

MEAL PLAN GROCERY GUIDE



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Meal Plan Grocery Guide

To help complete a well-rounded meal plan, you'll add in your own fresh grocery foods along with your Nutrisystem® foods each day. We call these grocery foods "add-ins." The "add-ins" are split into five easy-to-follow categories:

- **SmartCarbs**
- **PowerFuels**
- **Vegetables**
- **Extras**
- **Free Foods**

This guide provides an extensive list of choices for each add-in category. We recommend these foods the most because they're packed with delicious flavors and the most nutrition! Each food includes a recommendation for portion size, plus shopping and cooking tips to help optimize the nutritional quality of your meal plan.

We recommend most of your grocery add-ins come from minimally processed food choices, like those found in this Grocery Guide! However, this guide provides nutrition guidelines for packaged foods that you may choose to include in your meal plan. For packaged foods, check the Nutrition Facts Panel to see how they can fit into your plan.

While the nutrition for all whole foods listed in the guide will not align with the packaged food nutrition recommendations, they are included as add-ins for their additional key nutrients. For example, while all fresh fruits can be included as a SmartCarb add-in, many do not contain 3 grams or more of fiber. But because fruits provide so much nutrition, we encourage you to enjoy a variety!

We provide portion sizes for each food listed, but visual aids are another great way to measure the perfect amount without having to get out cumbersome kitchen tools. Here are some simple comparisons to keep in mind when portioning out your grocery add-ins.



1 oz. = 1 thumb or 3 dice
Examples – PowerFuels: reduced fat cheese.



2-3 oz. 2 oz. = about $\frac{2}{3}$ 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 teaspoon = 1 fingertip or 1 die
Examples – Extras: honey, jelly, maple syrup, mayonnaise, oil and seeds.



1 Tablespoon = 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.



1/4 cup = 1/2 cupped hand or 1 egg

Examples – PowerFuels: avocado, ricotta cheese and shredded, grated or crumbled cheese.

SmartCarbs: dried fruit, hummus.



1/2 cup = 1 cupped hand or computer mouse

Examples – PowerFuels: 1% cottage cheese, canned tuna, edamame, lean ground turkey.

SmartCarbs: brown rice, quinoa, whole grain pasta, beans and starchy veggies (corn, potatoes and peas).



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.

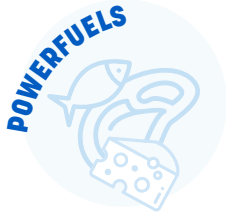
My Grocery Add-In List

Planning and variety are a key part of a nutritious diet. Use this handout to plan your grocery add-ins in advance and to ensure you are fitting a variety of nutritious, minimally processed foods into your day.

As you review the Grocery Guide, use this page to create a go-to list of your top 10 foods from each add-in category. Post your list somewhere visible or easily accessible to you—like the front of the refrigerator or in your purse with your weekly shopping list! Use your list to serve as a reminder of the nutritious foods you will want to pick up at the grocery store to include as part of your plan.

Come back to your list every couple of weeks. Review the Grocery Guide for more ideas and refresh your list as needed.

POWERFUELS



SMARTCARBS



VEGETABLES



EXTRAS & FREE FOODS



SmartCarbs are a specific group of carbohydrates that are nutrient-rich and 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 while promoting good health by delivering vitamins, minerals, fiber and other important nutrients.

Please note that we've adjusted this guideline for some minimally processed packaged foods on this list. In most cases, we

If you choose to include packaged foods not on this list, be sure to add foods that contain between **80 – 120 calories with at least 3 grams of fiber per serving.**

increased the calorie guidelines slightly so that most major brands would still allow for 3g fiber.

BEANS & LEGUMES

Foods	Serving Sizes	Shopping & Cooking Suggestions
Black Beans, Black-eyed Peas, Cannellini Beans, Chickpeas (Garbanzo Beans)	½ cup cooked or canned	Low-sodium or no-salt-added canned options
Bean or Legume-based blended or pureed soups	½ cup prepared	Low-sodium or no-salt-added canned options (ex. black bean, lentil, pinto, navy bean soups)
Falafel	1 – 2 small home-made patties (~ 2 ¼ inch diameter)	Check Nutrition Facts panel for packaged varieties for serving size within 80 – 120 calories
Fava Beans	1 cup cooked	
Great Northern Beans	½ cup cooked or canned	Low-sodium or no-salt-added canned options
Hummus	¼ cup	
Kidney Beans	½ cup cooked or canned	Low-sodium or no-salt-added canned options
Lentils, Lima Beans, Mung Beans	½ cup cooked	
Navy Beans, Pinto beans, Red Beans	½ cup cooked or canned	Low-sodium or no-salt-added canned options
Split Peas	½ cup cooked	
White Beans	½ cup cooked or canned	Low-sodium or no-salt-added canned options

