

Your Guide to Living a Low-Carb Lifestyle

Tips, Recipes and More for Eating Low Carb and Losing Weight!



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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 low-carb diet. Inside, you'll find valuable information on the benefits of eating low-carb, 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 low-carb diets. They offer convenient, nutritionally balanced options to help you stay on track and achieve your goals.

Embarking on a low-carb 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 is a Low-Carb Diet?

A low-carb diet focuses on reducing carbohydrate intake while maintaining overall nutritional balance. This diet emphasizes consuming fewer high-carb foods like bread, pasta and sugary snacks, while increasing the intake of proteins, healthy fats and non-starchy vegetables. Commonly adopted for weight management, blood sugar control and enhancing feelings of fullness (satiety), it includes foods such as lean meats, fish, eggs, dairy, nuts, seeds and non-starchy vegetables.

Typically, a low-carb diet involves consuming less than 45% of your calories from carbs. On a 1,500-calorie diet, this is about 169g of carbs per day. Some diets, like keto, are even stricter and limit to 20-50g of net carbs per day. **If you're following a low-carb diet, we recommend keeping your intake to less than 45% of calories from carbs.**

How & Why it Works

One of the primary scientific principles behind why a low-carb diet helps promote weight loss is its impact on energy, or calorie, intake. Low-carb diets can help reduce your calorie intake and increase your energy expenditure. When you reduce your carb intake, you replace carbs with more protein and fat, which can help you feel full and eat fewer calories. Low-carb diets can also reduce insulin levels. Insulin is a hormone that helps to store body fat. By lowering insulin levels, low-carb diets help the body release stored body fat to be used for energy.



Metabolic Advantage: Some studies suggest that low-carb diets can lead to a higher metabolic rate, meaning you burn more calories at rest. This could be due to the increased energy required to process protein and fats compared to carbohydrates.



Research on Satiety: Low-carb diets often lead to a more stable blood sugar level and reduced appetite. Proteins and fats are more satiating than carbohydrates, meaning people may naturally eat fewer calories without feeling hungry. Low-carb diets can favorably impact hormones that regulate hunger and satiety, such as ghrelin and leptin. This can help control appetite and reduce overall calorie intake.

Health & Nutrition Benefits

A low-carb diet is often touted as a powerful tool for improving health—and for good reason. By significantly reducing carbohydrate intake, this type of diet can have numerous beneficial effects on the body, including:

- Weight management and improved metabolism
- Blood sugar regulation
- Increased energy levels
- Mental clarity and focus
- Heart health



Low-Carb Diet Myths Debunked

MYTH: Low-carb diets cause nutrient deficiencies.

FACT: With careful planning, low-carb diets can be nutritionally balanced.

MYTH: All carbs are bad.

FACT: Not all carbs are created equal; complex carbs from vegetables and whole grains can be beneficial.

MYTH: Low-carb diets lack variety and are only about eating meat.

FACT: Low-carb diets can include a variety of foods, including plant-based proteins, nuts, seeds and low-carb vegetables. There are countless low-carb recipes and food options available that can keep meals interesting and diverse.

MYTH: You can't exercise on a low-carb diet.

FACT: Many people successfully engage in various forms of exercise, including high-intensity workouts, on a low-carb diet.

MYTH: Low-carb diets are expensive.

FACT: With smart shopping and meal planning, low-carb diets can be affordable and cost-effective.

MYTH: You'll be hungry all the time on a low-carb diet.

FACT: Low-carb diets can be very satiating due to the higher intake of proteins and healthy fats.

Getting Started

Prepare Yourself

Learn & Set Goals

- **Learn About Food Groups:** Understand the different types of food groups and their impact on your body. 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 low-carb foods and understand their carbohydrate content per serving. This will help you make informed choices and stay within your carb limits. When choosing foods from the Club Advantage menu options, you can feel confident that all low-carb options provide 45% or less of the calories from carbohydrates.
- **Goal Setting:** Establish clear, achievable goals for your low-carb diet. These could be specific (e.g., consuming less than 100 grams of carbs per day) or broader (e.g., losing weight, improving blood sugar control, or increasing energy levels).



Stay Hydrated & Maintain a Balanced Diet

- **Hydration:** As with any weight loss plan, it's important to drink water to stay hydrated and support overall health. Aim for at least 64 ounces of water a day.
- **Balanced Diet:** While reducing carbs is key, ensure you're also consuming adequate amounts of proteins, healthy fats and vegetables. A well-rounded diet supports overall health and energy levels.
- **Include Fiber:** Low-carb diets can sometimes lack fiber. Incorporate fiber-rich foods like non-starchy vegetables, nuts, seeds, beans, and small amounts of whole grains to maintain digestive health.
- **Mindset:** Adopting a low-carb 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.
- **Expert Guidance:** If needed, consult with a Nutrisystem coach to tailor your low-carb 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 carbohydrate intake. Keep a food diary for a week to track what you eat and identify areas for improvement.

