



Nutrisystem[®]

DAILY TRACKER

Welcome to Nutrisystem and the Fast 5™ Kit

Lose 5 pounds in your first week!*

*You can expect to lose 5 pounds in your first week of weight loss only, and your results will vary depending on starting weight and program adherence. IMPORTANT NOTE: Usage of the Fast 5™ kit for more than one week in any consecutive four week period may lead to health complications and is not recommended. Please consult with your physician before using this kit.

WE'RE HERE TO HELP

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

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

Visit [Nutri.com](https://www.nutri.com) for helpful tracking tools, and check out **The Leaf (leaf.nutrisystem.com)** to read articles and stories that will inform and inspire you.



START STRONG WITH 3 EASY TIPS

1. DO FAST 5 AS THE FIRST WEEK OF YOUR 28-DAY PROGRAM

Research shows that if you have a great start to weight loss, you're more likely to reach your goal. So we've designed Fast 5 to reset your body and prepare it for weight loss success.

2. STICK WITH IT

Your shakes will help you feel full, and you can eat as many non-starchy veggies as you'd like. (And remember, you'll eat more food in the three weeks that follow!)

3. USE THIS DAILY TRACKER

It's packed with important information, advice and tools to help you have a successful first week. Have questions? Connect with a coach!

Note: If your kit includes Hearty Inspirations[®] meals, don't eat them during your first week. You can enjoy them starting week 2!

LOSE YOUR FIRST 5 POUNDS—AND LET YOUR TRANSFORMATION BEGIN!

THE GROCERY GUIDE

VEGGIES

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

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

Enjoy non-starchy veggies such as these this week:

- Bell Peppers
- Broccoli
- Carrots
- Cucumbers
- Green Beans
- Mixed Greens
- Mushrooms
- Onions
- Spinach
- Tomato

For more non-starchy veggie ideas, check out the grocery guide in your meal planner or connect with a coach.

SPICE IT UP WITH UNLIMITED EXTRAS

- Garlic & ginger
- Herbs: basil, oregano, etc.
- Hot peppers or red pepper flakes
- Salsa
- Spices: pepper, cumin, curry, etc.
- Vinegar, lemon or lime juice
- Calorie-free salad dressings

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

SMART BEVERAGES

Try to drink at least 64 ounces (8 cups) of water everyday. Or you can try these (but limit your caffeine):

- Coffee or tea, unsweetened
- Calorie-free flavored water/seltzer
- Calorie-free lemonade or iced tea

Also, use only calorie-free sweeteners.

FAST 5 SAMPLE DAY Here's how a day's menu might look

- ✓ **BREAKFAST**
Nutrisystem[®] Double Chocolate Muffin; Black coffee or tea with calorie-free sweetener
- ✓ **NUTRISYSTEM[®] SHAKE**
Nutrisystem[®] Shake; Carrots and red peppers dipped in salsa (VEGGIE)
- ✓ **LUNCH**
Nutrisystem[®] White Cheddar Mac & Cheese; Steamed broccoli with garlic & lemon (VEGGIE)
- ✓ **AFTERNOON SNACK**
Nutrisystem[®] Chocolate Caramel Bar; Cucumber salad with vinegar, garlic & pepper (VEGGIE)
- ✓ **DINNER**
Nutrisystem[®] Thick Crust Pizza; Mushroom-onion medley sautéed in calorie-free cooking spray (VEGGIE)



VEGGIES



