



Nutrisystem



GUIDE & DAILY TRACKER

**Lose up to 7 pounds
your first 7 days!**

In a study, avg. weight loss was 5.1 lbs. in first 7 days.



IMPORTANT NOTE:

Repeating week 1 in any consecutive four-week period may lead to health complications and is not recommended. Please consult with your physician before starting your first week.



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 weight loss.

Note: This first week plan is recommended for those following the Under 50 or All Ages programs.

2. Stick with it

You can also eat as many non-starchy veggies as you'd like to fill up!

3. Use this guide and daily tracker for week 1

It's packed with important information, advice and tools to help you have a successful first week.

Do limit your activity this week to something light, like walking. Have questions? Connect with a coach!

Lose up to 7 pounds—and keep going until you hit your goal!

WE'RE HERE TO HELP

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

Nutrisystem

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.



Download the official Nutrisystem® app for helpful tracking tools.

The Leaf

Check out [The Leaf](#), the official Nutrisystem® blog filled with tips, recipes and guides to help you succeed!

MY GOAL WEIGHT IS _____ LBS.



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

Some tips before you begin:

- Eat everything listed each day, including at least 4 servings of veggies. Otherwise, you won't be getting the nutrition you need!
- Bulk up your meals with non-starchy veggies or enjoy them between meals to help with hunger. They are UNLIMITED!
- **NOTE:** Food may be subject to change based on availability.

7-DAY PROGRAM SAMPLE WEEK

If you have 100 pounds or more to lose, you will need to add 2 additional PowerFuels daily.
If you are using the Nutrisystem app to track, your meal plan will automatically be adjusted to your goal.

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|--|--|--|
| <div>DAY 1</div> <div><input type="radio"/> BREAKFAST Any Nutrisystem® Breakfast</div> <div> <input type="radio"/> MORNING SNACK 1 PowerFuel <input type="radio"/> LUNCH Any Nutrisystem® Lunch </div> <div> <input type="radio"/> AFTERNOON SNACK Any Nutrisystem® Snack <input type="radio"/> DINNER Any Nutrisystem® Dinner Except Hearty Inspirations® Meals </div> <div> VEGGIES: ○○○○ DRINKS: ○○○○○○○○ </div> | <div>DAY 2</div> <div><input type="radio"/> BREAKFAST Any Nutrisystem® Breakfast</div> <div> <input type="radio"/> MORNING SNACK 1 PowerFuel <input type="radio"/> LUNCH Any Nutrisystem® Lunch </div> <div> <input type="radio"/> AFTERNOON SNACK Any Nutrisystem® Snack <input type="radio"/> DINNER Any Nutrisystem® Dinner Except Hearty Inspirations® Meals </div> <div> VEGGIES: ○○○○ DRINKS: ○○○○○○○○ </div> | <div>DAY 3</div> <div><input type="radio"/> BREAKFAST Any Nutrisystem® Breakfast</div> <div> <input type="radio"/> MORNING SNACK 1 PowerFuel <input type="radio"/> LUNCH Any Nutrisystem® Lunch </div> <div> <input type="radio"/> AFTERNOON SNACK Any Nutrisystem® Snack <input type="radio"/> DINNER Any Nutrisystem® Dinner Except Hearty Inspirations® Meals </div> <div> VEGGIES: ○○○○ DRINKS: ○○○○○○○○ </div> |
| <div>DAY 4</div> <div><input type="radio"/> BREAKFAST Any Nutrisystem® Breakfast</div> <div> <input type="radio"/> MORNING SNACK 1 PowerFuel <input type="radio"/> LUNCH Any Nutrisystem® Lunch </div> <div> <input type="radio"/> AFTERNOON SNACK Any Nutrisystem® Snack <input type="radio"/> DINNER Any Nutrisystem® Dinner Except Hearty Inspirations® Meals </div> <div> VEGGIES: ○○○○ DRINKS: ○○○○○○○○ </div> | <div>DAY 5</div> <div><input type="radio"/> BREAKFAST Any Nutrisystem® Breakfast</div> <div> <input type="radio"/> MORNING SNACK 1 PowerFuel <input type="radio"/> LUNCH Any Nutrisystem® Lunch </div> <div> <input type="radio"/> AFTERNOON SNACK Any Nutrisystem® Snack <input type="radio"/> DINNER Any Nutrisystem® Dinner Except Hearty Inspirations® Meals </div> <div> VEGGIES: ○○○○ DRINKS: ○○○○○○○○ </div> | <div>DAY 6</div> <div><input type="radio"/> BREAKFAST Any Nutrisystem® Breakfast</div> <div> <input type="radio"/> MORNING SNACK 1 PowerFuel <input type="radio"/> LUNCH Any Nutrisystem® Lunch </div> <div> <input type="radio"/> AFTERNOON SNACK Any Nutrisystem® Snack <input type="radio"/> DINNER Any Nutrisystem® Dinner Except Hearty Inspirations® Meals </div> <div> VEGGIES: ○○○○ DRINKS: ○○○○○○○○ </div> |
| <div>DAY 7</div> <div> <input type="radio"/> BREAKFAST Any Nutrisystem® Breakfast <input type="radio"/> MORNING SNACK 1 PowerFuel <input type="radio"/> LUNCH Any Nutrisystem® Lunch <input type="radio"/> AFTERNOON SNACK Any Nutrisystem® Snack <input type="radio"/> DINNER Any Nutrisystem® Dinner Except Hearty Inspirations® Meals </div> <div> VEGGIES: ○○○○ DRINKS: ○○○○○○○○ </div> | | |



THE 7 IN 7 GROCERY GUIDE

POWERFUELS

YOU'LL INCLUDE ONE EACH MORNING AS YOUR SNACK

If you purchased Prosync® shakes, these make a great PowerFuel choice

PowerFuels consist of lean proteins to support muscle health, or healthy fats to keep you feeling full and satisfied.

Each PowerFuel should 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.**

Enjoy lean PowerFuels such as: round steaks, chicken, bacon, low-fat cheese, eggs, salmon, Greek yogurt, almonds

VEGGIES

Add 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: bell peppers, broccoli, carrots, cucumbers, green beans, mixed greens, mushrooms, onions, spinach, tomato

SPICE IT UP

WITH UNLIMITED FREE FOODS

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

Examples:

Spices and herbs, salsa, hot peppers or red pepper flakes, vinegar, lemon or lime juice, calorie-free salad dressings

SMART BEVERAGES

Try to drink at least 64 ounces (8 cups) of water every day and limit caffeine. Use only calorie-free sweeteners.

Examples:

Coffee or tea, unsweetened (limit caffeine), calorie-free flavored water or seltzer, calorie-free lemonade or iced tea

For a complete **Grocery Guide** with additional PowerFuels, non-starchy vegetables and Free Foods [click here](#).



[Click here for the 7 in 7 recipe book](#)

Packed with healthy recipes and fresh ideas!