and expertise needed for effective weight management.

With Club Advantage, you get access to personalized nutrition plans designed to deliver results through tailored calorie recommendations and balanced macronutrient profiles. These meal plans align nutritional targets with national health recommendations and the latest weight loss research, meeting or exceeding the Healthy US-Style Dietary Pattern for Adults from the 2020-2025 Dietary Guidelines for Americans.

Our meal plans provide approximately 45-55% of calories from carbohydrates, 25-30% from protein, and less than 35% from total fat. By combining Nutrisystem foods with your favorite grocery items, you'll learn how to create meals with the right mix of macronutrients for optimal results—no number crunching required.



[Click here to get your easy-to-follow sample meal plan.](#) Just find your calorie goal under Club Advantage and click the link to download the PDF.

Bottom Line

You must reduce calories to see weight loss, but balancing macros can ensure you achieve a healthy weight in a sustainable way. Avoid diets that encourage restricting a specific nutrient group, as this is not an effective strategy for healthy weight loss and could be harmful to long term health. Nutrisystem can help you reach your goals by teaching you how to build healthy meals with the right mix of nutrients to get results.



Kitchen & Pantry Essentials

This list of recommended grocery add-ins and Nutrisystem foods is curated specifically for those eating a balanced diet. We made sure to include a variety of options from our [Grocery Guide](#). We also provided a list of foods from our menu that are a good source of protein and fiber. Stock up on them so you always have convenient options on hand!

Recommended Grocery Add-Ins

PowerFuels

PowerFuel grocery add-ins consist of healthy fats and high-quality proteins. They provide energy, keep you satisfied and help maintain muscle.

LEAN MEATS & POULTRY

- Chicken, 2 oz. cooked
- Deli Meats, 2 oz., low- or reduced-sodium
- Lean Beef, 2 oz. cooked
- Pork, lean cuts, 2 oz. cooked
- Turkey, 2 oz. cooked

FISH & SEAFOOD

- Canned or Pouched Fish (tuna or salmon), in water, 2 oz. or ½ cup
- Fatty Fish (tuna, salmon, mackerel, swordfish, trout), 2 oz. cooked
- Shellfish (shrimp, lobster, crab, scallops, mussels), 3 oz. cooked
- White Fish (bass, flounder, tilapia, cod, halibut), 3 oz. cooked

EGGS & DAIRY

- Cottage Cheese, low-fat or fat-free, no-salt-added, ½ cup
- Eggs, 1 large
- Greek Yogurt, low-fat or fat-free, 2/3 cup or 6 oz. single serving containers
- Milk, fat-free or low-fat, 1 cup or 8 oz.
- Semisoft Snack-Sized Cheese Pieces, light, 2 pieces or about 1 oz.
- String Cheese, low-fat or reduced-fat, 1 piece

PLANT-BASED PROTEINS

- Edamame, shelled, ½ cup
- Tempeh, low- or reduced-sodium, 3 oz. cooked or ½ cup
- Tofu, 1 cup

PROTEIN POWDERS & BARS

- Nutrisystem Protein Shakes, 1 serving
- Other Protein Shakes and Powders, 1 serving (80-140 calories with at least 10g protein and no more than 5g added sugar per serving)
- Protein Bars, 1 bar (80 -120 calories with at least 8g protein and no more than 5g added sugar per serving)

NUTS & SEEDS

- Almonds, unsalted, 2 Tbsp. or 12 nuts
- Cashews, unsalted, 2 Tbsp. or 9 nuts
- Hemp Seeds, unsalted, 2 Tbsp.
- Peanut Butter, no added sugar, 1 Tbsp.
- Pistachios, unsalted, 2 Tbsp. or 24 nuts
- Pumpkin Seeds, unsalted, 2 Tbsp.
- Walnuts, unsalted, 2 Tbsp. or 7 halves

HEALTHY FATS & OILS

- Avocado, 1/3 fruit or 1/4 cup pureed
- Olives, 8 - 10 large
- Olive oil, 1 Tbsp.

SmartCarbs

SmartCarb grocery add-ins are carbohydrates that contain fiber and typically register lower on the Glycemic Index. That means they are digested more slowly, helping you feel fuller longer.

