



Welcome to Nutrisystem and the Quick9 Kit

Lose up to 9 pounds in your first two weeks!

In a study, avg. weight loss was 6.5 lbs.

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. FOLLOW WEEK 1 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 your first week to reset your body and support your Quick9 weight loss.

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 FOR WEEK 1

It's packed with important information, advice and tools to help you have a successful first week. Continue tracking week 2 using the **QVC & HSN Meal Planner** under **Retail Guides & Resources** on **The Leaf**. 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!

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.

FIRST WEEK SAMPLE DAY

- ✓ **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® Chicken with BBQ Sauce; sauteed spinach in sautéed 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.
- **The included tracker is for week 1 only.** Continue tracking week 2 using the QVC & HSN Meal Planner on The Leaf.

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



