



Nutrisystem® QUICK START GUIDE

for Walmart &
Amazon Kits

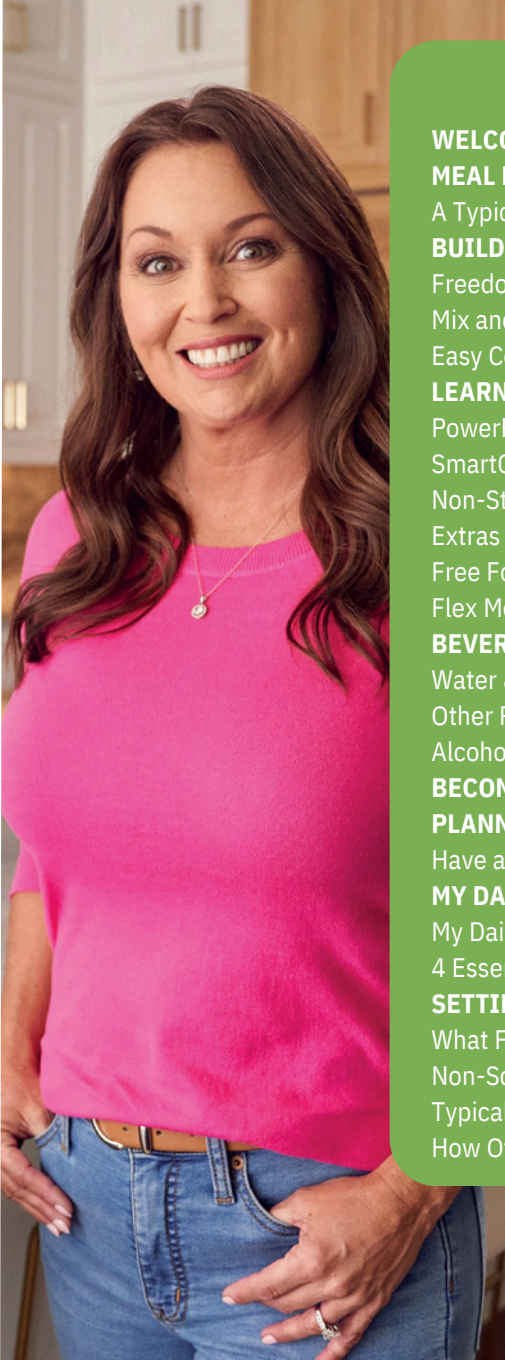


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Turn Over a New Leaf

No two leaves are exactly alike. And no two Nutrisystem® success stories are, either. Each has a unique, inspiring tale to tell. What will yours be?



WELCOME TO NUTRISYSTEM

A weight loss program should do more than help you lose weight. The best plan will help you feel great, amp up your energy, enjoy delicious food, improve your health and become the best version of you.

That's what makes Nutrisystem so special. Our program fuels your body with nutrition and fills your plate with flavor. And it doesn't just help you lose weight: It also teaches you portion control and healthy cooking so that you learn the skills to better support you in keeping the weight off for life.

Nutrisystem is more than a diet. It's a whole new lifestyle to create a whole new you. So sit back, relax and enjoy your weight loss journey with a simple-to-use plan that takes away the guesswork. We've compiled the essential info you need to know in this easy-to-read guide.



MEAL PLAN OVERVIEW

Nutrisystem plans are dietitian-designed to provide the right nutrition, right from the start. With our delicious food and easy-to-follow meal plans, you'll drop pounds at a healthy, steady rate of 1-2 pounds per week on average while enjoying tasty food and acquiring knowledge about healthy eating.

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!)

DOWNLOAD YOUR MEAL PLAN!

Head to the [Retail Guides & Resources](#) page for a printable meal plan and daily tracker.



A Typical Day

Below shows what a typical day may look like on Nutrisystem. If you have more than 100 pounds to lose, add 1 PowerFuel and 1 SmartCarb to your plan each day.

GETTING STARTED WITH FAST 5?

Head to the [Retail Guides & Resources](#) page for your meal plan and daily tracker!

WOMEN 1,200 CALORIES

BREAKFAST

Nutrisystem Breakfast

OR MAKE A FLEX MEAL:

1 PowerFuel + 1 SmartCarb

MORNING SNACK

1 PowerFuel

LUNCH

Nutrisystem Lunch

OR MAKE A FLEX MEAL:

1 PowerFuel + 1 SmartCarb

AFTERNOON SNACK

1 PowerFuel + 1 SmartCarb

OR SWAP IN A NUTRISYSTEM SNACK!

DINNER

Nutrisystem Dinner + 1 PowerFuel

OR MAKE A FLEX MEAL:

3 PowerFuels + 1 SmartCarb

EVENING SNACK

Nutrisystem Snack

OR MAKE A FLEX SNACK:

1 PowerFuel + 1 SmartCarb

PLUS!

