

Nutrisystem®

MEAL PLAN DINING OUT GUIDE



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INTRODUCTION

Embarking on a weight loss journey with Nutrisystem is an exciting adventure. We're here to show you that you can still enjoy life, have fun and dine at your favorite restaurants while shedding those extra pounds.

This guide is designed to help you make informed choices when dining out or ordering takeout, ensuring that you stay on track and continue achieving your weight loss goals. We believe in maintaining a balanced lifestyle, which means enjoying delicious meals with friends and family without compromising your progress.

In this guide, you'll discover:

- **General Dining Out Tips** - Essential strategies for making healthier choices and controlling portion sizes when eating out.
- **Navigating Different Cuisines** - Specific recommendations for popular cuisines such as Italian, Mexican, Chinese and more.
- **Smart Swaps and Modifications** - How to customize your order to better align with your weight loss plan.
- **Alcohol and Beverages** - Guidance on better beverage choices, including alcohol consumption.
- **Fast Food and Desserts** - Tips for making smarter selections at fast-food restaurants, plus suggestions for indulging in treats without derailing your progress.

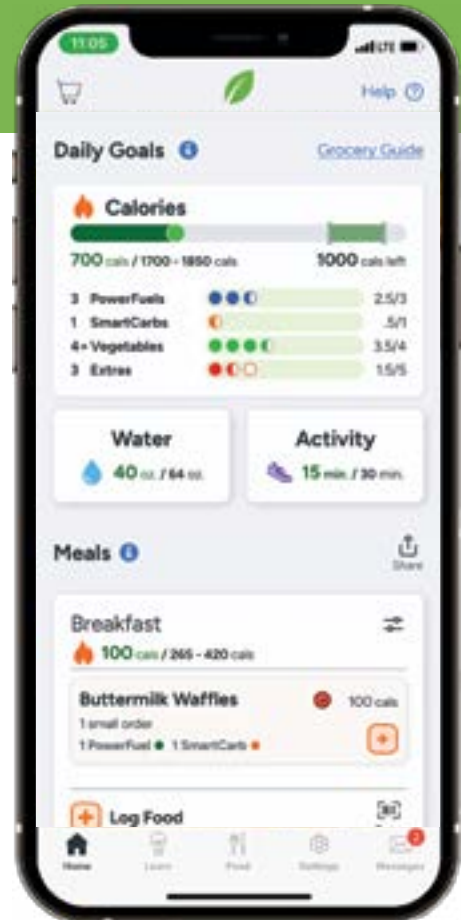
We understand that everyone's journey is unique, and flexibility is crucial to sustaining a balanced and enjoyable lifestyle. Our Dining Out Guide empowers you with the knowledge and confidence to relish your favorite dining experiences while continuing your journey.

Get support right at your fingertips!

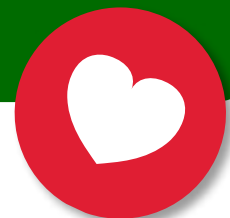
DOWNLOAD THE NUTRISYSTEM® APP!

Our FREE top-rated smart app gives you access to these tools for success:

- Get a personalized meal plan and calorie range tailored to your goals.
- Log food, water, and activity easily in your Journal.
- Track your progress toward your weight loss goal.
- Access helpful guides and resources right in the app.
- Manage your orders and account all in one place.



Join the Official Nutrisystem® Support Community for support, motivation, tips and exclusive content!



A NOTE ON FLEX MEALS

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.

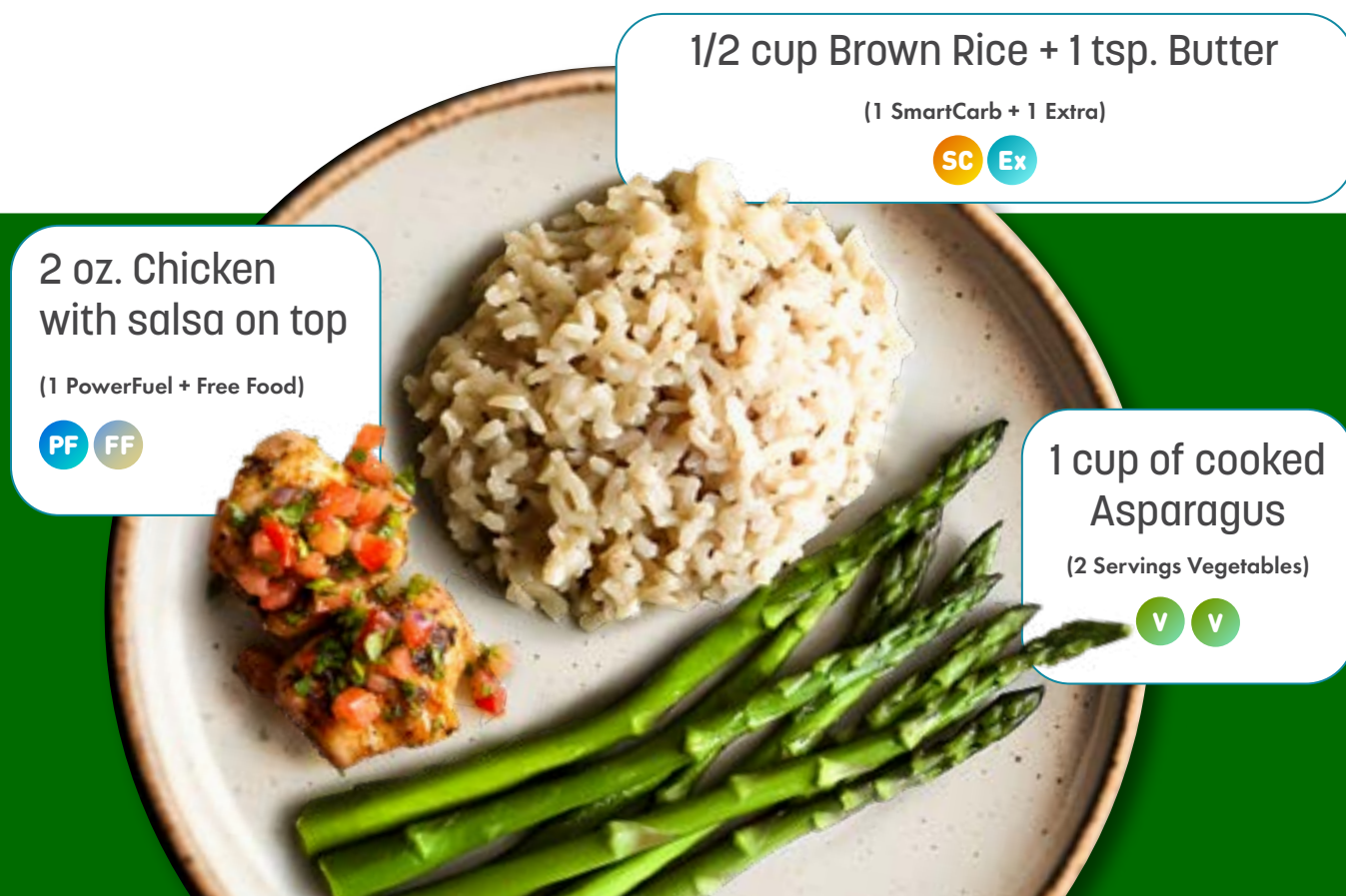
You can reinvent a family recipe or dine at your favorite restaurant, learning to balance your plate with the right nutrients to keep you full and satisfied. If you're ordering a Flex meal from a restaurant, this Dining Out Guide provides tips to help you stay on track.

