

*Club* **ADVANTAGE**  
powered by Nutrisystem

# Welcome to the Club!



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# Welcome to Club Advantage

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.

With Club Advantage, you're not changing your life to fit your diet. You're joining the club that fits your life. Unlike traditional weight loss plans, Club Advantage puts YOU in control. You decide whether you want to lose weight, maintain your weight, live healthy or just skip cooking for the night. We provide whatever you need to make it happen: From nutritious pre-portioned meals to coaching, meal plans and more!

Club Advantage supports your weight loss goals by giving you access to the meals and tools behind the proven science of Nutrisystem and over 50 years of success helping people manage their weight. You get all of the tools and expertise of a weight loss expert without being locked in to a traditional weight loss plan.

Ready to get started? This guide is your first step toward success, providing everything you need to know about meal planning, fitness recommendations, and more to help you achieve your goals.

Join the [Official Nutrisystem® Support Community](#)  
for support, motivation, tips  
and exclusive content!

It's important to know that changing your diet or exercise or losing weight could affect some medical conditions and medications. Your doctor may need to adjust your medications due to changes in your diet, exercise, or weight while on Club Advantage. Make sure to check with your doctor before beginning any weight loss program, including Club Advantage. Failure to follow the program and eat all of the food recommended may increase the risk of developing serious health complications. We care about you. That's why we champion safe, effective weight loss—no fads, no gimmicks, just better health.



# Getting Started

## Meal Plan Overview

With Club Advantage, you get the benefit of enjoying our dietitian-designed meal planning resources if you need them. We can also provide you with a personalized nutrition plan to support your unique goals, wherever you are on your wellness journey.

With our meal plans, you'll enjoy the Nutrisystem foods you've selected and enhance your daily menu with additional grocery add-ins. These add-ins are categorized into PowerFuels, SmartCarbs, Vegetables, Extras and Free Foods.

You'll use these add-ins not only to complement your Nutrisystem meals but also to prepare your own meals and snacks, known as Flex meals, following the simple guidelines we provide. The types and quantities of these add-ins will vary depending on your personalized meal plan and daily calorie goal. (Learn more about each of these add-ins in the [Learn the Lingo](#) section!)

### Doing your own thing?

If you're practicing mindful eating or following a diet plan such as high protein, Club Advantage can fit seamlessly into your lifestyle and support your goals. Nutrisystem meals and snacks can easily be incorporated into your plan for added convenience! We also have [guides and resources](#) to assist you on your journey.

**It's easy and convenient to swap out some of your own meals with Nutrisystem meals! Here is how you do it:**

**Nutrisystem  
Breakfast =**



**Nutrisystem  
Lunch =**



**Nutrisystem  
Dinner =**



**Nutrisystem Hearty  
Inspirations® Meal =**



**Nutrisystem  
Snack =**



# Finding the Right Meal Plan for Your Goals

Calorie needs will vary based on your weight management goals, gender, and activity level. Club Advantage offers four personalized options to help meet your goals - 1200, 1500, 1700 and 2000. Check out the chart below to choose the plan that will help you reach your goals.

Goal: Weight Loss	1200	1500	1700	2000
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	1200	1500	1700	2000
Women		✓		
Women exercising 60+ min. per day			✓	
Men			✓	
Men exercising 60+ min. per day				✓

## Download Your Meal Plan Below:

[1,200 Calorie Meal Plan >](#)

[1,500 Calorie Meal Plan >](#)

[1,700 Calorie Meal Plan >](#)

[2,000 Calorie Meal Plan >](#)

## Tips to Give You an Advantage

- Include a variety of foods for optimal nutrition - try one new food each week!
- Make a plan for your week. Start the week by looking at your calendar and planning out your meals.
- Stock the freezer with Nutrisystem meals to help you stay on track, even on the busiest nights
- Keep extra Nutrisystem snacks on hand - you know your family will sneak some! This way you won't find yourself left without them when you need them most.
- Keep your water bottle handy to help meet your water goals. Stock the fridge with pre-cut citrus fruits and cucumbers so you always have flavor boosts ready for your water.

# Building Flex Meals and Snacks

## Freedom. Flexibility. Familiar Flavors.

Club Advantage equips you with the tools you need to support healthier eating, allowing you the freedom to enjoy both dining out and home-cooked meals throughout your journey.