BREAD, PASTA & GRAINS

- Bread, 100% whole grain, 1 slice
- Chickpea Pasta, ½ cup cooked
- Lentil Pasta, ½ cup cooked
- Quinoa, cooked, ½ cup

BEANS & LEGUMES

- Black Beans, no-salt-added, ½ cup canned
- Chickpeas, no-salt-added, ½ cup canned
- Hummus, ¼ cup
- Lentils, ½ cup cooked

FRUIT & STARCHY VEGETABLES

- Apples, 1 medium
- Blueberries, 1 cup
- Strawberries, 1 cup
- Banana, 1 medium
- Corn, 1/2 cup
- Sweet Potatoes, 1/2 cup



Vegetables

Vegetable grocery add-ins are non-starchy veggie choices that are packed with nutrients essential for health. Choose a variety of veggies every day! One serving is 1 cup raw or 1/2 cup cooked.

- Asparagus
- Bell Peppers
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumber
- Green Beans
- Mixed Greens
- Mushrooms
- Radish
- Sugar Snap Peas
- Spinach
- Tomatoes
- Zucchini

My Grocery List

Use this space to write down your favorite Nutrisystem grocery add-ins. Take it with you the next time you head to the grocery store!

POWERFUELS

LEAN MEATS, POULTRY, FISH, SEAFOOD

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

EGGS & DAIRY

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

PLANT-BASED PROTEINS

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

PROTEIN BARS/SHAKES

<input type="checkbox"/>	
<input type="checkbox"/>	

NUTS, SEEDS & HEALTHY FATS

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

SMARTCARBS

BREAD, PASTA & GRAINS

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

BEANS & LEGUMES

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

FRUITS & STARCHY VEGETABLES

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

VEGETABLES

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Nutrisystem Foods

that are a good source of protein & fiber!



Quick Breakfasts for Busy Mornings

- Cinnamon Bun Bar
- Turkey Sausage & Egg Muffin
- Peanut Butter Oat Bar



Perfect for
grabbing and
going when
you're in a rush!

Easy Lunches for Work

- Spinach and Cheese Pretzel Melt
- Classic Hamburger
- Chicken Mozzarella Melt



Easy to
customize: add
all your favorite
burger toppings!

Hearty Inspirations® meals contain up to 30+ grams of protein*!



Simple Weeknight Dinners

- Beef Lo Mein
- Grain-Crusted Pollock with Vegetables
- Italian Sausage and Turkey Pepperoni Pizza



Snacks & Shakes

- Lemon Zest Cake
- White Cheddar Popcorn
- Vanilla Ice Cream Sandwich
- Nutrisystem Shakes

Roll the sides in **crushed nuts** for extra crunch and healthy fats!



*Hearty Inspirations dinners contain 20 – 30g protein vs. standard dinners at 9 – 22g protein.

Become a Portion Size Pro



1 oz.

1 oz. = 1 thumb or 3 dice

Examples:

PowerFuels: reduced fat cheese



2-3 oz.

2 oz. = about 2/3 palm of hand or deck of cards

3 oz. = 1 palm of hand or deck of cards

Examples:

PowerFuels: 2 oz. meat, poultry or fatty fish, or 3 oz. white fish



1 Tablespoon

1 Tbsp. = 1 thumb or 1 poker chip

Examples:

PowerFuels: 1 Tbsp. oil and nut butter, or 2 Tbsp. nuts and seeds

Extras: avocado, ketchup, low-fat coffee creamer, light salad dressing and reduced-fat mayonnaise



1/2 cup

1/2 cup = 1 cupped hand or computer mouse

Examples:

PowerFuels: 1% cottage cheese, canned tuna, edamame and lean ground turkey

SmartCarbs: brown rice, quinoa, whole grain pasta, beans and starchy veggies (corn, potatoes and peas)

Portion control is key for counting macros and achieving weight loss. By managing portions, you consume the right balance of macronutrients without overeating.

You can perfect portion sizes without cumbersome tools. Use these visual aids for easy comparisons when adding fresh items to your plan.