4+ Servings Non-Starchy Vegetables
64 oz. Water
Up to 3 Extras
Unlimited Free Foods

MEN 1,500 CALORIES

BREAKFAST

Nutrisystem Breakfast + 1 PowerFuel

OR MAKE A FLEX MEAL:

2 PowerFuels + 1 SmartCarb

MORNING SNACK

1 PowerFuel + 1 SmartCarb

OR SWAP IN A NUTRISYSTEM SNACK!

LUNCH

Nutrisystem Lunch + 1 PowerFuel

OR MAKE A FLEX MEAL:

2 PowerFuels + 1 SmartCarb

AFTERNOON SNACK

1 PowerFuel + 1 SmartCarb

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DINNER

Nutrisystem Dinner + 1 PowerFuel

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Nutrisystem Snack

OR MAKE A FLEX SNACK:

1 PowerFuel + 1 SmartCarb

PLUS!

4+ Servings Non-Starchy Vegetables
64 oz. Water
Up to 3 Extras
Unlimited Free Foods

BUILDING FLEX MEALS & SNACKS

Freedom. Flexibility. Familiar Flavors.

Nutrisystem 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.



Mix and Match Flex Meal Guide

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 below. Learn more about them in the Learn the Lingo section and check out the full [Grocery Guide](#) for more ideas.

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

Step 1: Power Up

Pick a PowerFuel

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

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 3: Veg Out

Pile on the Non-Starchy Vegetables

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

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 5: Feel Free

Flavor with Free Foods

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

Easy Combinations For Flex Meals

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

Note: You can easily adjust these 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

1 PowerFuel + 1 SmartCarb



Egg Sandwich

PowerFuel: 1 large Egg

SmartCarb: 1 slice Whole Grain Toast
(2 slices if 40-60 calories per slice)

Free Food: 1 Tomato Slice

Extra: 1 Tbsp. Pureed Avocado

Free Food: Unsweetened Tea



Yogurt with Berries

PowerFuel: 2/3 cup Nonfat Plain Yogurt
(or 6 oz. container)

SmartCarb: 1 cup Mixed Berries

Vegetable: 4 fl. oz. Low-Sodium Vegetable Juice

Extra: 1 tsp. Pumpkin Seeds

Free Food: Black Coffee



Banana & Spinach Protein Shake

PowerFuel: 1 Nutrisystem Protein Shake

SmartCarb: 1 medium Banana

Vegetable: 1-2 large handfuls of Spinach

Extra: 1 cup Unsweetened Almond Milk

Free Food: Cinnamon

Flex Lunch Ideas

1 PowerFuel + 1 SmartCarb



Ham Sandwich

PowerFuel: 2 oz. Low-Sodium Ham

SmartCarb: 1 slice Whole Grain Toast
(2 slices if 40-60 calories per slice)

Free Food: Tomato and Onion Slices

Extra: 1 tsp. Mayonnaise

Free Food: Mustard



Tuna Wrap

PowerFuel: 1/2 cup Tuna

SmartCarb: 1 6-inch Whole Wheat Pita or Tortilla

Extra: 1 tsp. Mayonnaise

Free Food: Lettuce and Onions

Vegetable: Serve with 1 cup Sliced Bell Peppers



Vegetarian Burrito Bowl Salad

PowerFuel: 1/4 cup Shredded Cheese

SmartCarb: 1/2 cup Black Beans

Vegetable: 1 cup Lettuce

Extra: 1/8 Avocado

Free Food: Salsa

SUCCESS 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!

Flex Dinner Ideas

3 PowerFuels + 1 SmartCarb



Chicken Broccoli Pasta

PowerFuels: 6 oz. Chicken Breast

SmartCarb: 1/2 cup Whole Grain Pasta

Vegetable: 1/2 cup cooked Broccoli

Extra: 1 tsp. Olive Oil

Free Food: Garlic, Oregano and Red Pepper Flakes



Steak Fajitas

PowerFuels: 6 oz. Steak

SmartCarb: 1/2 cup Brown Rice

Vegetable: 1/2 cup cooked Bell Peppers and Onions

Extra: 1 Tbsp. Pureed Avocado

Free Food: Salsa



Tofu Stir Fry Bowl

PowerFuels: 3 cups Tofu

SmartCarb: 1/2 cup Quinoa

Vegetable: 1/2 cup cooked Sugar Snap Peas

Extra: 1 tsp. Sesame Oil

Free Food: Low-Sodium Soy Sauce

SUCCESS TIP

On Nutrisystem, you can feel free to have breakfast for dinner, or dinner for lunch for that matter. Once you've got your program mastered, remember that you can always mix it up every once in a while, just to keep things interesting.

