

# Your Guide to Eating High Protein and Losing Weight!

Tips, Recipes and More!



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# 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 and successfully implement a high-protein diet. Inside, you'll find valuable information on the benefits of eating high-protein, 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 high-protein diets. They offer convenient, nutritionally balanced options to help you stay on track and achieve your goals.

Embarking on a high-protein 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.**



A collage of various protein-rich foods. At the top left is a bunch of fresh green parsley. Next to it is a bowl of bright green spinach leaves. Below the parsley is a piece of cooked salmon. To the left of the salmon is a bowl of chickpeas. At the bottom left is a large piece of raw red meat. To the right of the meat is a bowl of mixed black, white, and red beans. A walnut is visible at the bottom center. The background is a light, textured surface.

## What is a High-Protein Diet?

A high-protein diet focuses on increasing protein intake while maintaining overall nutritional balance. This diet emphasizes consuming more protein-rich foods, such as lean meats, fish, eggs, dairy, legumes and plant-based proteins. It is commonly adopted for various reasons, including weight management, muscle building and enhancing feelings of fullness (satiety).



# How & Why it Works

Increasing evidence shows that a diet high in protein is important for weight loss and maintaining a healthy weight.



**Metabolic Advantage:** High-protein diets may offer a [metabolic advantage](#) compared to diets with the same calories but lower protein.



**Increased Fat Burning:** High-protein diets can increase the body's fat-burning ability due to the [higher thermic effect of protein](#) compared to fat or carbs.



**Research on Satiety:** [Studies](#) show that high protein intake increases satiety and reduces subsequent energy intake.



**Muscle Building:** Protein is important for [increasing muscle mass and strength](#), especially when combined with strength training.

## Health & Nutrition Benefits

Protein is often referred to as the building block of life—and for good reason. Composed of chains of amino acids, protein is essential for constructing bones, muscles, hair and skin. Our bodies rely on protein to maintain health and proper functioning, including:

- Muscle and bone health
- Weight management and improved metabolism
- Blood sugar regulation
- Enhanced immune function
- Hormone production
- Skin, hair and nail health
- Heart health



# High-Protein Diet Myths Debunked

**MYTH:** High-protein diets are only for bodybuilders and athletes.

**FACT:** While athletes and bodybuilders may benefit significantly from high protein diets, they are also beneficial for the general population, especially those looking to manage weight, improve muscle mass and enhance overall health.

**MYTH:** All protein sources are the same.

**FACT:** Not all proteins are created equal. Complete proteins, which contain all nine essential amino acids, are more beneficial for muscle building and overall health. These are typically found in animal products like meat, dairy and eggs, as well as some plant-based sources like quinoa and soy.

**MYTH:** High-protein diets are hard to stick to.

**FACT:** With proper planning and variety, high protein diets can be enjoyable and sustainable. Incorporating different protein sources and recipes can keep the diet interesting and easy to follow.

**MYTH:** You need protein supplements to follow a high-protein diet.

**FACT:** While protein supplements can be convenient, they are not necessary. Whole food sources like meat, dairy, eggs, beans and legumes can provide ample protein for most people's needs.

**MYTH:** High-protein diets are expensive.

**FACT:** Some high-quality protein sources can be pricey. However, there are many affordable options available. Eggs, beans, lentils, and certain cuts of meat and poultry can provide high amounts of protein without breaking the bank.