We teach you how to create balanced, nutritious meals using our Flex Meals system. Flex Meals are meals you prepare yourself or order at a restaurant, guided by our simple instructions. This approach offers variety and flexibility, and teaches you sustainable healthy eating habits for lasting weight loss success. You can reinvent a family recipe or dine at your favorite restaurant, learning to balance your plate with the right nutrients to keep you full and satisfied.

Explore our blog [The Leaf](#) for thousands of healthy Flex meal recipes! If you're ordering a Flex meal from a restaurant, our [Dining Out Guide](#) provides tips to help you stay on track.

We understand that sometimes, even with the best intentions, life can get in the way. There may be weeks where it's not possible to cook every meal from scratch, or when dining out just isn't in the budget. During these times, you can rely on Nutrisystem meals and snacks to stay aligned with your goals and feel confident that your food choices are supporting your health.

You don't need to start from scratch: We have plenty of recipes that build on Nutrisystem foods, giving you a head start on easy, healthy eating. Discover our [Nutrisystem Food Hack recipes](#)!



### Pro Tip!

At the start of each week, plan out when you will include your Flex meals. This allows you to plan around your schedule and ensures you don't forget to include your Flex meals throughout the week!

Making Flex meals is super easy! All it takes is choosing from these five building blocks:



SmartCarbs



PowerFuels



Vegetables



Extras



Free Foods

Get examples of each of these add-ins on the next page. Then learn more about them in the [Learn the Lingo](#) section!

Please note that Flex meal guidelines will vary depending on your specific meal plan.

# Mix and Match Flex Meal Guide

Here are some example foods to get you started with your Flex meals. Check out the full [Grocery Guide](#) for more ideas.

## Step 1: Power Up

### Pick a PowerFuel

- 2 oz. Chicken Breast
- 3 oz. Shrimp
- 1 slice Cheese
- 1 large Egg
- 2 Tbsp. Nuts

## Step 4: Be Extra

### Add Some Extras

- 1 Tbsp. Avocado
- 2 tsp. Butter Substitute
- 1 tsp. Honey
- 1 tsp. Olive Oil
- 1 Tbsp. Light Salad Dressing
- 1 tsp. Butter

## Step 2: Get Smart

### Select a SmartCarb

- 1 cup Fruit
- 1 slice Whole Grain Bread
- ½ cup Whole Wheat Pasta
- ½ cup Brown Rice
- ½ cup Sweet Potato

## Step 5: Feel Free

### Flavor with Free Foods

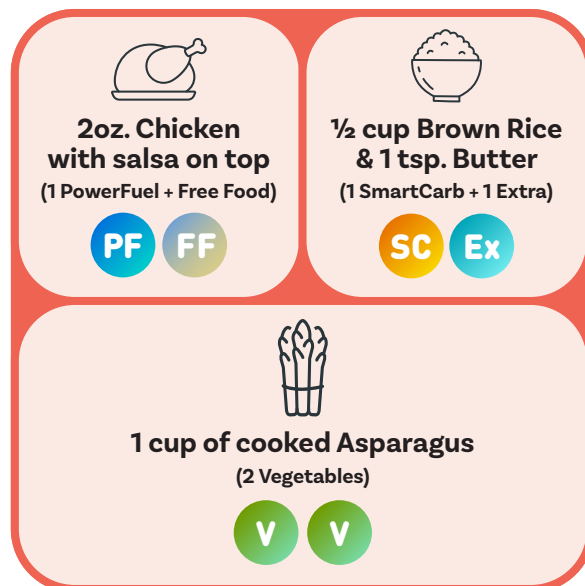
- Low-Sodium Broth
- Garlic
- Fresh Herbs
- Hot Sauce
- Lemon Juice
- Salsa

## Step 3: Veg Out

### Pile on the Non-Starchy Vegetables

- Broccoli
- Bell Peppers
- Green Beans
- Lettuce
- Tomatoes
- Asparagus

## Example Flex Lunch





# Easy Combinations For Flex Meals

Need some Flex meal inspiration? Check out these tasty combination ideas for each meal occasion!