BREAD, MUFFINS & ROLLS

Foods	Serving Sizes	Shopping & Cooking Suggestions
Bagel	½ standard bagel 1 bagel thin 1 mini bagel	100% whole grain varieties
Bread	2 slices for light varieties 1 slice for regular varieties	Varieties such as: 100% whole grain varieties Dark rye such as pumpernickel Gluten-free varieties made with whole or multigrain Sprouted grains Sourdough
Challah Bread	1 medium slice, about 1 oz.	Choose from whole grain varieties more often
Ciabatta	1 small roll	Multigrain or whole grain varieties
Flatbread	Varies	Whole grain varieties with 130 calories or less and at least 3g fiber per serving
English Muffin	1 muffin	Light varieties made with whole or multigrain
French Bread	1 small slice	Whole grain varieties
Hamburger Bun, Hot Dog Bun	1 bun	100% whole grain varieties
Naan, Pita Bread	6-inch	100% whole grain varieties
Rolls (dinner or slider), Sandwich Thins	1 roll	100% whole grain varieties
Tortilla, Wraps	6-inch	Whole grain flour or corn varieties

FRUIT - DRIED OPTIONS (INCLUDE IN LIMITED QUANTITIES, CHOOSE UNSWEETENED OR REDUCED SUGAR OPTIONS.)

Foods	Serving Sizes	Shopping & Cooking Suggestions
Apple Slices, Apricots, Banana Chips, Cherries, Cranberries, Figs, Goji Berries, Prunes, Raisins	¼ cup	
Mango	About 4 slices mango	
Freeze Dried Fruits	Varies	No-added-sugar varieties with 50 - 100 calories and at least 1g fiber per serving

FRUIT - FRESH, FROZEN AND CANNED OPTIONS

While not all whole fruit choices will contain at least 3 grams of fiber, we still encourage all whole fruits to be included as a SmartCarb choice because they are nutritious powerhouses!

Foods	Serving Sizes	Shopping & Cooking Suggestions
Apples	1 medium 1 cup slices	All varieties, with skin
Applesauce	½ cup	Unsweetened varieties, regular or blended with other fruits (ex. strawberries, cherries, etc.)
Apricots	5 small 1 cup slices	
Banana	1 medium 1 cup slices	
Blackberries, Blueberries	1 cup	
Cantaloupe Melon	1 cup cubes ⅓ melon	
Cherries	1 cup	Fresh or frozen without added sugar
Clementines	2 medium	
Currants	1 cup	
Dates	¼ cup	
Dragon Fruit	1 cup	
Figs	2 medium	
Grapefruit	1 medium 1 cup segments	Canned in 100% juice or water
Grapes, Guava	1 cup	All varieties of grapes
Honeydew Melon	1 cup cubes ⅓ melon	
Kiwi	2 medium 1 cup slices	
Loganberries, Lychee	1 cup	
Mandarin Oranges	2 medium 1 cup segments	Canned varieties in 100% juice or water
Mango, Mixed Berries, Mixed Fruit, Fruit Cocktail	1 cup	Canned varieties of mixed fruit or fruit cocktails in 100% fruit juice or water
Nectarine, Orange	1 medium 1 cup segments	
Papaya	1 cup	
Peaches, Pears	1 medium 1 cup slices	Canned varieties in 100% juice or water
Persimmons	2 medium	
Pineapple	1 cup chunks ½ cup crushed	Canned varieties in 100% juice or water
Plantains	½ cup cooked About 6 slices	
Plums, Pluots	2 medium 1 cup slices	

FRUIT - FRESH, FROZEN AND CANNED OPTIONS (CONTINUED)

Foods	Serving Sizes	Shopping & Cooking Suggestions
Pomegranate	½ cup arils (seeds)	
Prickly Pear, Raspberries	1 cup	
Salsa, fruit-based (ex. peach, mango, pineapple, etc.)	1 cup	
Strawberries	1 cup slices About 14 berries	
Tangelos	2 medium 1 cup segments	
Tangerines	2 medium 1 cup segments	
Watermelon	1 cup cubes About 12 small balls	

FRUIT - FRUIT JUICES (LIMIT JUICE TO NO MORE THAN 1 SERVING PER DAY)

Foods	Serving Sizes	Shopping & Cooking Suggestions
Apple Juice, Cherry Juice, Grape Juice, Grapefruit Juice, Mango Juice, Orange Juice, Pineapple Juice, Pomegranate Juice, Prune Juice	4 fl. oz. (½ cup)	100% juice varieties, no-added-sugar

GRAINS & CEREALS

Foods	Serving Sizes	Shopping & Cooking Suggestions
Amaranth, Barley, Bulgur	½ cup cooked	
Cereal, ready to eat	Varies	Whole grain varieties with 130 calories or less, 3g or more fiber and 5g or less added sugars per serving
Couscous, Farro, Grain Blends, Grits, Millet	½ cup cooked	Whole grain varieties Stone ground or old-fashioned grits
Oatmeal	½ cup cooked ¼ cup uncooked 1 packet instant	Old-fashioned, quick oats or steel cut oatmeal Prepare with water Choose oatmeal with less than 7g added sugar per serving
Pasta	½ cup cooked	Whole grain and legume-based (ex. chickpea, lentil) Cooked al dente
Popcorn	3 cups	Air-Popped with no added fats
Quinoa, Rice, Rice Noodles, Spelt	½ cup cooked	Wild or whole grain rice varieties (ex. brown rice, basmati, red or black) Whole grain noodle varieties (ex. brown rice noodles)
Whole Wheat Flour	¼ cup	