# Getting Started

## Prepare Yourself



### Educate Yourself & Set Goals

- **Learn About Protein:** Understand the different types of protein sources and their nutritional benefits. Familiarize yourself with portion sizes to ensure you are consuming the appropriate amount for your goals.
- **Reading Labels:** Get accustomed to reading nutrition labels to identify high-protein foods and understand their protein content per serving.
- **Goal Setting:** Establish clear, achievable goals for your high-protein diet. These could be specific (e.g., consuming 100 grams of protein per day) or broader (e.g., increasing muscle mass or losing weight). [Learn more about setting goals here.](#)

### Stay Hydrated & Maintain a Balanced Diet

- **Hydration:** Protein metabolism requires water, so increase your water intake to support your kidneys and overall health. Aim for at least 64 ounces of water a day.
- **Balanced Diet:** While protein is important, ensure you're also consuming adequate amounts of fats and carbohydrates. A well-rounded diet supports overall health and energy levels.
- **Include Fiber:** High-protein diets can sometimes lack fiber. Incorporate fiber-rich foods like vegetables, fruits and whole grains to maintain digestive health.
- **Mindset:** Adopting a high-protein diet 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 high-protein diet to your specific needs.

# 5 Essential Steps to Begin

01

## ASSESS YOUR CURRENT HABITS

Begin by analyzing your current eating patterns to understand your typical protein intake. Keep a food diary for a week to track what you eat and identify areas for improvement.

02

## IDENTIFY PROTEIN-RICH FOODS

Make a list of protein-rich foods you enjoy from the options in the next section. These can include lean meats, fish, eggs, dairy products, legumes and plant-based proteins. Research and explore new protein-rich foods to add variety to your diet.

03

## GRADUALLY INCREASE PROTEIN INTAKE

Start by adding a moderate amount of protein to each meal. For example, add an extra egg at breakfast, a piece of grilled chicken at lunch or a serving of edamame at dinner. Gradually increase portions over a few weeks.

04

## LISTEN TO YOUR BODY

Pay attention to how your body reacts to the increased protein. Adjust portions and frequency based on your energy levels, digestive comfort and overall satisfaction.

05

## PLAN MEALS AND SNACKS AHEAD

Take time each week to plan your meals, ensuring each one is balanced and includes a source of protein, healthy fats, complex carbohydrates and vegetables. Prepare protein-rich snacks and meals in advance. Cook larger portions of protein (e.g., chicken, tofu) and store them for quick meal assembly during the week.





# Kitchen & Pantry Essentials

This list of recommended grocery add-ins and Nutrisystem foods is curated specifically for those following a high-protein diet. We made sure to include the highest protein options from our [Grocery Guide](#). We also provided a list of foods from our menu that are a good source of protein. 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

- Almond Butter, no added sugar, 1 Tbsp.
- Almonds, unsalted, 2 Tbsp. or 12 nuts
- Brazil Nuts, unsalted, 2 Tbsp. or 4 nuts
- Cashews, unsalted, 2 Tbsp. or 9 nuts
- Hazelnuts, unsalted, 2 Tbsp.
- Hemp Seeds, unsalted, 2 Tbsp.
- Peanut Butter, no added sugar, 1 Tbsp.
- Pistachios, unsalted, 2 Tbsp. or 24 nuts
- Pumpkin Seeds, unsalted, 2 Tbsp.
- Sunflower Seeds, unsalted, 2 Tbsp.
- Walnuts, unsalted, 2 Tbsp. or 7 halves



## BREAD, PASTA & GRAINS

- Bread, 100% whole grain and seed-based (such as Ezekiel Bread or Dave's Killer Bread), 1 slice
- Chickpea Pasta, ½ cup cooked
- Lentil Pasta, ½ cup cooked
- Oatmeal, prepared with water, (old-fashioned, quick oats or steel cut oatmeal) ½ cup cooked, ¼ cup uncooked or 1 packet instant (less than 7g added sugar per serving)
- Quinoa, cooked, ½ cup
- Soba Noodles, ½ cup cooked
- Wheat Germ, 3-4 Tbsp.

## BEANS & LEGUMES

- Black Beans, low-sodium or no-salt-added, ½ cup cooked or canned
- Chickpeas, low-sodium or no-salt-added, ½ cup cooked or canned
- Green Peas, no-salt-added, ½ cup cooked
- Hummus, ¼ cup
- Lentils, ½ cup cooked
- Navy Beans, ½ cup cooked or canned



# Nutrisystem Foods

*that are a Good Source of Protein!*



## 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

- Four Cheese Melt
- Classic Hamburger
- BBQ Chicken Burrito



Easy to  
**customize:** add  
all your favorite  
burger toppings!