**Please Note:** You can easily adjust the below combinations to fit your specific meal plan. For example, if your Flex lunch calls for 2 PowerFuels, simply enjoy 2 servings of the PowerFuel shown OR add on another PowerFuel from the list of examples. Feel free to add more Vegetables and Free Foods to your liking! Extras are always optional, but remember they should be limited to no more than 3 per day

## Flex Breakfast Ideas



### EGG SANDWICH



- PF** 1 large Egg
- SC** 1 slice Whole Grain Toast  
(2 slices if 40-60 calories per slice)
- FF** 1 Tomato Slice
- Ex** 1 Tbsp. Pureed Avocado
- FF** Unsweetened Tea

### YOGURT WITH BERRIES



- PF** 2/3 cup Nonfat Plain Yogurt (or 6 oz. container)
- SC** 1 cup Mixed Berries
- V** 4 fl. oz. Low-Sodium Vegetable Juice
- Ex** 1 tsp. Pumpkin Seeds
- FF** Black Coffee

### BANANA AND SPINACH PROTEIN SHAKE



- PF** 1 Nutrisystem Protein Shake
- SC** 1 medium Banana
- V** 1-2 large handfuls of Spinach
- Ex** 1 cup Unsweetened Almond Milk
- FF** Cinnamon

# Flex Lunch Ideas



## HAM SANDWICH



- PF** 2 oz. Low-Sodium Ham
- SC** 1 slice Whole Grain Toast (2 slices if 40-60 calories per slice)
- FF** Tomato and Onion Slices
- Ex** 1 tsp. Mayonnaise
- FF** Mustard

## TUNA WRAP



- PF** ½ cup Tuna
- SC** 1 6-inch Whole Wheat Pita or Tortilla
- Ex** 1 tsp. Mayonnaise
- FF** Lettuce and Onions
- V** Serve with 1 cup Sliced Bell Peppers

## VEGETARIAN BURRITO BOWL SALAD



- PF** ¼ cup Shredded Cheese
- SC** ½ cup Black Beans
- V** 1 cup Lettuce
- Ex** 1/8 Avocado
- FF** Salsa

# Flex Dinner Ideas



## CHICKEN AND BROCCOLI PASTA



- PF PF PF** 6 oz. Chicken Breast
- SC** ½ cup Whole Grain Pasta
- V** ½ cup cooked Broccoli
- Ex** 1 tsp. Olive Oil
- FF** Garlic, Oregano and Red Pepper Flakes

## TOFU STIR FRY BOWL



- PF PF PF** 3 cups Tofu
- SC** ½ cup Quinoa
- V** ½ cup cooked Sugar Snap Peas
- Ex** 1 tsp. Sesame Oil
- FF** Low-Sodium Soy Sauce

## STEAK FAJITAS



- PF PF PF** 6 oz. Steak
- SC** ½ cup Brown Rice
- V** ½ cup cooked Bell Peppers and Onions
- Ex** 1 Tbsp. Pureed Avocado
- FF** Salsa

APPLES AND CELERY WITH PEANUT BUTTER



PF

1 Tbsp. Peanut Butter

SC

1 medium Apple

V

2 medium stalks of Celery

Ex

1 tsp. Honey

FF

Cinnamon

TURKEY ROLL-UPS



PF

2 oz. Turkey Breast

SC

1 6-inch Whole Wheat Tortilla

V

½ cup Shredded Carrots  
(plus ½ cup Cherry Tomatoes on the side)


Ex

1 Tbsp. Fat-Free Cream Cheese

FF

Fresh Basil

CHEESE AND CRACKERS



PF

1 oz. Cheese

SC

¼ cup Whole Grain Crackers

V

1 cup Cucumber Slices

Ex

6-7 small Black or Green Olives

FF

Hot Peppers



# Learn the Lingo:

## PowerFuels



**80-120** CALORIES

with at least 7g of protein

OR at least 7g of total fat

(with no more than half of the  
fat from saturated fat)

Lean proteins and healthy fats can make any weight loss plan more satisfying, delicious and easy to stick to. We call them PowerFuels. These grocery add-ins provide energy, keep you satisfied and help maintain muscle.

PowerFuels consist of items like meat, fish, dairy, nuts, seeds and avocados. They are often the stars of our dinner plates and make the best smart and filling snacks.

We recommend that most of your grocery add-ins come from minimally processed, whole food choices. You can find the most nutrient dense PowerFuel options in the [Club Advantage Grocery Guide!](#)

If you choose to include packaged foods not in the Grocery Guide, be sure they 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 (ex. if food contains 7 grams of total fat, saturated fat should be 3.5 grams or less).

While the nutrition for all whole foods listed in the Grocery Guide will not align with the packaged food nutrition recommendations, they are included in the meal plan as add-ins for their additional key nutrients.

