



# 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.

### 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**, go to **My Account** and select **Schedule Coaching**.

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!

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.

# 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 cup cooked or 1 cup raw

**Enjoy non-starchy veggies such as these this week:**

- Bell Peppers
- Mixed Greens
- Broccoli
- Mushrooms
- Carrots
- Onions
- Cucumbers
- Spinach
- Green Beans
- 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® BBQ Chicken; spinach sauteed in calorie-free cooking spray (VEGGIE)



VEGGIES



# MY GOAL WEIGHT IS \_\_\_\_\_ LBS.

Don't forget to snap your "before" photo!

## SOME TIPS BEFORE YOU BEGIN

- Eat all of the food listed each day (and, yes, that includes at least 4 servings of veggies!)
- It's important for your health to follow the program as instructed.

DAY 1: \_\_\_\_\_

- BREAKFAST
- NUTRISYSTEM® SHAKE
- LUNCH
- SNACK
- DINNER



VEGGIES



DRINK



DAY 2: \_\_\_\_\_

- BREAKFAST
- NUTRISYSTEM® SHAKE
- LUNCH
- SNACK
- DINNER

DAY 3: \_\_\_\_\_

- BREAKFAST
- NUTRISYSTEM® SHAKE
- LUNCH
- SNACK
- DINNER



VEGGIES



DRINK



VEGGIES



DRINK