Flex meals consist of a combination of PowerFuels and SmartCarbs— two categories of grocery add-ins on Nutrisystem. Your Flex meal guidelines will vary depending on your specific meal plan and daily calorie goals.

Keeping these Flex meal guidelines in mind when you go out to eat will help you stick to proper portion sizes. It will also ensure that you are eating the right combination of nutrients to help keep you full and satisfied.

Learn more about building Flex meals and grocery add-ins in the Meal Plans guide on [**The Leaf**](#)

Example Flex Lunch



TAKE CONTROL OF DINING OUT

Retrain your brain for healthier dining: Not every meal out is an excuse to splurge. The next time you go out to eat, think of it as just another meal—and another chance to stay on track. Every smart choice you make brings you a little closer to your goal!

Don't let restaurant options overwhelm you. You are in control of what you order and how much of it you eat. Steer clear of common restaurant pitfalls with these easy tips for ordering and portion control.



PLANNING

- Choose a restaurant with healthy options. Check the **Restaurant Guide** section, or look at menus and nutrition information online. Buffets may not be your best choice.
- Plan what you will order before you go. Look for healthy and lean choices.
- Don't arrive starving. Eat on your regular schedule before you go. You can "save up" one or two items from another part of your meal plan to add to your restaurant meal, but don't skip meals or snacks altogether.

ORDERING

- Focus on making the best choice, rather than “getting your money’s worth.”
- Order what you selected at home. If you didn’t get to pick ahead of time, ask questions to get something healthy.
- Go ahead and make special requests, such as leaving off sauces or substituting a low-fat dressing.
- Always order the small size; don’t supersize anything. Ask if you can order a kids’ meal (if there are healthy choices).

EATING YOUR MEAL

- Before you begin, ask for a to-go container and put part of your food away.
- Pace yourself—eat slowly, savoring every bite. Put down your fork between bites.
- Take frequent sips of your water.
- Leave food on your plate.
- Try to be the last one to finish.
- Ask to have your plate taken away as soon as you’re done.

Tip!
An easy way to eat right:
Fill half your plate with
vegetables.



TIPS TO AVOID TRIPPING UP

- **Enjoy the experience.** Notice the sights, sounds and smells. Enjoy your company. Get into the conversation.
- **Focus on the food.** Really notice the taste of each bite. Chew slowly and savor the flavors.
- **Go for flavor.** Ask for lemon slices for your water. Request extra herbs and spices.
- **Stop before you feel stuffed.** It takes 20 minutes for your brain to realize your stomach is full. Stop or pause eating when you feel about 80% full. After 20 minutes passes, you'll realize how full you actually are.

MAKE THE MOST OF MEALS OUT

Delicious meals don't have to sabotage your healthy eating habits! Here are some handy tips to help you navigate breakfast, lunch, dinner and even dessert while staying on track.



BREAKFAST

- **Include fiber and protein in your breakfast** to stay satisfied all morning. Some of our favorite combinations include cottage cheese or yogurt with berries, whole grain toast with a hard-boiled egg and whole grain cereal served with low-fat milk and fruit.
- **Pack in fiber** with foods made from whole grains, like whole wheat, oats or rye.
- **Skip the butter.** Instead, spread your bread with low-fat cheese, peanut butter or avocado for a boost of protein or healthy fats.
- **Add fruit and veggies.** Rather than high-fat meats and cheeses, try adding veggies like tomatoes and peppers to your omelets or fruit on your pancakes.
- **Choose whole fruit over juice.** You'll get more fiber from the fruit itself.