02

IDENTIFY LOW-CARB FOODS YOU ENJOY

Make a list of low-carb foods you enjoy from the options in the next section. These can include non-starchy vegetables, lean meats, fish, eggs, dairy products, nuts and seeds. Research and explore new low-carb foods to add variety to your diet.

03

GRADUALLY REDUCE CARB INTAKE

Start by reducing your intake of high-carb foods. For example, replace sugary snacks with nuts, swap bread with lettuce wraps, or use cauliflower rice instead of regular rice. Gradually decrease your carb portions over a few weeks.

04

LISTEN TO YOUR BODY

Pay attention to how your body reacts to the reduced carbohydrate intake. 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 and low-carb vegetables. Prepare low-carb 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

Optimize your kitchen by stocking up on nutrient-rich foods and ingredients. This list of recommended grocery add-ins is curated specifically for those following a low-carb diet. We also provide a list of foods from our menu that fit into a low-carb lifestyle. 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. PowerFuels will make up the majority of your grocery add-ins when following a low carb diet plan.

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
- 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

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, but we still encourage small amounts of them in a low carb lifestyle because they contain fiber, an important nutrient for digestive health.

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
- Kidney beans, no-salt-added, ½ cup canned
- Lentils, ½ cup cooked

FRUIT & STARCHY VEGETABLES

- Butternut squash, 1 cup
- Kiwi, 2 medium fruit
- Raspberries, 1 cup
- Blueberries, 1 cup
- Orange, 1 medium fruit
- 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
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Cucumber
- Green Beans
- Mixed Leafy Greens
- Mushrooms
- Radish
- Sugar Snap Peas
- Spinach
- Tomatoes
- Yellow Summer Squash

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

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EGGS & DAIRY

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PLANT-BASED PROTEINS

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PROTEIN BARS/SHAKES

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NUTS, SEEDS & HEALTHY FATS

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SMARTCARBS

BREAD, PASTA & GRAINS

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BEANS & LEGUMES

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FRUITS & STARCHY VEGETABLES

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VEGETABLES

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Nutrisystem Foods

that fit into a low-carb lifestyle!

Quick Breakfasts & Shakes for Busy Days

- Turkey Sausage & Egg Muffin
- Prosync™ Chocolate Fudge Shake
- French Toast

Pair with
scrambled eggs
for the perfect
Protein + Fiber
combo!



Shakes with 15 g of protein
plus 12 essential vitamins &
minerals per serving!



Easy Lunches for Work

- Chocolate Peanut Butter Bar
- Classic Hamburger
- Chocolatey Fudge Graham Bar

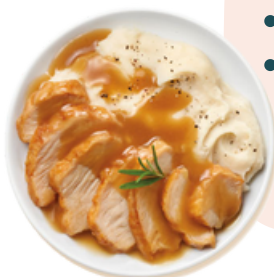


Easy to customize:
add all your
favorite burger
toppings!



Simple Weeknight Dinners

- Artichoke & Spinach Stuffed Chicken Breast
- Roasted Turkey Medallions
- Grain-Crusted Pollock with Vegetables



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

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

Tips to Stay on Track

Strategies for Adherence & Motivation

Set Specific, Measurable & Achievable Goals

- **Goal Setting:** Define clear, specific goals such as "consume no more than 100 grams of carbs daily" or "prepare three low-carb meals per week." Make sure these goals are realistic and attainable within your lifestyle.
- **Measurable Outcomes:** Use quantifiable metrics like grams of carbs, meal frequency or weight changes to track progress.

Keep a Food Diary to Monitor Carb Intake & Progress

- **Food Logging:** Consistently track your meals and snacks to monitor your carb intake.
- **Review and Reflect:** Regularly review your food diary to identify patterns, successes and areas for improvement.

Experiment with New Recipes & Low-Carb Food Options

- **Recipe Exploration:** Try new low-carb recipes to keep your meals exciting and diverse. Explore different cuisines and cooking methods.
- **Variety of Sources:** Incorporate a wide range of low-carb food options like different types of vegetables, meats and dairy 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 goals.