Check out the [Club Advantage Grocery Guide](#) for ideas and serving sizes of PowerFuels!

# SmartCarbs



**1 SC**  
SERVING = **80-120** CALORIES  
with at least 3g or more  
of fiber

Did you know that you can still lose weight and get healthy while enjoying carbs like bread, crackers and pasta? The key is selecting nutrient-rich carbohydrates that contain fiber and sticking to proper portion sizes. We call these nutritious carbs SmartCarbs.

SmartCarbs include items like brown rice, whole wheat pasta, beans, fruit and starchy vegetables like potatoes. They are a group of carbohydrates that measure low to medium on the Glycemic Index.

The Glycemic Index is a rating system that tells you how quickly a food affects your blood sugar levels after eating it. These carbs are digested more slowly, keeping you feeling fuller longer.

We recommend that most of your grocery add-ins come from minimally processed, whole food choices. You can find the most nutrient dense SmartCarb options in the [Club Advantage Grocery Guide!](#)

If you choose to include packaged foods not in the Grocery Guide, be sure they contain between 80-120 calories with at least 3 grams of fiber.

While the nutrition for all whole foods listed in the Grocery Guide will not align with the packaged food nutrition recommendations, they are included in the meal plan as add-ins for their additional key nutrients. For example, even though most fresh fruits do not contain 3 grams or more of fiber, they are recommended as SmartCarbs because they provide so much nutrition.

Check out the [Club Advantage Grocery Guide](#) for ideas and serving sizes of SmartCarbs!

## Non-Starchy Vegetables



**= 1/2 CUP<sub>COOKED</sub>**  
or 1 cup of raw vegetables

Non-starchy vegetables are a low-calorie way to stay full while you lose weight. We recommend eating at least 4 servings of non-starchy vegetables per day. Add these veggies to your Nutrisystem meals, Flex meals or snacks! They are the perfect choice to fill up and stay satisfied.

Since they are packed with nutrition and low in calories, non-starchy vegetables are unlimited on Nutrisystem. We still provide the serving sizes to help you learn what an appropriate portion looks like.

Non-starchy veggies include familiar staples like leafy greens, broccoli, onions and tomatoes. If choosing packaged vegetables, aim for no more than 25 calories per serving. Starchy vegetables like corn, potatoes and peas are higher in carbs and calories, so they count as SmartCarbs.

Check out the [Club Advantage Grocery Guide](#) for ideas and serving sizes of Non-Starchy Vegetables!



# Extras



**1 Ex**  
SERVING = **10-35** CALORIES  
per serving

Adding flavor to your food can pile on calories without you even realizing it. To help you become more aware of this, we categorize such foods as Extras. You can use these optional add-ins to spice up your meals or to make them more satisfying.

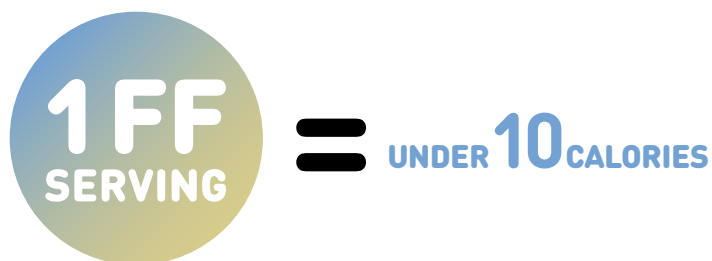
- Extras can make your meals and snacks more sweet, savory, spicy or satisfying.
- They include ingredients like coffee creamer, salad dressing, honey and condiments like ketchup and mayonnaise.
- Limit Extras to 3 per day.

**Please Note:** Some foods in the Extra category also appear in other categories. The serving size will determine how to count it in your meal plan. For example, avocado will count as an Extra if you use  $\frac{1}{8}$  but if you use  $\frac{1}{3}$ , it will count as a PowerFuel.

Check out the [Club Advantage Grocery Guide](#) for ideas and serving sizes of Extras!



## Free Foods



Just because you're eating to lose weight, that doesn't mean you have to compromise on flavor. Many ingredients that crank up the satisfaction in your meals are considered Free Foods on your Nutrisystem plan, so you can enjoy as much of them as your taste buds desire.

- Free Foods contain less calories than Extras but still provide major flavor.
- They include spices, herbs, lemon juice, hot sauce, low-sodium broth and certain condiments and beverages.
- They have less than 10 calories per serving.
- Because these foods are so low in calories, they are unlimited on your Nutrisystem plan.