STARCHY VEGETABLES

Foods	Serving Sizes	Shopping & Cooking Suggestions
Butternut Squash	1 cup cooked	
Butternut Squash Spirals	½ cup raw ¼ cup cooked	Fresh or frozen options without added sauces
Corn	½ cup 1 medium cobb	Fresh, frozen without added sauces, or no-salt and no-sugar-added canned options
Green Peas	½ cup	Fresh, frozen without added sauces, or no-salt-added canned options
Parsnips	1 cup raw ½ cup cooked	
Potatoes	1 small (approx. 3 oz.) ½ cup cooked or mashed (plain) 1 cup shredded, raw or frozen	All varieties, with skin Bake or air-fry with minimal added fats or oils
Pumpkin	1 cup raw cubes ½ cup cooked or mashed ¼ cup plain canned	Fresh, frozen without added sauces, or no-salt-added canned options
Split Pea Soup	1 cup prepared	Lower-sodium canned varieties
Sweet Potatoes	1 small (approx. 3 oz.) ½ cup diced or cubed, cooked ¼ cup plain, cooked and mashed	With skin
Wasabi Peas	¼ cup	
Winter Squash	1 cup cooked	All varieties (ex. acorn, butternut, Hubbard)
Yam	1 small (approx. 3 oz.) ½ cup cooked	With skin
Yucca or Cassava	¼ cup cooked	

MISCELLANEOUS SMARTCARBS

Foods	Serving Sizes	Shopping & Cooking Suggestions
Crackers	Varies	Whole grain varieties with 130 calories or less and at least 3g fiber per serving
Fiber Bars	1 bar	Snack or granola varieties with 120 calories or less, at least 3g fiber, and 4g or less added sugar per serving
Matzo	1 cracker	Whole wheat and unsalted varieties
Pancakes	1 pancake, (5-6 in. diameter) 3 mini pancakes, (2 in. diameter)	100% whole grain mixes
Pizza Crusts or Flatbreads	Varies	Whole grain, legume or cauliflower varieties with 150 calories or less and at least 3g fiber per serving
Pretzels	Varies	Whole grain varieties with 120 calories or less and at least 3g fiber per serving
Taco Shells	2 hard shells or soft street tacos tortillas	Corn hard shell varieties Whole wheat tortillas
Tortilla Chips	Varies	Whole or multigrain varieties with 140 calories or less and at least 2g fiber per serving
Veggie-Based Tots (ex. cauliflower, broccoli, zucchini)	Varies	Varieties with 130 calories or less and at least 2g fiber per serving
Waffles	¼ of a 7 or 8 in. waffle 1 frozen, prepared waffle	Whole wheat or whole grain varieties

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

If you choose to include packaged foods not on this list, be sure to add foods that 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).

BEEF

Foods	Serving Sizes	Shopping & Cooking Suggestions
Beef	2 oz. cooked	Lean cuts, such as round steaks and roasts (eye of round, top or bottom round, round tip), sirloin, flank steak, filet mignon, chuck roasts, London broil, tenderloin, etc. Fat trimmed
Carne Asada	2 oz. cooked	
Ground Beef	2 oz. cooked, about ½ cup	95% or greater lean Fat drained
Veal	2 oz. cooked	Lean cuts, fat trimmed
Ground Veal	2 oz. cooked, about ½ cup	90% or greater lean Fat drained

CHEESE

Foods	Serving Sizes	Shopping & Cooking Suggestions
American, Asiago, Blue, Brie	1 oz. 1 slice ¼ cup shredded	Choose low-fat or reduced-fat varieties of cheeses Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Burrata	1 oz. or about ¼ of a large ball	
Cheese Curds	½ cup	Small or large curds
Cheddar, Cheddar Jack, Colby, Colby Jack	1 oz. 1 slice ¼ cup shredded	Choose low-fat or reduced-fat varieties Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Cottage Cheese	½ cup	Low-fat or fat-free and no-salt-added varieties
Deli Cheese Slices, Farmers Cheese	1 slice or 1 oz.	Low- or reduced-fat varieties Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Feta, Goat, Gorgonzola	1 oz. or ¼ cup crumbles	Low-fat or reduced-fat varieties Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities

CHEESE (CONTINUED)

Foods	Serving Sizes	Shopping & Cooking Suggestions
Gouda, Jarlsberg, Havarti, Manchego Cheese, Mexican Blend, Monterey or Pepper Jack, Mozzarella, Muenster	1 slice or 1 oz. ¼ cup shredded	Low- or reduced-fat varieties Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Parmesan, Parmigiano Reggiano, Romano Cheese	¼ cup shredded or grated, or 1 oz.	Low- or reduced-fat varieties Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Provolone	1 ounce 1 slice ¼ cup shredded	Low- or reduced-fat varieties Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Romano Cheese	¼ cup shredded or grated, or 1 oz.	Low- or reduced-fat varieties Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Ricotta	¼ cup	Part-skim varieties
Semisoft snack-sized cheese pieces, such as Babybel® brand	2 pieces, or about 1 oz.	Light varieties
Spreadable Wedge Cheese, such as Laughing Cow® brand	About 3 wedges	Light varieties
String Cheese	1 piece	Low- or reduced-fat varieties
Swiss	1 slice or 1 oz. ¼ cup shredded	Low-fat or reduced-fat varieties

EGGS

Foods	Serving Sizes	Shopping & Cooking Suggestions
Egg	1 large	
Egg Substitute	½ cup	
Egg Whites	4 large	