LUNCH

- **Avoid the afternoon slump** by choosing a lunch that features lean protein such as turkey, chicken breast, roast beef or shrimp.
- **Choose fatty fish like salmon.** They're full of healthy omega-3s that can boost your post-lunch mood.
- **Pile on the vegetables wherever you can.** Top sandwiches or pizza with them. Ask for steamed or grilled vegetables as a side dish. Have a small garden salad with low-fat or fat-free dressing.
- **Choose carbs wisely.** Pick whole grains, brown rice or fruit as part of your SmartCarb choices, rather than French fries or white bread. The healthier choices have a lot of vitamins and minerals, which can keep your brain sharp, keep you energized and help you stay satisfied all afternoon.

DINNER

- **Watch your portions.** Even healthy-sounding foods like salad and salmon may have extra calories added. Have a small portion and pack at least half in a to-go container. At some restaurants, even a half portion can be too big.
- **Steer clear of fat-laden ingredients.** Avoid cream, mayonnaise, oil and cheese. Ask what's in sauces, as they can have lots of ingredients hidden inside.

APPETIZERS AND SIDE DISHES

- **Go for the greens.** Appetizers and side dishes are perfect for slipping in some vegetables.
- **Beware of sauces.** Even the safest-sounding sauce, such as a vinegar reduction, may have plenty of butter added. Always ask.
- **Be realistic.** If you order the French fries or nachos, will you really just eat a few? Good intentions might not be as effective as not ordering tempting foods.



SALADS

- **Pile on the veggies.** Fill your salad with greens and non-starchy vegetables such as tomatoes, green peppers, onions, radishes and cucumbers.
- **Watch the dressing.** Avoid creamy dressings unless they are low-fat or fat-free. Stick with a 1 Tbsp. serving size. You could also make your own dressing with 1 Tbsp. vinegar and 1 tsp. olive oil.
- **Add spices and fresh herbs for a flavor boost.** Don't be afraid to ask, the kitchen probably has plenty.
- **Choose lean protein,** such as grilled shrimp, fish or chicken breast.
- **Be cautious with toppings** such as sunflower seeds, nuts, avocado or dried fruit. The calories can add up quickly. Avoid croutons, fried tortilla strips and wonton strips.



DESSERTS

- **Look for fresh fruits or sorbets.** These choices will be the healthiest on the menu.
- **Order one dessert—and a lot of spoons.** Sharing means you eat less.
- **Consider sticking with a cup of coffee** with a little cream and natural, no-calorie sweeteners. With Club Advantage you can stock up on your favorite Nutrisystem desserts so you have a healthier choice waiting for you at home!
- **Bring a mint.** If you like to have something sweet at the end of your meal, see if a mint or a piece of sugar-free gum will do the trick.

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 your 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.

If you decide to drink, consider choosing cocktails that contain calorie-free mixers such as seltzer or club soda with one shot of spirits. That combination will keep the calories moderate and help you stay hydrated.





Cuisine Guide

Going out for Chinese food or pizza? Discover how to pick the healthiest options on the menu.

SMALL CHANGES COUNT

Some eateries have menus packed with healthy choices, but many don't. You may not find any truly diet-friendly foods available. But you can make small changes that add up to big savings in fat, calories and carbs.

Don't be reluctant to ask for a special order.

Your waiter may be happy to earn a good tip, and you deserve to stick to your weight loss plan!

CHOOSE MORE OFTEN:

Mustard
Pico de gallo
Yogurt, low-fat or fat-free
Grilled mushrooms and onions
Hot peppers
Plain
Steak sauce
Au jus
Marinara sauce
Oil and vinegar
Sprinkle on a little of the oil yourself
Fat-free or low-fat dressing
Brown rice
Non-starchy vegetables
Broth soups
6" sub
Thin crust
Water or seltzer water
Sorbet

CHOOSE LESS OFTEN:

Mayonnaise
Con queso
Heavy cream or sour cream
Bacon
Pepper Jack cheese
With cheese
Béarnaise sauce
Au gratin
Alfredo sauce
Vinaigrette
Regular dressing
White rice
Potatoes, rice or bread
Creamy soups
12" (foot-long) sub
Thick crust
Soda
Ice cream



CHOOSE MORE OFTEN:

- ✓ Baked
- ✓ Barbecued
- ✓ Blanched
- ✓ Broiled
- ✓ Charbroiled
- ✓ Grilled
- ✓ Herbs and spices
- ✓ Marinated
- ✓ Plank-grilled
- ✓ Poached
- ✓ Roasted
- ✓ Rotisserie
- ✓ Sautéed
- ✓ Steamed
- ✓ Stir-fried
- ✓ Tomato sauce

CHOOSE LESS OFTEN:

- Au gratin
- Battered
- Breaded
- Creamed
- Crispy
- Deep-fried
- French-fried
- Fried
- Gratinée
- Pan-fried
- Scalloped
- Tempura



BREAKFAST & BRUNCH

ORDER THIS:

Canadian bacon
Cereal, high-fiber
Cottage cheese, fat-free or low-fat
Eggs, scrambled, poached or hard-boiled
English muffin, whole wheat
Fresh fruit
Oatmeal
Toast, whole grain
Turkey sausage or bacon
Yogurt, low-fat or fat-free

SERVED WITH:

Butter substitute
Jam or syrup, sugar-free
Peanut butter

ASK FOR IT:

Baked
Broiled
Poached
Toasted

ASK IF THEY CAN:

Leave off the butter
Put the toppings on the side
Use less oil or use pan spray

ORDER LESS OF THIS:

Bacon
Bagels
Butter
Cereal, high-sugar
Cinnamon roll
Cream cheese
Croissant
Doughnut
French toast
Fried egg
Hash browns
Home fries
Pancakes
Pastries
Sausage
Waffles