Check out the [Club Advantage Grocery Guide](#) for ideas and serving sizes of Free Foods!

# Flex Meals

Club Advantage gives you the tools to create your own healthy meals using the recommended grocery add-ins in your meal plan. These are called Flex meals.

Flex meals are meals that you create or order out by following our simple guidelines. They give you variety, flexibility and teach you healthy habits for lasting weight loss success.

And they couldn't be more simple! All it takes is choosing from the five building blocks:



**SmartCarbs**



**PowerFuels**



**Vegetables**



**Extras**



**Free Foods**

When you don't have time to prepare Flex meals and need more convenience, rest assured that you can always rely on Nutrisystem meals and snacks to stay on track without worry.



# Hearty Inspirations®

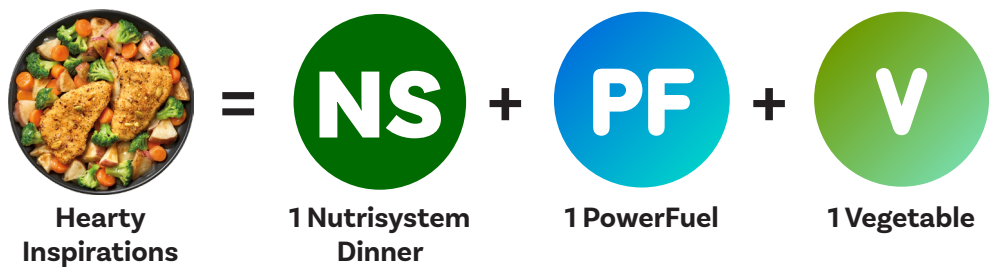


Hearty Inspirations® is our line of premium meals. These meals are bigger and more filling than our standard dinners, but remain perfectly portioned for weight loss.

These all-in-one meals contain up to 30+ grams of protein\* and full recommended serving of vegetables. Protein can help you control hunger and feel satisfied while you lose weight. If you’re following a high protein diet, our Hearty Inspirations® meals are the perfect option for quick and easy weeknight dinners.

Featuring both microwave and skillet options, these premium meals cook up in minutes. They make mealtime easier, providing you with an extra PowerFuel and one serving of Vegetables\*\* when compared to standard Nutrisystem dinners. No need to add your own vegetables or sides!

On the Nutrisystem plan, 1 Hearty Inspirations® meal = 1 Nutrisystem Dinner + 1 PowerFuel + 1 Vegetable



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

\*\*As defined by the Nutrisystem program.



# Beverages

## Water



**64** ounces  
**(8 cups) of water OR**  
**other calorie-free drink**

We recommend sipping on water all day long. It's naturally good for you and helps you feel full!  
Aim to drink at least 64 oz. (8 cups) of water each day.

## Other Popular Drinks

- 1 cup (8 fl. oz.) almond milk with added protein = 1 PowerFuel
- 1 cup (8 fl. oz.) fat-free/skim or low-fat milk = 1 PowerFuel
- 1 serving Nutrisystem Protein Shake = 1 PowerFuel
- 1 cup (8 fl. oz.) low-fat soy milk = 1 PowerFuel
- ½ cup (4 fl. oz.) 100% fruit juice = 1 SmartCarb
- ½ cup (4 fl. oz.) low-sodium vegetable juice/V-8 = 1 Vegetable
- 1 cup unsweetened almond milk = 1 Extra



### Pro Tip!

Add lemon wedges, cucumber slices or mint leaves to water for flavor.

## Alcohol

If you choose to drink alcohol, we recommend doing so in moderation. This means no more than one drink per day for women and two drinks per day for men.

Keep in mind as we age, our bodies do not process alcohol as easily. If you are over 65, we recommend limiting to no more than one drink per day for both women and men.

Alcohol is high in calories, providing almost as many calories per ounce as fat. If your goal is weight loss, you may find that further limiting your alcohol is helpful. For weight loss, we recommend enjoying up to 2 alcoholic beverages each week.



Be mindful of portion sizes:

- Wine (12% alcohol) = 5 oz.
- Regular beer (5% alcohol) = 12 oz.
- Craft beer (7% alcohol) = 8 - 10 oz.
- Ready-to-drink cocktails (5% alcohol) = 12 oz.
- Malt beverages or seltzers (7% alcohol) = 8 - 10 oz.
- Distilled spirits (40% alcohol or 80 proof) = 1.5 oz.