FISH & SHELLFISH

Foods	Serving Sizes	Shopping & Cooking Suggestions
Anchovies	2 oz. cooked ¼ cup canned	
Bass, Branzino, Calamari, Catfish	3 oz. cooked	
Clams	3 oz. cooked ⅔ cup canned	Canned in water Choose primarily low- or reduced-sodium options Include regular sodium options in limited quantities
Ceviche	2 oz., or about ½ cup	
Cod	3 oz. cooked	
Crab	3 oz. cooked ⅔ cup canned	Canned in water
Crayfish, Flounder, Grouper, Haddock Halibut, Lobster	3 oz. cooked	
Lox or Smoked Salmon	2 oz.	
Mackerel	2 oz. cooked ¼ cup canned	Canned in water
Mahi Mahi, Mussels	3 oz. cooked	
Oysters	3 oz. cooked, about 3 or 4	
Pike, Pollock	3 oz. cooked	
Rockfish	2 oz. cooked, or 3 oz. raw	
Salmon	2 oz. cooked, or 3 oz. raw ½ cup can or pouch	Canned or pouched in water
Sardine	3 oz. cooked or canned about 4 sardines	Canned in water
Sashimi	About 2 oz. but will vary based on fish choice; aim for 80 – 120 calories per serving	
Scallops, Shrimp, Snapper	3 oz. cooked	
Swordfish	2 oz. cooked	

FISH & SHELLFISH (CONTINUED)

Foods	Serving Sizes	Shopping & Cooking Suggestions
Tilapia	3 oz. cooked	
Trout	2 oz. cooked	
Tuna	2 oz. cooked, or 3 oz. raw ½ cup can or pouch	Canned or pouched in water

MILK & DAIRY

Foods	Serving Sizes	Shopping & Cooking Suggestions
Buttermilk	8 fl. oz. (1 cup)	Low-fat varieties
Evaporated Milk	4 fl. oz. (½ cup)	Skim or fat-free varieties
Greek Yogurt	⅔ cup or Single Serving Containers (about 6 oz.)	Low-fat or fat-free varieties Plain varieties with no more than 2.5g added sugar per serving Fruit-based varieties with no more than 4g added sugar per serving
Kefir	1 cup or 8 oz.	Choose plain, no-added-sugar varieties more often Limit added sugars to no more than 8g per serving
Lattes	About 16 oz. serving	80 – 120 calories per serving Made with skim or low-fat milk options and no-added-sugars
Milk	8 fl. oz. (1 cup)	Low-fat (1%) or fat-free (skim) varieties
Skyl, Yogurt	⅔ cup or Single Serving Containers (about 6 oz.)	Low-fat or fat-free varieties Plain or fruit-based varieties with no more than 120 calories and 2.5g added sugar per serving

MILK & DAIRY ALTERNATIVES

Foods	Serving Sizes	Shopping & Cooking Suggestions
Milk Alternatives	8 fl. oz. (1 cup)	Unsweetened varieties that contain no more than 130 calories, no more than 2g added sugars, and at least 8g protein per serving (ex. almond, coconut, oat, pea, flaxseed, soy, etc.)
Soy Yogurt	⅔ cup or Single Serving Containers (about 6 oz.)	Low-fat or fat-free varieties Plain or fruit-based varieties with no more than 2.5g added sugar per serving

NUTS & SEEDS

Foods	Serving Sizes	Shopping & Cooking Suggestions
Almonds, Brazil Nuts, Cashews	2 Tbsp. or 12 almonds 4 Brazil nuts 9 cashews	Unsalted varieties
Chia Seeds	2 Tbsp.	Unsalted varieties
Flaxseeds	2 Tbsp. whole 3 Tbsp. ground	Unsalted varieties
Hazelnuts/Filberts	2 Tbsp. or 10 hazelnuts	Unsalted varieties
Hemp Seeds	2 Tbsp.	Unsalted varieties
Macadamia Nuts	2 Tbsp. or 6 nuts	Unsalted varieties
Mixed Nuts	2 Tbsp.	Unsalted varieties
Peanuts, Pecans	2 Tbsp. or 17 peanuts 7 pecan halves	Unsalted varieties
Pine Nuts	2 Tbsp.	Unsalted varieties
Pistachios	2 Tbsp. or 24 nuts	Unsalted varieties
Pumpkin Seeds (Pepitas), Sesame Seeds, Sunflower Seeds	2 Tbsp.	Unsalted varieties
Soy Nuts	¼ cup	Unsalted varieties
Walnuts	2 Tbsp. or 7 halves	Unsalted varieties

NUT & SEED BUTTERS

Foods	Serving Sizes	Shopping & Cooking Suggestions
Almond Butter, Cashew Butter, Peanut Butter Pumpkin Seed Butter, Sunflower Seed Butter Tahini (Sesame Paste)	1 Tbsp.	No-added-sugar varieties

OILS & DRESSINGS

Foods	Serving Sizes	Shopping & Cooking Suggestions
Avocado Oil, Butter Substitutes, Canola Oil, MCT Oil, Olive Oil, Peanut Oil, Safflower Oil	1 Tbsp.	Original and light butter substitute varieties, such as Benecol® or Smart Balance® brands
Salad Dressing	About 2 or 3 Tbsp.	Regular or full-fat varieties Homemade or store-bought vinaigrette-style (non-creamy) versions
Sesame Oil, Walnut Oil	1 Tbsp.	