Overcoming Challenges & Setbacks

Plan & Prepare Meals in Advance

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

Keep Healthy, Low-Carb Snacks on Hand for Busy Days

- **Snack Preparation:** Stock up on portable, low-carb snacks like nuts, cheese sticks, boiled eggs, chopped veggies, avocado and beef jerky.
- **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

- **Protein Tips:** Opt for grilled, baked or steamed protein dishes instead of fried or breaded options. Look for dishes with lean meats or seafood as the main course.
- **Low-Carb Sides:** Ask for extra low-carb sides or toppings, such as adding avocado or cheese to salads, or substituting vegetables for starchy sides.
- **Sauces and Dressings:** Request sauces and dressings on the side to manage portion sizes and reduce hidden carbs. Choose healthier alternatives like olive oil and vinegar instead of sugary or creamy dressings.



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.

Adjustments & Flexibility

Adapting to Individual Needs & Preferences

Adjust Portion Sizes and Low-Carb Food Sources

- Customize portion sizes to fit your hunger levels, activity levels, and weight loss or maintenance goals.
- Choose low-carb food sources that 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 low-carb diet to your specific needs and goals.

Addressing Nutritional Gaps

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

- Incorporate a variety of low-carb foods that also provide essential vitamins and minerals, such as leafy greens, nuts, seeds and low-carb vegetables.
- Include low-carb superfoods that are rich in nutrients, like chia seeds, avocados 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 healthy lifestyle. Plus, we share our top Nutrisystem food hacks to help you live a low-carb lifestyle!

Simple & Delicious Recipes

Healthy & Satisfying!



Low Carb Versions of 10 Popular Meals

ZUCCHINI NOODLES WITH CHICKEN & CHEESE, CAULIFLOWER FRIED RICE WITH SHRIMP, CAULIFLOWER MAC AND CHEESE, AND MORE!

[GET THE RECIPES](#)

12 Easy and Healthy Cauliflower Rice Recipes

CAULIFLOWER BREAKFAST HASH SKILLET, SPANISH CAULIFLOWER RICE, ASIAN SALMON BOWL WITH CAULIFLOWER RICE, AND MANY MORE!

[GET THE RECIPES](#)



5 Genius Low-Carb Swaps

CHECK OUT THESE 5 LOW-CARB SWAP IDEAS TO HELP REDUCE THE CARBS IN YOUR RECIPES AND MEALS!

[GET INSPIRED!](#)



Low-Carb Spaghetti Squash Baked Feta Pasta

FEATURING MELTY FETA CHEESE, CHERRY TOMATOES, OLIVE OIL AND FRESH BASIL OVER SPAGHETTI SQUASH, THIS CREAMY, DREAMY PASTA DINNER IS PACKED WITH FLAVOR.

[GET THE RECIPE](#)

Low-Carb Cauliflower Crust Pizza

ENJOY FULL, TOMATO-PACKED PIZZA FLAVOR IN EVERY BITE! HOT, FRESH SAUTÉED SPINACH AND PEPPERS WILL HAVE YOU FORGETTING THAT THIS CHEESY, MOUTHWATERING MEAL IS LOW-CARB!

[GET THE RECIPE](#)



Slow Cooker Barbacoa

BRING THE TRADITIONAL FLAVORS OF MEXICAN BARBACOA INTO YOUR KITCHEN. EVEN BETTER, LET YOUR SLOW COOKER DO ALL THE WORK WITH THIS HASSLE-FREE RECIPE!

[GET THE RECIPE](#)



Club Advantage Meal Hacks

Eating a healthy, low-carb diet doesn't have to be hard or mean that you need to spend hours in the kitchen. These quick and easy meal hacks will make healthy eating a breeze.

- **Cook Once, Eat Twice:** When it comes to meal prep work smarter, not harder. Cook an extra serving of your protein and side dishes at dinner and set them aside to use for tomorrow's lunch. You can enjoy the same meal, or if you are craving more variety, try topping a salad with the protein or toss your leftover side dish with a new herb or spice to create a different flavor profile.
- **Produce Prep:** Don't let fresh veggies go to the refrigerator graveyard! Take a few minutes at the start of each week to wash and cut fresh produce like cucumbers, bell peppers, broccoli, cauliflower and lettuce. Store them in a dry, airtight container so they are ready to go when you need them for recipes or are looking for a quick low-carb snack to munch on.
- **Stock Your Freezer:** Meal prep some of your favorite meals and freeze them for later. And don't forget - Nutrisystem is here to help you stock your freezer too! Nutrisystem meals offer the convenience of portion and calorie-controlled meals that heat up in minutes. So, be sure to keep your favorite Nutrisystem meals on hand for those busy nights!
- **Flavor Enhancements:** Herbs and spices can make meals more enjoyable without adding extra calories or carbs. Skip chopping and grinding fresh herbs and spices. For added convenience, stock up on frozen varieties like garlic, ginger or basil. Keep a selection of your favorite dried herbs and spices in a cool, dark place in your pantry to easily add to your meals.