1 teaspoon

1 tsp. = 1 fingertip or 1 dice

Examples:

Extras: honey, jelly, maple syrup, mayonnaise, oil and seeds



1/4 cup

1/4 cup = 1/2 cupped hand or 1 egg

Examples:

PowerFuels: avocado, ricotta cheese, and shredded, grated or crumbled cheese

SmartCarbs: dried fruit and hummus



1 cup

1 cup = 1 clenched fist or baseball

Examples:

PowerFuels: low-fat milk

SmartCarbs: fresh fruit and berries

Extras: unsweetened almond milk and air-popped popcorn



Tips to Stay on Track

Achieving your weight loss goals is within reach with the right guidance. Explore proven methods for adherence and maintaining motivation throughout your journey. Learn how to navigate obstacles and turn them into opportunities for growth. Plus, discover the most important metrics to monitor and celebrate your progress. These comprehensive tips and tricks will keep you on track, ensuring your path to weight loss success is both rewarding and sustainable.

Strategies for Adherence & Motivation

Set Specific, Measurable & Achievable Goals

- **Goal Setting:** Define clear, specific goals such as “meet daily carbohydrate and fat targets” or “prepare three balanced macro meals per week.” Make sure these goals are realistic and attainable within your lifestyle.
- **Measurable Outcomes:** To track progress, use quantifiable metrics like grams of protein, carbohydrates and fats, as well as meal frequency or weight changes. [Learn more about setting goals here.](#)

Keep a Food Diary to Monitor Intake & Progress

- **Food Logging:** Consistently track your meals and snacks to monitor your calorie intake and macros. The [Club Advantage sample meal plans](#) are a great resource for tracking your daily menu.
- **Review and Reflect:** Regularly review your food diary to identify patterns, successes and areas for improvement.

Experiment with New Recipes & Foods

- **Recipe Exploration:** Try new recipes that balance proteins, carbohydrates and fats to keep your meals exciting and diverse. Explore different cuisines and cooking methods. The official Nutrisystem blog, [The Leaf](#), has tons of delicious recipes that are healthy and balanced.
- **Ingredient Variety:** Incorporate a wide range of foods from each macro group to avoid monotony and ensure you get a variety of nutrients.

Take Advantage of Club Advantage

- **Nutrisystem Meals:** Take advantage of Nutrisystem foods for added convenience. They’ll keep you on track, even when life gets busy!
- **Guides & Resources:** Use the Club Advantage guides and resources to help you structure your day and ensure it aligns with your calorie and macro goals.

Overcoming Challenges & Setbacks



Plan and Prepare Meals in Advance to Stay on Track

- **Meal Prep:** Dedicate a day each week to plan and prepare meals. Cook in bulk and portion out meals to ensure you meet your macro and calorie goals.
- **Freezing and Storing:** Freeze pre-cooked meals or ingredients to have convenient, ready-to-eat options on hand.

Keep Balanced Snacks on Hand for Busy Days

- **Snack Preparation:** Stock up on portable, balanced snack combos:
 - Greek yogurt and berries
 - Cottage cheese with pineapple
 - Apple slices with peanut butter
 - Hummus with veggies
 - Trail mix
 - Protein bars
 - String cheese with whole grain crackers
 - Cheese and apple slices
 - Banana with almond butter
 - Mixed nuts and dried fruits
 - Fruit and protein/yogurt smoothies
- **Emergency Stash:** Keep snacks in your bag, car or office to avoid reaching for unhealthy options when you're on the go.

HOW TO HANDLE DINING OUT & SOCIAL EVENTS

Plan Ahead: Check the menu online before heading out. Many restaurants provide nutritional information on their websites, allowing you to choose healthier options in advance.

Watch Your Portions: Restaurants often serve large portions. Consider sharing a meal with a friend, ordering a half-portion, or boxing up half of your meal to take home.

Choose Water or Unsweetened Beverages: Stick with water, sparkling water or unsweetened tea. If you choose to drink alcohol, do so in moderation and opt for lower-calorie options like wine or spirits with soda water.

Practice Mindful Eating: Pay attention to what you're eating and how it makes you feel. Eat slowly, savor each bite and stop when you feel satisfied, not overly full. Check out our [Mindful Eating Guide](#) to learn more.