PLANT-BASED ALTERNATIVES

Foods	Serving Sizes	Shopping & Cooking Suggestions
Edamame	½ cup shelled	
Seitan (Vital Wheat Gluten)	3 oz. cooked ¼ cup	
Tempeh	3 oz. cooked ½ cup	Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Textured Vegetable Protein (TVP)	½ cup cooked	
Tofu	1 cup	All varieties (ex. extra-firm, firm, soft, etc.)
Veggie/Plant-Based Burgers	2 oz. cooked, or about 1 small slider size patty	No more than 140 calories and at least 10g protein per serving

POULTRY

Foods	Serving Sizes	Shopping & Cooking Suggestions
Chicken, breast or tenderloins	2 oz. cooked	Without skin
Chicken, can or pouch	½ cup	Canned or pouched in water Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Chicken, leg or thigh	2 oz. cooked	Without skin
Chicken, rotisserie	2 oz.	Without skin
Chicken, steaks	2 oz. cooked	Choose lean shaved chicken breast options
Chicken, wing	2 oz. cooked, or about 3 wings	Plain, without sauces Without skin
Cornish Hen, Duck	2 oz. cooked	Without skin Duck, include mostly breast meat
Ground Turkey or Chicken	2 oz. cooked, about ½ cup	93% or greater lean
Goose, Quail	2 oz. cooked	Without skin
Turkey bacon	2 oz. cooked, or about 2 - 3 slices	Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Turkey, breast or dark meat	2 oz. cooked	
Turkey or Chicken Sausage	2 oz. cooked	Lean varieties Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities

PORK

Foods	Serving Sizes	Shopping & Cooking Suggestions
Canadian Bacon	2 oz. cooked About 2 - 3 slices	Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Carnitas	2 oz. cooked, about ½ cup shredded meat	
Ground Pork	2 oz. cooked	95% or greater lean
Ham, Pork Chops Pork Loin Roast, Pork Tenderloin	2 oz. cooked (without bone)	Choose primarily low- or reduced-sodium ham options Include regular sodium versions in limited quantities Trim Fat

MISCELLANEOUS POWERFUELS

Foods	Serving Sizes	Shopping & Cooking Suggestions
Avocado	⅓ fruit ¼ cup pureed or mashed	
Bison or Buffalo	2 oz. cooked	Lean cuts or at least 90% lean ground meat
Deli Meats	2 oz.	Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Guacamole	¼ cup	
Lamb	2 oz. cooked	Lean cuts or at least 90% lean ground meat
Olives	8 - 10 large 16 - 20 small	All varieties Include in limited quantities due to sodium content
Pesto Sauce	2 Tbsp.	
Protein Bars	1 bar	Animal or plant-based varieties Between 80 – 120 calories with at least 8g protein and no more than 5g added sugar per serving
Protein Shakes or Powders	Varies	Animal or plant-based varieties Between 80 – 140 calories with at least 10g protein and no more than 5g added sugar per serving
Venison	2 oz. cooked	Lean cuts or at least 90% lean ground meat

Vegetables



The vegetable category consists of non-starchy veggies (you'll find the starchy ones under the SmartCarbs category). Vegetables are packed with nutrients that are essential to your body and are beneficial to an overall healthy lifestyle.

We recommend eating at least four servings of non-starchy veggies each day for overall health and weight management. Because they are packed with nutrition and low in calories, you should enjoy as many as you'd like! We still provide the serving sizes to help you learn what an appropriate portion looks like. Add them to your Nutrisystem meals, Flex meals or snacks! They are the perfect choice to help you fill up and stay satisfied throughout the day.

Below is a list of our favorite options! Keep in mind, if choosing canned versions look for low-sodium or no-salt-added varieties or rinse the veggies under water before cooking. Choose frozen options without added sauces to help limit added sodium and saturated fats.

One serving is equal to ½ cup cooked or 1 cup raw, unless otherwise noted in the list below.

If choosing packaged vegetables not included on this list, aim for no more than **25 calories per serving**.

Foods	Serving Sizes	Shopping & Cooking Suggestions
Alfalfa Sprouts		
Artichokes	½ cup jarred or canned (plain)	Can or jar varieties without added oils
Arugula		
Asparagus		
Bamboo Shoots	½ cup canned	
Bean Sprouts		
Beets	½ cup canned 2 fl. oz. (¼ cup) 100% juice	Beet juice varieties with no-added-sugars
Beet Greens		
Bell Peppers		All varieties of bell peppers (ex. red, green, etc.)
Bok Choy (Chinese Cabbage)		
Broccoli		
Broccoli Rabe		
Broccoli Slaw		Unprepared, plain packaged slaw mixes
Broccoli Sprouts		Unprepared, plain packaged slaw mixes
Broccolini		
Brussels Sprouts		
Cabbage		All varieties of cabbage (ex. green, purple, Napa, etc.)
Carrots		All varieties of carrots (ex. orange, yellow, purple, rainbow)
Cauliflower	¾ cup frozen or fresh riced ½ cup cooked riced	Mashed or riced varieties plain, without added sauces or dairy
Celery	2 medium stalks	
Cherry or Grape Tomatoes		
Chicory Greens		
Chinese Chard		
Cole Slaw Mix		Unprepared or plain packaged slaw mixes
Collard Greens		