CHINESE

ORDER THIS:

Chicken dishes
Chow Mein
Dumplings, steamed
Roasted pork dishes
Shrimp, prawn, scallop or fish dishes
Stir-fried dishes
Vegetable entrées

SERVED WITH:

Black bean sauce
Hot and spicy
Lobster sauce

ASK FOR IT:

On a sizzling platter
Roasted
Simmered
Steamed
Stir-fried

ASK IF THEY CAN:

Give you brown rice instead of white
Leave off the crispy, fried wonton
Put in less soy sauce
Put the sauce on the side
Use chicken instead of duck
Use less oil

ORDER LESS OF THIS:

Duck
Egg foo young
Egg rolls
Fried, breaded and crispy dishes
In a bird's nest
Sweet-and-sour sauce



DINERS & FAMILY RESTAURANTS

ORDER THIS:

Chicken dishes
Fajitas
Fish dishes
Salads
Soups, broth-based
Stir-fried vegetable dishes

SERVED WITH:

Lettuce and tomato
Onion
Scallions

ASK FOR IT:

Baked
Blackened
Broiled
Charbroiled
Marinated
Mesquite-grilled
Roasted
Spicy

ASK IF THEY CAN:

Add vegetables
Hold the sour cream or mayonnaise
Put dressing on the side
Replace French fries with a side salad or fruit
Serve an appetizer as your entrée

ORDER LESS OF THIS:

Alfredo sauce
Burgers, large
Cheese-topped
Cheese steaks
Club sandwiches
Crispy tortilla shell
Dressings and sauces, creamy, full-fat
French fries
Fried, golden, crispy foods
Garlic butter
Large, jumbo, stacked or piled high
Mayonnaise-based foods
Melts
Soups, cream-based

Tip!
At a new restaurant? Ask about portion sizes. You might decide to share or ask for a smaller-size order.



FAST FOOD

ORDER THIS:

A kids' meal or small size
Chicken sandwich, grilled
Fresh fruit
Hamburger, small
Milk, low-fat
Roast beef sandwich, junior-sized
Salad with dressing on the side
Water
Yogurt, low-fat or fat-free

SERVED WITH:

No cheese
Vegetable toppings

ASK FOR IT:

Baked
Broiled
Fresh
Grilled

ASK IF THEY CAN:

Leave off crispy onions
Leave off the mayonnaise
Serve it without heavy sauce
Take off the cheese

ORDER LESS OF THIS:

Batter-dipped choices
Burgers, double
Cheese
Chicken nuggets or strips, fried
Crispy or fried foods
French fries (or have a small—
one serving is 10 fries!)
Fried chicken or fish
Mayonnaise
Shakes
Soda
Special sauce
Supersized, extra-large and
value-packed portions



FRENCH & CONTINENTAL

ORDER THIS:

Asparagus and other vegetables

Beef, small cuts

Chicken, fish, shrimp, shellfish

Pork, lean

Soups, broth-based

Vegetarian dishes

Whole grains

SERVED WITH:

Fruit compote

Herbs

Oil and vinegar*

Salsas

Vinaigrette*

ASK FOR IT:

Blackened

Broiled

Cajun-spiced

En brochette

En papillote

Grilled

Poached

Roasted

Steamed

ASK IF THEY CAN:

Bring extra forks for sharing dessert

Give you a half or petite portion

Provide an extra plate so you can share

Put sauces, butter and sour cream on the side

Steam your vegetables

ORDER LESS OF THIS:

Bread and butter

Cheese and au gratin

Fried appetizers

Mayonnaise

Sauces, rich ones such as hollandaise

Soups, cream-based

Sour cream

Stuffed dishes

**Use sparingly*

INDIAN

ORDER THIS:

Chicken dishes
Daal (lentil soup)
Kachumber and raita
(Indian-style salads)
Lamb entrées
Seafood dishes
Vegetarian dishes

SERVED WITH:

Basmati rice (limit to ¼ plate)
Chapatti or roti (unleavened
wheat flatbread)
Lentils
Low-fat paneer (in sauce)
Vegetables

ASK FOR IT:

Tandoori
Tikka

ASK IF THEY CAN:

Put sauces on the side
Skip the butter or ghee
Use salt sparingly
Use less oil in cooking

ORDER LESS OF THIS:

Breads, fried or stuffed
Crispy or deep-fried foods
Desserts such as kheer, kulfi,
carrot halwa, lassi
Pakora
Samosa
Soups and sauces, cream-
or coconut-based



ITALIAN & PIZZA

ORDER THIS:

Fish and seafood entrées

Lean meats

Pastas, whole wheat (limit to ¼ plate)

Pizza, thin-crust with vegetables

Poultry dishes

Seafood appetizers, such as
squid and mussels

Soups, broth-based

Vegetables, marinated

SERVED WITH:

Capers

Clam sauce, white or red

Florentine (spinach)

Lemon sauce

Light mushroom sauce

Marinara sauce

Primavera (limit starchy veggies
like peas)

Shallots, onions and garlic

Tomato-based sauces

Wine-based sauces

ASK FOR IT:

Baked

Broiled

Poached

Toasted

ASK IF THEY CAN:

Make it appetizer-size

Hold the sauce

Remove the bread basket

Serve you half and wrap half to go

Take the skin off the chicken
before cooking

ORDER LESS OF THIS:

Alfredo

Cannelloni

Carbonara

Creamy sauces

Lasagna

Manicotti

Parmigiana

Pepperoni

Pesto

Pizza, deep-dish or thick-crust

Prosciutto and pancetta

Sausage

Stuffed with cheese

Tortellini

White pizza

JAPANESE

ORDER THIS:

Edamame
Fish and shellfish dishes
Fresh fruit
Poultry dishes
Salad
Shabu-shabu (which you dip yourself)
Soups
Steamed appetizers such as shumai
Sushi and sashimi

SERVED WITH:

Ginger
Wasabi

ASK FOR IT:

Barbecued
Braised
Broiled
Grilled
Marinated
On skewers
Sautéed
Served in broth
Steamed
Vinegared

ASK IF THEY CAN:

Cook with less sauce
Put dressings and sauces on the side
Substitute chicken for duck
Substitute scallops for beef

ORDER LESS OF THIS:

Aged tofu
Agemono
Battered
Bean curd, fried
Dumplings, fried
Fried and deep-fried foods
Katsu
Soy-based dishes
Tempura
Teriyaki
Thick or salty sauces



MEXICAN

ORDER THIS:

Black bean soup
Black beans
Black olives (limit to 10 small)
Chili con carne
Enchilada, chicken or beef
Fajitas
Gazpacho
Guacamole (limit to ¼ cup
PowerFuel serving)
Soft tacos
Spicy chicken or beef

SERVED WITH:

Enchilada sauce
Salsa (you can use it for
salad dressing, too)

ASK FOR IT:

Grilled
Marinated
Simmered
Wrapped in a corn tortilla

ASK IF THEY CAN:

Hold the sour cream and refried beans
Leave off the cheese
Leave the guacamole on the side
Put extra salsa on the side
Serve your salad without the fried shell

ORDER LESS OF THIS:

Cheese (con queso)
Chorizo (Mexican sausage)
Fried foods
Fried tortilla shell
Nachos
Refried beans
Sour cream
Tortilla chips



SEAFOOD

ORDER THIS:

Bluefish
Halibut
Lobster
Mahi mahi
Monkfish
Mussels
Salmon
Shrimp
Swordfish
Tilapia
Tuna
Vegetables

SERVED WITH:

Fruit-based sauces
Herbs and spices
Mustard-dill sauces
Salsa
Tomato sauces
Wine-based sauces

ASK FOR IT:

Baked
Barbecued
Blackened
Broiled
Cajun-style
Kabobs
Mesquite-grilled
Plank-grilled
Poached
Spice-rubbed Steamed

ASK IF THEY CAN:

Give you extra lemon wedges
for seasoning
Skip the butter and sour cream
Substitute salad for coleslaw

ORDER LESS OF THIS:

Batter-dipped
Breaded and fried
Chowder or bisque soups
Cream or cheese sauces
Fish and chips
Prepared in oil or butter
Stuffed or rolled
Thermidor

THAI

ORDER THIS:

Mussels, steamed

Thai Summer Rolls

Salads

Satay

Soups, healthy choices such as tom yum koong, po
taek

Vegetable-packed dishes

SERVED WITH:

Bamboo shoots

Basil sauce or basil leaves

Black mushrooms

Fish sauce

Garlic

Ginger

Lime juice

Hot sauce

Napa

ASK FOR IT:

Braised

Sautéed

Steamed

Stir-fried

ASK IF THEY CAN:

Add more vegetables and use less meat in your order

Put dressing on the side

Substitute scallops or shrimp for beef

ORDER LESS OF THIS:

Coconut-milk dishes

Crispy

Curry dishes, cream-based or high-fat

Deep-fried

Duck dishes (usually high in
fat and fried)

Eggplant (usually fried)

Golden brown

Soups high in sodium, such as
tom ka gai, chicken-coconut soup



VEGETARIAN

ORDER THIS:

Fruit
Lentils and beans
Salads
Tofu, seitan, tempeh
Vegetables
Veggie burgers
Whole grains, couscous, quinoa, brown rice

SERVED WITH:

Fruit topping
Lemon juice
Tomato sauce
Vinegar-based sauces

ASK FOR IT:

Baked
Grilled
Roasted
Sautéed
Skewered
Steamed

ASK IF THEY CAN:

Hold the cheese
Put sauces on the side
Serve you an appetizer-size portion
Skip the butter
Use less oil and salt in preparation

ORDER LESS OF THIS:

Cheese-based sauces
Crispy, deep-fried, golden
Dressings, creamy or oily
Fried foods
Pesto
Soups, creamy



Grab & Go Guide

When hunger strikes and your only option is a vending machine or food court, you can still stay on track.

You don't need to avoid the coffee shop just because the bakery case is too appealing to pass up. You can change your habits anywhere, even at the movie theater or ballpark. All you need is the know-how and some thinking ahead.

The next section has ideas to help you plan what you're going to get before you even set foot inside.

AIRPORT

GET THIS:

Coffee or tea

Crackers, whole wheat
with peanut butter

Dried fruit

Energy bar

Fresh fruit

Mints, sugar-free

Nuts, unsalted

Pizza, thin crust with veggies

Protein shakes or drinks

Salad

Seltzer water

Sushi

Trail mix, unsalted

Water

Yogurt, low-fat or fat-free

SKIP THAT:

Candy bars

Corn chips

Crackers and cheese

Doughnuts

Energy drinks

Fast food

Fried foods

Ice cream

Pastries

Pizza, pepperoni or sausage

Potato chips

Pretzel, large soft

Soda



COFFEE SHOP DRINKS

GET THIS:

Cappuccino with fat-free,
low-fat, or soy milk

Espresso

Latte, fat-free or skinny

Milk, fat-free or low-fat

Natural, no-calorie sweeteners
(Stevia, Monk Fruit, etc.)