Refer to Nutrisystem's Dining Out Guide for More Tips: Use our [Dining Out Guide](#) for specific recommendations on what to order at various types of restaurants. Reach out to a Nutrisystem coach for additional tips and advice on dining out.

Metrics to Track

Weight & Body Measurements

The frequency that you weigh yourself is a personal preference. Just keep a few things in mind:

- Weigh at the same time of day and with the same amount of clothing.
- The scale can fluctuate drastically from day to day, sometimes even 5 pounds, so you must be conscious of that and not get frustrated.
- Chart your progress and look at the weight loss trend over the month, not just a few days.
- If you're not weighing at all, use other indicators of success, such as body circumferences (waist, hips, arms, etc.) to assess changes in body composition. Track the changes you see in these indicators from week to week.

Energy Levels & Physical Performance

Track your daily energy levels, particularly how you feel before and after meals and workouts. Track improvements in physical activities, such as lifting heavier weights, running longer distances or increased endurance.

Hunger & Fullness Levels

Track your hunger level before, during and after meals. Being mindful of this can help you see trends in how foods may impact your hunger and cravings. This will allow you to choose foods that help curb your hunger and cravings and minimize those that leave you feeling less satisfied.

Sleep Quality & Duration

Keep a log of your sleep patterns, noting the duration and quality of sleep each night. Use apps or devices that monitor sleep quality to gain insights into your sleep patterns.

Adapting to Individual Needs & Preferences

Adjust Portion Sizes and Ingredients

- Customize portion sizes to fit your hunger levels, activity levels, and weight loss or maintenance goals.
- Adjust foods to accommodate dietary preferences and restrictions, such as plant-based proteins for vegetarians or lactose-free options for those with dairy intolerance.

Consult a Nutrisystem Coach

- Seek personalized advice from Nutrisystem coaches to tailor your balanced diet to your specific needs and goals.

Addressing Nutritional Gaps

Ensure a Balanced Intake of Vitamins & Minerals by Incorporating a Variety of Foods

- Incorporate a variety of foods that also provide essential vitamins and minerals, such as leafy greens, nuts, seeds and whole grains.
- Include superfoods that are rich in nutrients, like chia seeds, quinoa and kale, to enhance your diet's nutritional profile.

Consider Supplements if Certain Nutrients Are Lacking

- If you find it challenging to meet all your nutritional needs through food alone, consider supplements like multivitamins, omega-3 fatty acids, and specific minerals such as calcium or magnesium.
- Consult with your healthcare provider before starting any supplementation to ensure it's appropriate for your individual needs.



Recipes & Hacks

The following pages have links to simple and quick recipes that fit into a balanced diet. Plus, we teach you how to hack the Nutrisystem menu with plenty of tasty and nutritious additions to our meals and snacks!

Simple & Delicious Recipes

Healthy & Balanced!



Simple Sheet Pan Dinner Recipes

CHICKEN PARMESAN, BLACKENED COD AND VEGETABLES, TOFU FAJITAS, CAJUN SHEET PAN SHRIMP AND VEGETABLE BOIL, PORK TENDERLOIN WITH SWEET POTATO FRIES & MORE!

[GET THE RECIPES](#)

Deliciously Sweet Smoothie Creations

STRAWBERRY YOGURT, PINEAPPLE MANGO, RASPBERRY ALMOND BUTTER, CREAMY BLUEBERRY, STRAWBERRY BANANA, MATCHA MELON, PEAR PASSION FRUIT & MORE!

[GET THE RECIPES](#)



Warm & Hearty Dutch Oven Meals

HONEY GARLIC SHRIMP AND RICE, POT ROAST, BEEF STEW, MINISTRONE SOUP, FRENCH ONION CHICKEN AND POTATOES, EASY LASAGNA SOUP, SALMON CHOWDER WITH CORN & MORE!

[GET THE RECIPES](#)





Sandwich Recipes for Easy Lunches

BUFFALO CHICKEN SLIDERS, PULLED PORK TENDERLOIN, ARTISANAL GRILLED CHEESE, AVOCADO CHICKEN SALAD, AVOCADO TUNA MELT PANINI, SKINNY EGG SALAD & MORE!