VEGETABLES (CONTINUED)

Foods	Serving Sizes	Shopping & Cooking Suggestions
Cucumber		
Daikon (Chinese Radish)		
Eggplant		
Endive		
Escarole		
Fennel		
Garden Salad Mixes		Assorted fresh non-starchy vegetable mixes, like pre-packaged lettuce, carrots and cabbage mix
Greens		All varieties of greens (ex. collard, chicory, etc.)
Green Beans		
Hearts of Palm	½ cup can or pouch	
Italian Wax Beans		
Jicama		
Kale		
Kimchi	1 cup	
Kohlrabi		
Leeks		
Lettuce		All varieties of lettuce (ex. Boston, romaine, etc.)
Mixed Greens, Spring Mix		
Mixed Vegetables, Vegetable Medley		Mixed Vegetables without pasta, peas, corn, or other starchy vegetables (ex. California blend)
Mushrooms		All varieties of mushrooms (ex. portabella, white button, etc.)
Okra		
Onions		All varieties of onions (ex. yellow, white, sweet Vidalia, purple, etc.)
Pea Shoots		
Peppers		All varieties of peppers (ex. orange, yellow or red bell, poblano, etc.)
Radish		
Rhubarb		
Salad Mixes		Various lettuces and greens, pre-packaged varieties with non-starchy vegetables only
Sauerkraut	½ cup can or jar	Choose primarily low- or reduced-sodium options Include regular sodium versions in limited quantities
Scallions, Green Onions		
Seaweed, Kelp		
Shallots	1 small	
Snow Peas		
Sugar Snap Peas		
Spaghetti Squash		
Spinach		
Swiss Chard		
Tomatillos		

VEGETABLES (CONTINUED)

Foods	Serving Sizes	Shopping & Cooking Suggestions
Tomatoes		All varieties of tomatoes (ex. red, yellow, green, Heirloom, etc.)
Tomatoes, stewed	¼ cup	No-salt-added canned varieties
Tomato Juice	4 fl. oz. (½ cup)	100% juice, no-salt-added or lower-sodium varieties
Tomato Puree or Sauce	4 fl. oz. (½ cup)	No-salt-added or lower-sodium varieties
Turnip Greens		
Turnips		
Vegetable Juice	4 fl. oz. (½ cup)	100% juice, no-salt-added or lower-sodium varieties
Vegetable Soup	About 1 cup	Made with no-salt-added or lower-sodium broths, non-starchy vegetables and herbs/spices (optional)
Water Chestnuts	½ cup canned	
Watercress		
Yellow Summer Squash		
Zucchini		"Veggie Spiral" or "Zoodle" varieties without added sauces

“Extras” are lower-calorie add-ins that you can use to spice up your meal plan or satisfy a craving.

Some Extras also fall into other grocery food categories, such as PowerFuels or SmartCarbs. In these instances, the portion size will determine if it is counted as an Extra or another add-in category.

If you choose to include packaged foods not on this list, be sure to add foods that **contain between 10 – 35 calories per serving**. We recommend limiting extras to no more than 3 per day.

Foods	Serving Sizes	Shopping & Cooking Suggestions
Agave Sweetener	1 tsp.	
Aioli Sauce	1 tsp.	
Almond Milk	8 fl. oz. (1 cup)	Unsweetened, without added protein (see PowerFuel list for added protein varieties)
Anchovies	5 – 6 pieces (canned)	
Apple Butter	1 Tbsp.	
Avocado	1/8 fruit 1 Tbsp. pureed/mashed	
Baba Ghanoush (Eggplant Dip)	2 Tbsp.	
Bacon Bits, Balsamic Glaze	1 Tbsp.	
Balsamic Vinegar	1 Tbsp.	
BBQ Sauce, Bread Crumbs	1 Tbsp.	
Buffalo Wing Sauce	1 Tbsp.	
Butter	1 tsp., regular varieties 2 tsp., light varieties	Choose primarily unsalted butter
Buttermilk	1/4 cup	
Butter Substitute	2 tsp.	Light varieties
Caramel Sauce	1 tsp. regular varieties 2 tsp., light or sugar free varieties	
Cashew Milk	8 fl. oz. (1 cup)	Unsweetened, without added protein (see PowerFuel list for added protein varieties)
Chia Seeds	1 tsp.	
Chocolate Chips	1/2 Tbsp.	Semi-sweet varieties
Chocolate flavored Hazelnut Spread	1 tsp.	
Chocolate Syrup, regular	1 teaspoon	
Chocolate Syrup, no-added-sugar	1 Tbsp.	
Chow Mein Noodles	2 Tbsp.	
Cocktail Sauce, Cocoa Powder, Coconut	1 Tbsp.	Unsweetened cocoa powder
Coconut Milk, refrigerated beverage varieties	4 fl. oz. (1/2 cup)	Unsweetened, without added protein (see PowerFuel list for added protein varieties)
Coconut Milk, canned varieties	1 Tbsp.	Unsweetened varieties

EXTRAS (CONTINUED)