Protein shake with fat-free,
low-fat, or soy milk

Soy milk

Tea or coffee with low-calorie
creamer and natural, no-calorie sweeteners

Unsweetened iced tea

Water

SKIP THAT:

Cappuccino with whole milk,
whipped cream

Coffee or tea with sugar
(or syrups) and cream

Cream

High-calorie coffee drink

Fruit juice

Half-and-half

Hot chocolate

Mochaccino with whole milk,
whipped cream

Sugar

Whole milk



COFFEE SHOP SNACKS

GET THIS:

Biscotti
Butter substitute
Cottage cheese, fat-free or low-fat
Cream cheese, fat-free or low-fat
Fresh fruit
Granola bar
Granola with low-fat
or fat-free yogurt
Jam or syrup, sugar-free
Mixed nuts, unsalted
Muffin, high-fiber, small
Sandwich, with lean meat
on whole-grain bread
Soups, broth-based
Toast, whole-grain
Turkey or beef jerky
Yogurt, low-fat or fat-free

SKIP THAT:

Bagels
Biscuits
Brownies
Butter
Cakes
Coffee cakes
Cookies
Cottage cheese, regular
Cream cheese, regular
Croissant
Croissant sandwich
Danish
Doughnuts
Jam or syrup, regular
Mixed nuts, salted
Pastries
Scones
Soups, cream-based
Yogurt, full-fat

CONVENIENCE

GET THIS:

Coffee or tea
Energy bar
Fresh fruit
Granola bar
Hard-boiled eggs
String cheese, low-fat
Milk, low-fat or fat-free
Mixed nuts, unsalted
Protein bar
Sparkling or seltzer water
Turkey or beef jerky
Water
Yogurt, low-fat or fat-free

SKIP THAT:

Brownies
Cakes
Candy
Chips
Chocolate
Cookies
Doughnuts
Ice cream
Slushie
Soda



DELI & SANDWICH SHOP

GET THIS:

Bread, pita, or wrap,
whole-grain

Cheese, low-fat

Chicken or turkey

Chicken or tuna salad with
low-fat or fat-free mayo

Fruit salad

Milk, fat-free or low-fat

Mustard

Seltzer

Vegetables in sandwich:
lettuce, tomatoes, onions,
cucumbers, peppers

Vinegar

Water

SKIP THAT:

Bacon

Cakes

Candy

Cheese

Chicken or tuna salad
with regular mayo

Chips

Fried egg sandwich

Grilled cheese

Hero, foot-long

Mayonnaise

Pepperoni

Salami

Soda



FOOD COURT & MALL

GET THIS:

Chicken taco, soft shell

Frozen yogurt

Nuts, unsalted

Pizza, thin-crust with veggies

Salad

Sandwich, small, on whole-grain bread with lean meat

Sautéed and stir-fried entrées with steamed veggies and brown rice

Sorbet

Sashimi (no rice)

Unsweetened iced tea

Vegetables, steamed

SKIP THAT:

Beef taco, hard shell

Breaded and fried entrées with white rice

Cinnamon rolls

French fries

Hot dog, with chili & cheese

Ice cream

Iced tea or lemonade, sweetened

Nachos and cheese

Pizza, thick-crust with pepperoni and sausage

Pretzel with cheese or cinnamon sugar

Soda

Submarine sandwich with high-fat meats

Sushi (with rice)

Taco salad



MOVIE THEATER

GET THIS:

Popcorn, ½ small, no butter

Raisinets®

Unsweetened iced tea

Water

SKIP THAT:

Gummy bears or other sugary candy

Ice cream bars

Ice cream bites

Nachos and cheese

Pretzel, large soft

Pretzel bites

Soda



SALAD SHOP

GET THIS:

Avocado, $\frac{1}{8}$ fruit or 2 Tbsp.
Chickpeas
Cottage cheese, low-fat or fat-free
Crackers, whole-grain
Cranberries
Dressing, low-fat or fat-free
Egg
Lean meats
Nuts
Raisins
Roll, whole-grain, small
Sunflower seeds
Vegetables, red, green, yellow or orange (non-starchy)

SKIP THAT:

Bacon bits
Cheese
Chicken salad
Coleslaw
Croutons
Dressing, regular
Fried onions and noodles
Ham
Macaroni salad
Pasta salad
Potato salad



SPORTING EVENT

GET THIS:

Chicken sandwich, grilled
Frozen yogurt
Hamburger, small
Hot dog
Light beer (limit to 1 serving)
Peanuts, dry-roasted
Pizza, thin-crust with veggies
Popcorn, ½ small, no butter
Salad
Sunflower seeds
Unsweetened iced tea
Veggie burger
Water

SKIP THAT:

Bratwurst
Cheesesteaks or hoagies
Cotton candy
Caramel corn
French fries or onion rings
Funnel cake
Hot dog, jumbo or chili cheese
Ice cream
Nachos with cheese
Non-light beer
Peanuts, honey-roasted
Pizza, thick-crust with pepperoni and sausage
Popcorn, buttered
Pretzel, soft with cheese
Soda



VENDING MACHINE

GET THIS:

Animal crackers
Baked chips
Crackers, whole wheat with peanut butter
Dried fruit
Granola bars
Gum
Mints
Peanuts
Popcorn, plain
Pretzels, whole wheat, unsalted
Raisins
Seltzer
Trail mix, unsalted
Water

SKIP THAT:

Cakes
Candy bars
Chips
Cookies
Corn chips
Doughnuts
Fruit drinks
Muffins
Pastries
Popcorn, cheese
Pork rinds
Soda





Restaurant Guide

Eat better at your favorite places. This restaurant guide provides our dietitians top picks at 20 of the most popular eateries nationwide. Feel free to mix and match menu items based on your specific Flex meal guidelines!