Flex Snack Ideas

1 PowerFuel + 1 SmartCarb



Apples & Celery with Peanut Butter

PowerFuel: 1 Tbsp. Peanut Butter

SmartCarb: 1 medium Apple

Vegetable: 2 medium stalks of Celery

Extra: 1 tsp. Honey

Free Food: Cinnamon



Cheese & Crackers

PowerFuel: 1 oz. Cheese

SmartCarb: ¼ cup Whole Grain Crackers

Vegetable: 1 cup Cucumber Slices

Extra: 6-7 small Black or Green Olives

Free Food: Hot Peppers



Turkey Roll-Ups

PowerFuel: 2 oz. Turkey Breast

SmartCarb: 1 6-inch Whole Wheat Tortilla

Vegetable: 1/2 cup Shredded Carrots
(plus 1/2 cup Cherry Tomatoes on the side)

Extra: 1 Tbsp. Fat-Free Cream Cheese

Free Food: Fresh Basil

SUCCESS TIP

Stock up on portable, balanced snack combos that contain protein and fiber. Keep convenient snacks in your bag, car or office to avoid reaching for unhealthy options when you're on the go.

LEARN THE LINGO

PowerFuels



1 PF
SERVING = **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 [Nutrystem 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 Nutrystem meal plan as add-ins for their additional key nutrients.

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

SmartCarbs



$$\text{1 SC SERVING} = 80\text{-}120 \text{ CALORIES}$$

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 Nutrisystem 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 Nutrisystem 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 [Nutrisystem Grocery Guide](#) for ideas and serving sizes of SmartCarbs!

Non-Starchy 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 [Nutrisystem Grocery Guide](#) for ideas and serving sizes of Non-Starchy Vegetables!

Extras



$$\text{1 Ex SERVING} = 10\text{--}35 \text{ CALORIES per serving}$$

Adding flavor to your food can pile on calories without you even realizing it. To help you become more aware of this, Nutrisystem categorizes 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 1/8 but if you use 1/3, it will count as a PowerFuel.

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

Flex Meals

We don't just teach you how to lose weight. We also teach you how to keep it off. Nutrisystem 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

See the Building Flex Meals and Snacks section for more information!



BEVERAGES

Water & Other Calorie-Free Beverages



= 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 or other calorie-free drinks each day.

In addition to water, you can enjoy these calorie-free beverages:

- Black coffee
- Iced tea, unsweetened
- Seltzer, plain or flavored
- Tea, all varieties, including black, green or herbal

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
- 1/2 cup (4 fl. oz.) 100% fruit juice = 1 SmartCarb
- 1/2 cup (4 fl. oz.) low-sodium vegetable juice/V-8 = 1 Vegetable
- 1 cup unsweetened almond milk = 1 Extra

SUCCESS TIP

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

Alcohol

Enjoy up to 2 alcoholic beverages each week as part of your plan. Opt for dry wine, light beer or liquor mixed with no-calorie mixers.

Be mindful of portion sizes:

- Dry wine = 4 oz.
- Light beer = 12 oz.
- Liquor (80-90 proof) = 1.5 oz.

Remember:

- Always have your drink with a meal or snack.
- Alcohol is a natural diuretic; be sure to have a glass of water after you drink.
- While you can enjoy up to 2 alcoholic beverages a week, we recommend not having both on the same day.

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 achieving weight loss. By managing portions, you consume the right balance of nutrients 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

PLANNING YOUR WEEK

STOCKING UP THE KITCHEN & 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 round out your Nutrisystem 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.

MY DAILY 3®

Regular physical activity is an important component to lifelong weight management and overall health. Nutrisystem's My Daily 3® 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® 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.



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

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 Nutrisystem

When it comes to the number on the scale, the Nutrisystem program is designed to deliver weight loss of 1 to 2 pounds per week. 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.



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 Nutrisystem. Make sure to check with your doctor before beginning any weight loss program, including Nutrisystem. Please be sure to eat all of the food that is recommended on the Nutrisystem program. Failure to follow the program and eat all of the food recommended may increase the risk of developing serious health complications. At Nutrisystem, we care about you. That's why we champion safe, effective weight loss—no fads, no gimmicks, just better health. RETURN POLICY: When you purchase Nutrisystem products and services from the select group of authorized retailers and distributors, please refer to the return policies and money back policies of such authorized retailers and distributors.

Looking for more ways to lose weight?

Order what you want, when you want.

Any meals. Any amount. Anytime!



Plus!

Get full access to
the Nutrisystem
app for
personalized meal
plans, food tracking
and more.

[Click here to
check it out!](#)

Club **ADVANTAGE**
powered by Nutrisystem

**Join the club &
get great results!**