Foods	Serving Sizes	Shopping & Cooking Suggestions
Coconut Oil	1 tsp.	
Coconut Water	4 fl. oz. (½ cup)	Unsweetened coconut water
Coffee Creamer, Cranberry Sauce	1 Tbsp.	Low- or no-fat coffee creamers
Cream Cheese, Neufchatel	1 Tbsp.	Low- or no-fat cream cheese
Cream	1 Tbsp.	Heavy or light varieties of cream
Cream-Based Dips	1 Tbsp.	Ex. French onion, spinach artichoke
Croutons	2 Tbsp.	
Dark Chocolate	¼ ounce	45% or more cocoa
Dill Pickles, Egg White	1 large	
Evaporated Milk	1 Tbsp., full-fat varieties 2 Tbsp., low-fat or fat-free	
Flax Milk	8 fl. oz. (1 cup)	Unsweetened, without added protein (see PowerFuel list for added protein varieties)
Flaxseeds	1 tsp.	
Fried Onion Topping	1 Tbsp.	
Frozen Yogurt	Most varieties ¼ cup	Low-fat, fat-free, or no-added-sugar varieties Check Nutrition Facts Panel of individual packaged products for serving size with 35 calories or less
Fruit	¼ cup	All varieties and types of fruits (see SmartCarb list for larger serving size)
Fruit Bars or Popsicles	Most varieties 1 bar or popsicle	Check Nutrition Facts Panel of individual packaged products for serving size with 35 calories or less No-added-sugar varieties made with real fruit juices
Gelatin (ex. Jell-O)	½ cup 1 small single serve container	No-added-sugar varieties
Gravy	1 Tbsp. dry mix ¼ cup prepared	
Guacamole	1 Tbsp.	
Hemp Milk	4 fl. oz. (½ cup)	Unsweetened, without added protein (see PowerFuel list for added protein varieties)
Hemp Seeds	1 tsp.	
Half and Half	1 Tbsp., full-fat varieties 2 Tbsp., low-fat or fat-free	
Honey	1 tsp.	
Honey Mustard	1 tsp.	
Ice Cream	Varies	Low-fat, fat-free, or no-added-sugar varieties Check Nutrition Facts Panel of individual packaged products for serving size with 35 calories or less
Ice Cream Cone	1 cone	Cake or wafer type
Italian Crispy Breadsticks	1 breadstick	

EXTRAS (CONTINUED)

Foods	Serving Sizes	Shopping & Cooking Suggestions
Jelly or Jam	1 tsp., regular varieties 1 Tbsp., no-added-sugar varieties	
Kombucha	Varies	Check Nutrition Facts Panel of individual packaged products for serving size with 35 calories or less
Ketchup	1 Tbsp.	Reduced-sugar or no-added-sugar varieties
Maple Syrup	1 tsp.	
Marinated Artichoke Hearts	About 3 pieces	
Marmalade or Fruit Preserves	1 tsp., regular varieties 1 Tbsp., no-added-sugar varieties	
Marshmallow Topping	1 Tbsp.	
Mayonnaise	1 tsp., regular varieties 1 Tbsp., reduced-fat or light	
MCT oil	1 tsp.	
Milk	2 fl. oz. (¼ cup)	Low-fat (1%) or fat-free (skim) (see PowerFuels list for larger serving size)
Nacho Cheese Sauce	1 Tbsp.	
Nutritional Yeast	1 Tbsp.	
Oat Milk	8 fl. oz. (1 cup)	Unsweetened, without added protein (see PowerFuel list for added protein varieties)
Olives	1 Tbsp. or about 6 - 7 small	All varieties
Parmesan Cheese	1 Tbsp.	
Peanut Sauce	1 Tbsp.	
Pickled Beets	About 4 slices or ¼ cup	
Pickled Vegetables (Giardiniera)	¼ cup	
Pimento	½ cup	
Pimento Cheese Spread	1 Tbsp.	
Pizza Sauce	¼ cup	No-added-sugar varieties
Powdered Peanut Butter	1 Tbsp.	
Powdered Sugar	1 Tbsp.	
Popcorn	1 cup	Air-popped popcorn
Poppy Seeds	1 tsp.	
Pudding	Varies	Sugar-free varieties Check Nutrition Facts Panel of individual packaged products for serving size with 35 calories or less
Relish	1 Tbsp.	Reduced-sugar or no-sugar-added relish

EXTRAS (CONTINUED)

Foods	Serving Sizes	Shopping & Cooking Suggestions
Rice Cake	1 cake	No-added-sugar rice cake varieties
Roasted Red Peppers	3 Tbsp.	Drain varieties packed in oil
Salad Dressing	1 tsp., regular varieties 1 Tbsp., reduced-fat, light, or low-fat yogurt-based 2 Tbsp., fat-free varieties	
Salad Toppings, Salad Toppers	Varies	Check Nutrition Facts Panel of individual packaged products for serving size with 35 calories or less
Salsas, fruit based, such as peach, mango, pineapple, etc.	¼ cup	See SmartCarb list for larger portion sizes
Seeds, all varieties (ex. pumpkin, sesame seeds, sunflower seeds)	1 tsp.	Unsalted varieties
Spreadable Light Cheese Wedges (such as Laughing Cow® brand)	1 wedge	
Sour Cream	1 Tbsp., regular varieties 2 Tbsp., light or fat-free varieties	
Steak Sauce	1 Tbsp.	
Sugar	1 tsp.	All types of sugar (ex. brown, cane, maple, etc.)
Sweet and Sour Sauce	1 Tbsp.	
Sweet Pickles	About 6 pickle chips or 1 small gherkin	
Syrup	1 tsp., regular varieties 1 Tbsp., light varieties	
Tabbouleh	2 Tbsp.	
Tartar Sauce	1 Tbsp.	
Teriyaki Sauce	1 Tbsp.	
Thai Sweet Chili Sauce	1 Tbsp.	
Tomato Paste	1 Tbsp.	
Tzatziki Sauce	2 Tbsp.	
Vegetable, Plant-Based Oil Spreads or Margarine	1 tsp.	
Vegetable or Seed Oils	1 tsp.	All types of liquid vegetable and seed oils (ex. canola, olive, peanut, sesame, sunflower, etc.)
Wheat Germ	1 Tbsp.	
Whipped Topping or Cream	2 Tbsp.	Regular or light varieties of whipped topping or cream
Wonton Strips		