It is important to note that we've picked these foods primarily to align with the calorie goals for Flex meals, as achieving optimal fiber, protein, and healthy fat goals is limiting in many restaurant meals. For this reason, we recommend you consume these foods in moderation, when you need a little flexibility in your plan, and not as part of your daily diet.

Restaurant menu items change often; items subject to availability. Be sure to check the restaurants nutrition information before ordering. Side dishes and other additions will impact calories and PowerFuel/SmartCarb counts. NUTRISYSTEM and related trademarks are registered trademarks and trademarks in the United States and/or other countries, owned by Nutrisystem, Inc. All other trademarks are trademarks or registered trademarks of their respective owners. All images are representative, not actual menu choices.

Applebee's

MAINS

Blackened Cajun Salmon	2 PowerFuels
Double-Glazed Baby Back Ribs - Half Rack	3 PowerFuels, 2 Extras
Four-Cheese Mac & Cheese with Applewood Smoked Bacon	2 PowerFuels, 1 SmartCarb, 2 Extras
French Onion Soup	2 PowerFuels, 1 SmartCarb
Grilled Chicken Breast	2 PowerFuels
Top Sirloin - 6 oz.	2 PowerFuels
Top Sirloin - 8 oz.	3 PowerFuels

Soups and Sides

Chicken Tortilla Soup	1 PowerFuel, 1 SmartCarb
Fire-Grilled Veggies	1 PowerFuel, 2 Vegetables
Garlicky Green Beans	1 PowerFuel, 1 Vegetable
Homestyle Cheesy Broccoli	1 PowerFuel, 1 SmartCarb, 1 Vegetable
Tomato Basil Soup	1 PowerFuel, 1 SmartCarb

Arby's

Buffalo Chicken Slider	1 PowerFuel, 1 SmartCarb, 2 Extras
Chicken Tenders - 3	2 PowerFuels, 1 SmartCarb
Classic Roast Beef Sandwich	2 PowerFuels, 2 SmartCarbs
Curly Fries - Snack	1 PowerFuel, 1 SmartCarb
Jalapeño Bites - 5	1 PowerFuel, 1 SmartCarb, 2 Extras
Roast Beef 'n Cheese Slider	1 PowerFuel, 1 SmartCarb

Burger King

Cheeseburger	1 PowerFuel, 1 SmartCarb, 1 Extra
Chicken Fries - 9 Piece	2 PowerFuels, 1 SmartCarb, 2 Extras
Chicken Jr. Sandwich	3 PowerFuels, 1 SmartCarb
Chicken Nuggets - 4 Piece	1 PowerFuel, 1 SmartCarb
Chicken Nuggets - 8 Piece	2 PowerFuels, 1 SmartCarb
Hamburger	1 PowerFuel, 1 SmartCarb
Whopper Jr.	2 PowerFuels, 1 SmartCarb

Chick-Fil-A

Chick-fil-A Nuggets - 12 Count	3 PowerFuels, 1 Extra
Chick-fil-A Nuggets - 8 Count	2 PowerFuels
Chick-N-Strips - 3 Count	3 PowerFuels
Cobb Salad with Grilled Filet OR Grilled Nuggets	3 PowerFuels, 1 SmartCarb, 2 Vegetables
Market Salad with Chick-N-Strips OR Nuggets	3 PowerFuels, 1 SmartCarb, 2 Vegetables
Market Salad with Grilled Filet OR Grilled Nuggets	2 PowerFuels, 1 SmartCarb, 2 Vegetables
Grilled Nuggets - 12 Count	2 PowerFuels
Mac & Cheese - Medium	3 PowerFuels, 1 SmartCarb
Spicy Southwest Salad with Grilled Filet OR Grilled Nuggets	3 PowerFuels, 1 SmartCarb, 2 Vegetables



Cracker Barrel

Breakfast

Country Ham	2 PowerFuels, 1 Extra
Egg Sandwich - 2 Eggs, Sourdough Bread, Tomato, Duke's Mayonnaise	3 PowerFuels, 2 SmartCarbs
Eggs - 2	2 PowerFuels
Fresh Fruit	1 SmartCarb
Grilled Chicken Tenderloins - 3 Tenders	1 PowerFuel, 1 Extra
Hashbrown Casserole	1 PowerFuel, 1 SmartCarb
Sliced Tomatoes	Free Food
Smoked Sausage Patties - 2	2 PowerFuels
Thick-Sliced Bacon - 3 Slices	2 PowerFuels

Lunch and Dinner

Bowl of Turnip Greens	2 PowerFuels, 2 Vegetables
Chicken N' Dumplings	2 PowerFuels, 2 SmartCarbs
Grilled Chicken Tenders - 6 Tenders	2 PowerFuels
Grilled Sirloin Steak	3 PowerFuels
Homestyle Grilled Chicken Salad	3 PowerFuels, 1 SmartCarb, 2 Vegetables
Lemon Pepper Grilled Rainbow Trout - 2 Fillets	3 PowerFuels

Dairy Queen

Butterfinger Blizzard - Mini	1 PowerFuel, 1 SmartCarb, 3 Extras
Hot Dog	2 PowerFuels, 1 SmartCarb
OREO Fudge Brownie Blizzard - Mini	2 PowerFuels, 1 SmartCarb, 2 Extras
Pineapple Sundae - Small	1 PowerFuel, 3 Extras
Vanilla Cone - Small	1 PowerFuel, 3 Extras