A few tips for responsible alcohol consumption:

- Always have a drink with a meal or snack.
- Alcohol is a natural diuretic; be sure to have a glass of water after you drink.
- Be mindful of the percent alcohol by volume (ABV), which determines the serving size. The higher the ABV the smaller the portion size for one serving.

## Become a Portion Size Pro

You can perfect your portion sizes without relying on cumbersome kitchen tools. Visual aids can be a great way to figure out just how much might be too much when adding fresh additions to your plan.

Here are some simple comparisons to keep in mind when portioning out your grocery add-ins.



**1 oz. = 1 thumb or 3 dice**

**Examples:**

PowerFuels: reduced fat cheese



**2 oz. = about  $\frac{2}{3}$  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 teaspoon**

**1 tsp. = 1 fingertip or 1 dice**

**Examples:**

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



**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



**1/4 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



**1/2 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)



**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

# Setting Weight Loss Expectations

Establishing realistic expectations and attainable goals as part of a weight loss journey is critical to achieving success. Yet, for many, the expectations you set for yourself and your weight loss often far exceed what is realistic or even healthy for your body.

A lot of times we set unrealistic expectations because we are impatient and want the weight to come off quickly. When your expectations are too lofty, you're less likely to achieve them, leaving you frustrated and disappointed. This can cause you to give up and go back to old habits.

This is the reason why it is important to be honest with yourself and set realistic expectations for YOUR weight loss.

## What Factors Affect Weight Loss?

It's important to know that everyone's journey is completely different. Your weight loss progress is affected by many factors:

- Age
- Gender
- Starting weight
- Activity levels
- Medical history
- When you were last on a diet
- Genetics
- Adherence
- Where you lose weight first
- Muscle mass
- Lifestyle
- Stress levels
- Sleep
- And the list goes on...

In addition, the number on the scale may be influenced by:

- Time of day you are weighing yourself
- How much clothing you are wearing
- For women, your menstrual cycle
- Your sleep quality and quantity
- Your stress levels
- Timing of your last meal
- Regularity of bowel movements
- Alcohol
- Calibration of your scale and if you are using the same one all the time
- Recovery from strenuous physical activity



## Non-Scale Victories

There are many ways to measure success. The success of your journey and the benefits you receive are so much more than any one number can tell. It's important to celebrate ALL the progress that is being made and the habits that are being broken or formed. Here are some other measures of success to be mindful of and maybe even track:

- Improved energy levels
- The way your clothes fit differently
- Sleep quality and quantity
- Stress levels
- Building healthy habits – as small or big as they may be
- Improved confidence
- Reduced medications
- Improvement in health markers (e.g., blood work/labs, blood pressure, blood sugar and more)
- Eating more vegetables and balanced meals
- Moving more
- Improved joint pain
- Watching your family adopt healthier habits because you are
- Learning to listen to your body's hunger and fullness cues
- Improving your relationship to food



## Typical Weight Loss on Club Advantage

When it comes to the number on the scale, Club Advantage is designed to deliver weight loss of 1 to 2 pounds per week if you're following your personalized calorie goal. This is considered healthy and sustainable weight loss, which is exactly what we want. However, general science says that even losing a half a pound per week is good!

Typically, weight loss is quicker in the beginning as the body adjusts to reduced calories. Over time, your body wants to fight back.

Remember, our bodies like to stay in balance and that can make it more challenging to lose weight the longer you are on the plan. That doesn't mean you should give up or that the plan isn't working anymore. That's exactly what your body wants you to think! It just means you recognize it and need to make some adjustments.

Note that day-to-day weight fluctuations are normal. It is impossible to gain 2 pounds of fat in a day while following the plan. This is not weight gain, it's a weight fluctuation that is most likely caused by one or more of the reasons we have mentioned.

## How Often Should You Weigh In?

The frequency that you weigh yourself is a personal preference. Some people like to weigh themselves every day, while others weigh themselves every week. Some people don't want to weigh themselves at all! All options are OK. 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. One of the easiest to check is the way your clothes fit. You can even break out a tape measure if you choose to do so.





# My Daily 3<sup>®</sup>

Regular physical activity is an important component to lifelong weight management and overall health. The My Daily 3<sup>®</sup> activity plan makes a movement routine achievable, because we know how hard it can be to exercise.