[GET THE RECIPES](#)

Flavorful Chicken & Rice Recipes You'll Love

ONE-PAN CHICKEN, RICE AND VEGGIES, INSTANT POT CHICKEN CREOLE, CHICKEN AND BROCCOLI STIR-FRY, FIESTA CHICKEN AND RICE BOWL, EASY CHICKEN FAJITA BAKE & MORE!

[GET THE RECIPES](#)



Nutritious Air Fryer Breakfast Recipes

CINNAMON FRENCH TOAST, AIR FRYER BAKED EGGS, BLUEBERRY CHEESECAKE DONUTS, AIR FRYER FRITTATA, APPLE FRITTERS, AIR FRYER JELLY DONUTS & MORE!

[GET THE RECIPES](#)

Healthy Pasta Night Inspirations

CHICKEN PICCATA, CREAMY SPINACH GNOCCHI, ZOODLE MAC AND CHEESE WITH ROASTED VEGGIES, SHRIMP FRA DIAVOLO, VEGETABLE LASAGNA BAKE, BEEF LO MEIN & MORE!

[GET THE RECIPES](#)



Creative Protein Powder Recipes

PROTEIN OVERNIGHT OATS, CHOCOLATE PEANUT BUTTER FRENCH TOAST, PROTEIN WAFFLES, EDIBLE COOKIE DOUGH, PISTACHIO PROTEIN BOMBS, PROTEIN BROWNIES & MORE!

[GET THE RECIPES](#)



Unlimited Veggie Recipes to Keep You Full

CRUNCHY KALE CHIPS, CILANTRO LIME CAULIFLOWER RICE, ONE-PAN OVEN ROASTED VEGETABLES, PICO DE GALLO, ROASTED ASPARAGUS, STEAMED SNAP PEAS & MORE!

[GET THE RECIPES](#)



Nutrisystem Food Hacks

to Boost Nutrition!

- Add nut butter to the Nutrisystem Honey Wheat Bagel, Buttermilk Waffles or Homestyle Pancakes.
- Make a breakfast sandwich on Nutrisystem Buttermilk Waffles, Homestyle Pancakes or Honey Wheat Bagel. Just add eggs and/or cheese!
- Make “fried” chicken and waffles with Nutrisystem Buttermilk Waffles ([Get the recipe here!](#))
- Serve Nutrisystem Granola Cereal or crumbled Biscotti Bites over Greek yogurt.
- Add nuts and seeds to Nutrisystem Granola Cereal.
- Add an egg and/or cheese to the Nutrisystem Classic Hamburger or Grilled Chicken Sandwich. Enjoy with a side of sweet potato fries.
- Slice up Nutrisystem Stuffed Chicken Breasts and serve over fiber-rich pasta or brown rice.
- Add edamame to the Nutrisystem Beef Lo Mein.
- Add meat to our plant-based meals, such as the Nutrisystem Mediterranean Flatbread, Ravioli Formaggio and Margherita Pizza.
- Add brown rice, quinoa or whole grain pasta to the Nutrisystem Grain-Crusted Pollock with Vegetables, Bourbon-Style Chicken, or Merlot Beef with Root Vegetables.
- Roll the Nutrisystem Vanilla Ice Cream Sandwich or Chocolatey Fudge Bar in crushed nuts, or sprinkle them on top of our Chocolate Brownie Sundae.
- Add any Nutrisystem ice cream snack to a blender with protein powder and fruit to create a protein-packed milkshake.
- Chop up Nutrisystem snack cakes or cookies and create a parfait with your favorite yogurt, fruit and nuts.
- Get creative with Nutrisystem protein shake mix with [these delicious recipes](#).



Support & Resources



The **Leaf**[®]

Daily recipes, expert tips and more

leaf.nutrisystem.com

Guides

Find all of the information you need with these

[guides & resources](#)

My Account

Manage your order, schedule coaching and more

nutrisystem.com/login

Contact Us

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



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



weightlosssupport@nutrisystem.com



nutrisystem.com