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

## Simple Weeknight Dinners

- Broccoli & Cheese Stuffed Chicken Breast
- Chicken Bianca Pizza
- Grain-Crusted Pollock with Vegetables



## Snacks & Shakes

- Carrot Cake Cupcake
- Chewy Peanut Bar
- Vanilla Ice Cream Sandwich
- Nutrisystem Shakes



Roll the sides in **crushed nuts** for extra crunch and more protein!



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

# Tips to Stay on Track

## Strategies for Adherence & Motivation



### Set Specific, Measurable & Achievable Goals

- **Goal Setting:** Define clear, specific goals such as "consume 120 grams of protein daily" or "prepare three high-protein meals per week." Make sure these goals are realistic and attainable within your lifestyle.
- **Measurable Outcomes:** Use quantifiable metrics like grams of protein, meal frequency or weight changes to track progress. [Learn more about setting goals here.](#)

### Keep a Food Diary to Monitor Protein Intake & Progress

- **Food Logging:** Consistently track your meals and snacks to monitor your protein intake. 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 & Protein Sources

- **Recipe Exploration:** Try new high-protein recipes 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 designed to be high in protein and balanced in other nutrients.
- **Variety of Sources:** Incorporate a wide range of protein sources like different types of fish, legumes and plant-based proteins to avoid monotony.

### Lean on 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 protein goals.



# Overcoming Challenges & Setbacks

## Plan and Prepare Meals in Advance to Avoid Missing Protein Targets

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

## Keep Healthy, High-Protein Snacks on Hand for Busy Days

- **Snack Preparation:** Stock up on portable, high-protein snacks like nuts, Greek yogurt, protein bars, edamame and boiled eggs.
- **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

### Choose Grilled or Baked Protein Options at Restaurants

- Opt for grilled, baked or steamed protein dishes instead of fried or breaded options. Look for dishes with lean meats, seafood or plant-based proteins.
- Request extra protein toppings or sides, like adding grilled chicken to salads or ordering an additional egg with breakfast.

### Ask for Dressings and Sauces on the Side to Control Added Calories

- Request sauces and dressings on the side to manage portion sizes and reduce hidden calories.
- Ask for healthier alternatives, such as olive oil and vinegar instead of creamy dressings.

### Refer to Nutrisystem's Dining Out Guide for More Tips

- Use Nutrisystem's [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 AND BODY MEASUREMENTS

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

- Make sure to 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. You can't base your success on a day or even a few of weighing because it takes time for your body to adjust and show results.
- If you're not weighing at all, use other indicators of success and measure those changes week to week, such as measurements. Measure body circumferences (waist, hips, arms, etc.) to assess changes in body composition.

## ENERGY LEVELS AND PHYSICAL PERFORMANCE

Note 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.

## SLEEP QUALITY AND 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.

# Adjustments & Flexibility

## Adapting to Individual Needs & Preferences

### Adjust Portion Sizes and Protein Sources

- Customize portion sizes to fit your hunger levels, activity levels, and weight loss or maintenance goals.
- Adjust protein sources 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 for Personalized Advice

- Seek advice from Nutrisystem coaches to tailor the high protein diet to your specific needs and goals.

## Addressing Nutritional Gaps

### Ensure a Balanced Intake of Vitamins & Minerals by Incorporating a Variety of Protein Sources

- Incorporate a variety of protein sources 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.



A top-down view of various high-protein ingredients arranged on a light-colored, textured surface. In the upper right, a cardboard egg carton holds several white eggs, with one egg having a fresh green spinach leaf resting on it. To the left of the eggs is a white bowl filled with vibrant green spinach leaves. Below the spinach, there are some whole almonds and a small portion of a salmon fillet. In the lower left, a white bowl is filled with a mix of black, white, and red kidney beans. At the bottom center, a white ceramic pitcher is partially filled with a light-colored liquid, likely milk or cream. A single large spinach leaf lies on the surface in the bottom foreground.