By incorporating 3 quick, 10-minute activity sessions into your day, you can reap the benefits of regular exercise without making a 30-minute commitment all at once.

Sneak 10 minutes of activity in before work, 10 minutes at lunch and 10 minutes after work. Or, if it works better with your schedule, you can spread them throughout your workday—whatever works for you!

## My Daily 3<sup>®</sup> Activity Ideas

Pick 3 of these activities to try out today. And remember, you only need to get moving 3 times a day for 10 minutes at a time.

- Take a walk
- Garden
- Rake leaves
- Jump rope
- Go for a jog
- Do jumping jacks
- Try sit-ups and push-ups
- Shovel snow
- Mow the lawn
- Go for a bike ride
- Dance
- Walk up and down the stairs
- Do some vigorous cleaning
- Pace while talking on the phone
- Walk the mall
- Go sledding
- Go bowling
- Stretch or do yoga
- Go ice skating or roller skating

## 4 Essentials for Getting Active

1. Check with your doctor first.
2. Choose activities you enjoy.
3. Start slowly; build slowly.
4. Put workouts on your calendar.

**NOTE:** Consult with your doctor before engaging in any kind of physical activity.

# Planning Your Week: Stocking Up the Kitchen and Pantry



With the right skills and a little bit of preparation and planning, you can feel confident that grocery shopping can be easy, healthy and supportive of your weight loss goals.

## Have a Game Plan

When it comes to grocery shopping, planning is key. Before you even step out of the house to head to the grocery store, you need a weekly game plan and a shopping list to stick to.

### Step 1: Think Ahead

Think about the week ahead and plan out what you will make for Flex meals, snacks and side dishes to complement your Nutrisystem meals. You can keep it simple and repeat the same Flex meals or you can experiment with different recipes, it's up to you!

## Step 2: Make a List

Start making a list of the foods you will need. What PowerFuels, SmartCarbs and Vegetables will you need to complete your meal plan? Refer to our comprehensive [Grocery Guide](#) and choose some of your favorite options. Print out the Grocery Add-In List page and jot down your top 10 foods from each add-in category.

Focus on purchasing whole food options most of the time. They are often healthier choices and cut down on label reading. This makes it easier to identify if a food is a PowerFuel or SmartCarb.

## Step 3: Meal Prep Mindset

Think about ways to ease meal prep. Try to repurpose meal leftovers or ingredients if you can. Leftover baked chicken from dinner can make a satisfying PowerFuel snack the next day. Cook some extra, then pair it with a SmartCarb like whole grain crackers for a PowerFuel and SmartCarb combo.

## Step 4: Take Inventory

Take inventory of the foods you already have on hand. Plan out and build Flex meals and snacks around those foods first, then add in a few new meal or snack options where needed. Not only will this save you time and money, but it will also prevent food waste.

## Step 5: Organize Your List

Once you know what foods you still need to pick up, add them to your list. It can be helpful to organize your list into sections of the grocery store –produce, meat and meat alternatives, grains and breads, eggs and dairy, healthy fats, and general pantry items like spices and canned goods.





# What to Expect When You Hit Your Goal Weight

Reaching your weight loss goal is an amazing accomplishment. You've taken on challenges and you've made positive changes in your life that will last long after you reach your target weight.

But when you finally hit that number on the scale, are you ready for what comes next? It can feel a bit overwhelming being at the finish line of such a big journey. But don't worry! We're still here to guide you through it with continued support and motivation.

## Managing Your New Weight

Once you reach your goal, you'll transition to a healthy lifestyle you can manage on your own or with our help! It starts with weight loss but it doesn't end there.

Many customers continue to use Nutrisystem foods for convenience and structure while they learn to manage their new weight. You'll simply adjust your calories to support maintenance.

We also recommend increasing your activity level from 30+ minutes a day to 60+ minutes a day, as research shows this is important for weight maintenance. This can be something as simple as increasing the amount of time spent brisk walking. The goal is to aim for a steady energy balance!

### Active Weight Loss

Expect to lose an avg. 1-2 lbs. a week.

Daily calorie goal to support weight loss.

Be active for 30+ minutes a day.

Achieve your goal weight!



### Maintenance

Manage your new weight.

Daily calorie goal to support maintenance.

Be active for 60+ minutes a day.

Aim for a steady energy balance!

# Helpful Resources



Learn more about your plan!



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  
and more  
[nutrisystem.com/login](https://nutrisystem.com/login)

## Contact Us

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



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



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