Free Foods



Free foods are condiments, herbs, spices and beverages that have very few calories and are unlikely to be overconsumed during the day. That's why they are unlimited.

If you choose to include packaged foods not on this list, be sure to add foods that **contain less than 10 calories per serving.**

Foods	Shopping & Cooking Suggestions
Basil	
Black Pepper	
Butter Spray	
Broth	No-salt-added or low-sodium varieties All varieties (ex. beef, chicken, fish/seafood, vegetable)
Capers	
Celery Seed	
Chives	
Cilantro or Coriander	
Cinnamon	
Club Soda	
Coffee	Hot or Cold, black
Coffee Creamer	Calorie-free varieties
Cooking Spray	
Cumin	
Curry Powder	
Dill	
Espresso	
Extracts	All varieties (ex. vanilla, mint, lemon, etc.)
Garlic	
Garlic Powder	
Ginger	
Green Chilis	
Green Onions/Scallions	
Herbal Teas	Unsweetened, all varieties
Horseradish	
Hot Peppers	All varieties (ex. banana, jalapeno slices, serrano, etc.)
Hot Sauce	
Iced Tea	Unsweetened, all varieties
Lemonade	Calorie-free varieties
Lemon Juice	
Lime Juice	
Liquid Aminos	
Liquid Smoke	

FREE FOODS (CONTINUED)

Foods	Shopping & Cooking Suggestions
Matcha Powder	Plain green tea powders with no-added-sugars or ingredients
Mustard	All varieties except honey mustard (see Extras for honey mustard serving size)
Onion Powder	
Oregano	
Paprika	
Parsley	
Pepperoncini	
Picante Sauce	
Pico de Gallo	
Red Pepper Flakes	
Rosemary	
Salad Dressing	Calorie-free varieties
Salsa or Salsa Verde	Tomato- or tomatillo-based varieties without added fruits
Seltzer	Plain or flavored, calorie-free varieties
Soy Sauce or Tamari	Lite or low-sodium varieties
Spices and Seasoning Blends	With minimal added salt or sugar
Sriracha	
Syrup	Calorie-free varieties
Sweeteners	Natural, calorie-free varieties (ex. Monk Fruit, Stevia, Erythritol)
Taco Sauce	
Tea	Unsweetened, all varieties (ex. black, Chamomile, green, white, etc.)
Turmeric	
Vanilla Extract	
Vinegar	All varieties except Balsamic (see Extras for balsamic vinegar serving size) Ex. apple cider, white or red wine, rice, etc.
Vegetable Soup	Made with no-salt-added or low-sodium broth, non-starchy vegetables, and herbs/spices of your choice
Worcestershire Sauce	

Beverages



WATER

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 each day.

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
- ½ cup (4 fl. oz.) 100% fruit juice = 1 SmartCarb
- ½ cup (4 fl. oz.) low-sodium vegetable juice/V-8 = 1 Vegetable
- 1 cup unsweetened almond milk = 1 Extra

ALCOHOL

If you choose to drink alcohol, we recommend doing so in moderation. This means no more than one drink per day for women and two drinks per day for men.

Keep in mind as we age, our bodies do not process alcohol as easily. If you are over 65, we recommend limiting to no more than one drink per day for both women and men.

Alcohol is high in calories, providing almost as many calories per ounce as fat. If your goal is weight loss, you may find that further limiting your alcohol is helpful. For weight loss, we recommend enjoying up to 2 alcoholic beverages each week.

Be mindful of portion sizes:

- Wine (12% alcohol) = 5 oz.
- Regular beer (5% alcohol) = 12 oz.
- Craft beer (7% alcohol) = 8 - 10 oz.
- Ready-to-drink cocktails (5% alcohol) = 12 oz.
- Malt beverages or seltzers (7% alcohol) = 8 - 10 oz.
- Distilled spirits (40% alcohol or 80 proof) = 1.5 oz.

A few tips for responsible alcohol consumption:

- Always have a drink with a meal or snack.
- Alcohol is a natural diuretic; be sure to have a glass of water after you drink.
- Be mindful of the percent alcohol by volume (ABV), which determines the serving size. The higher the ABV the smaller
- the portion size for one serving.

HELPFUL RESOURCES



Learn more about your plan!



The Official Nutrisystem® app



The **Leaf**

Daily recipes, expert tips and more

leaf.nutrisystem.com

NUTRISYSTEM GUIDES

Find all of the information you need with these [guides & resources](#)

MY ACCOUNT

Manage your order and more

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