# Recipes & Hacks

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



# Simple & Delicious Recipes

## *Healthy & High-Protein!*



## 10 High-Protein Slow Cooker Dinner Recipes

HONEY GARLIC CHICKEN AND VEGETABLES, TACO SOUP, MEDITERRANEAN CHICKEN BREAST, MOROCCAN LENTIL SOUP, PINEAPPLE TERIYAKI PORK & MORE!

[GET THE RECIPES](#)

## 20+ Healthy Ways to Use Greek Yogurt

STRAWBERRY DELIGHT FROZEN YOGURT, EASY BROCCOLI SALAD WITH CHICKEN, CREAMY CILANTRO JALAPENO DRESSING, HONEY YOGURT CORNBREAD MUFFINS & MORE!

[GET THE RECIPES](#)



## 16 Fresh & Filling Fish Recipes

MISO SALMON, AVOCADO TUNA MELT PANINI, SALMON SUSHI BOWL, FISH TACOS, AIR FRYER FISH STICKS, SPICY TERIYAKI TUNA STEAK, MAHI MAHI WITH PINEAPPLE SALSA & MORE!

[GET THE RECIPES](#)





## 4 Cookie Dough Balls Packed with Protein

COOKIE DOUGH COLLIDES WITH PROTEIN POWDER! TRY ALL 4 FLAVORS: DOUBLE CHOCOLATE, OATMEAL RAISIN, S'MORES AND CHUNKY MONKEY.

[GET THE RECIPES](#)

## 20+ Simple & Healthy Ground Turkey Ideas

GROUND TURKEY CHILI, TURKEY MEATLOAF, STUFFED CABBAGE, EASY LASAGNA SOUP, TURKEY BURGER PATTY MELT, DUTCH OVEN LASAGNA, CHIPOTLE MEATBALLS & MORE!

[GET THE RECIPES](#)



## 6 Cottage Cheese Ice Cream Recipes

TRY THE VIRAL SOCIAL MEDIA TREND IN 6 FLAVORS: STRAWBERRY PEACH, COOKIES & CREAM, CHURRO, CHOCOLATE PEANUT BUTTER, CHERRY CHEESECAKE & CHOCOLATE PISTACHIO!

[GET THE RECIPES](#)

# 15 Succulent Steak Dinner Recipes

SHEET PAN STEAK FAJITAS, FILET MIGNON WITH MUSHROOM CREAM SAUCE, BEEF & BROCCOLI STIR FRY, PHILLY CHEESESTEAK CASSEROLE, BLACKBERRY STEAK TACOS & MORE!

[GET THE RECIPES](#)



# 35 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](#)



# 17 Delicious Ways to Cook Chicken Breast

LEMON CHICKEN RICE SKILLET, PIZZA STUFFED CHICKEN, ITALIAN CHICKEN CASSEROLE, HEALTHY CHICKEN PICCATA, EASY CHICKEN FAJITA BAKE, BUFFALO CHICKEN WRAPS & MORE!

[GET THE RECIPES](#)





# Nutrisystem Food Hacks

## *to Boost Protein Intake!*

- 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.
- Slice up Nutrisystem Stuffed Chicken Breasts and serve over quinoa or chickpea/lentil-based pasta.
- 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 quinoa or chickpea/lentil-based 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 milk to create a protein-packed milkshake.
- Chop up Nutrisystem snack cakes or cookies and create a parfait with your favorite yogurt and nuts.
- Get creative with Nutrisystem protein shake mix with [these delicious recipes](#).



# Support & Resources



The **Leaf**<sup>®</sup>

Daily recipes, expert tips and more

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

## Contact Us

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



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