Domino's

Pizza

Buffalo Chicken Hand Tossed Pizza - 1 slice, Medium	1 PowerFuel, 1 SmartCarb
Cali Chicken Bacon Ranch Hand Tossed Pizza - 1 slice, Medium	2 PowerFuels, 1 SmartCarb
Deluxe Hand Tossed Pizza - 1 slice, Medium	1 PowerFuel, 1 SmartCarb
ExtravaganZZa Hand Tossed Pizza - 1 slice, Medium	2 PowerFuels, 1 SmartCarb
Honolulu Hawaiian Hand Tossed Pizza - 1 slice, Medium	1 PowerFuel, 1 SmartCarb
MeatZZa Hand Tossed Pizza - 1 slice, Medium	2 PowerFuels, 1 SmartCarb
Memphis BBQ Chicken Hand Tossed Pizza - 1 slice, Medium	2 PowerFuels, 1 SmartCarb
Pacific Veggie Hand Tossed Pizza - 1 slice, Medium	1 PowerFuel, 1 SmartCarb
Philly Cheese Steak Hand Tossed Pizza - 1 slice, Medium	1 PowerFuel, 1 SmartCarb
Spinach & Feta Hand Tossed Pizza - 1 slice, Medium	1 PowerFuel, 1 SmartCarb
Ultimate Pepperoni Hand Tossed Pizza - 1 slice, Medium	2 PowerFuels, 1 SmartCarb
Wisconsin 6 Cheese Hand Tossed Pizza - 1 slice, Medium	1 PowerFuel, 1 SmartCarb

Other

Classic Garden Salad - 1.5 cups	1 PowerFuel, 1 SmartCarb, 2 Vegetables
Hot Wings - 4 pieces	2 PowerFuels
Parmesan Bread Bites - 4 Pieces	1 PowerFuel, 1 SmartCarb
Stuffed Cheesy Bread - 1 Piece	1 PowerFuel, 1 SmartCarb

Dunkin' Donuts

Food

Bacon, Egg and Cheese on English Muffin	2 PowerFuels, 1 SmartCarb, 1 Extra
Bacon, Egg and Cheese Wake-Up Wrap	2 PowerFuels
Blueberry Muffin	2 PowerFuels, 1 SmartCarb, 3 Extras
Boston Kreme Donut	1 PowerFuel, 1 SmartCarb, 1 Extra
Chocolate Frosted Donut with Sprinkles	1 PowerFuel, 1 SmartCarb, 1 Extra
English Muffin	1 SmartCarb, 2 Extras
French Cruller	1 PowerFuel, 3 Extras
Glazed Blueberry Donut	2 PowerFuels, 1 SmartCarb
Glazed Chocolate Donut	2 PowerFuels, 1 SmartCarb
Glazed Donut	1 PowerFuel, 1 SmartCarb
Glazed Strawberry Donut	1 PowerFuel, 1 SmartCarb, 1 Extra
Jelly Donut	1 PowerFuel, 1 SmartCarb
Powdered Donut	2 PowerFuels, 1 SmartCarb
Sausage, Egg and Cheese Wake-Up Wrap	2 PowerFuels, 1 SmartCarb
Strawberry Frosted Donut with Sprinkles	1 PowerFuel, 1 SmartCarb, 1 Extra
Vanilla Frosted Donut with Sprinkles	1 PowerFuel, 1 SmartCarb, 1 Extra

Drinks

Cafe Au Lait with Whole Milk - Large, Hot or Iced	1 PowerFuel, 1 Extra
Cappuccino with Skim Milk and Sugar - Large, Hot or Iced	1 PowerFuel, 3 Extras
Cappuccino with Skim Milk and Sugar - Medium, Hot or Iced	1 PowerFuel, 2 Extras
Cappuccino with Whole Milk - Large, Hot or Iced	1 PowerFuel, 1 Extra
Coffee with Cream and Sugar - Medium, Hot or Iced	1 PowerFuel, 2 Extras
Cold Brew Coffee with Cream and Sugar - Medium	1 PowerFuel, 2 Extras
Latte with Skim Milk and Sugar - Medium, Hot or Iced	1 PowerFuel, 3 Extras
Latte with Whole Milk - Large, Hot or Iced	1 PowerFuel, 3 Extras
Latte with Whole Milk - Medium, Hot or Iced	1 PowerFuel, 2 Extras
Macchiato with Skim Milk and Sugar - Large, Hot or Iced	1 PowerFuel, 3 Extras
Macchiato with Skim Milk and Sugar - Medium, Hot or Iced	1 PowerFuel, 2 Extras
Macchiato with Whole Milk - Large, Hot or Iced	1 PowerFuel, 1 Extra
Matcha Latte with Skim Milk - Large, Hot or Iced	2 PowerFuels
Matcha Latte with Skim Milk - Medium, Hot or Iced	1 PowerFuel, 2 Extras
Matcha Latte with Whole Milk - Small, Hot or Iced	1 PowerFuel, 2 Extras

KFC

Biscuit	1 SmartCarb, 2 Extras
Chicken Little Sandwich	2 PowerFuels, 1 SmartCarb
Coleslaw - Side	1 PowerFuel, 2 Vegetables
Extra Crispy Chicken Drumstick	1 PowerFuel, 2 Extras
Extra Crispy Chicken Thigh	3 PowerFuels
Extra Crispy Chicken Whole Wing	2 PowerFuels
Macaroni & Cheese - Side	1 PowerFuel, 1 SmartCarb
Original Recipe Chicken Breast	3 PowerFuels, 1 Extra
Original Recipe Chicken Thigh	2 PowerFuels, 1 Extra
Spicy Crispy Chicken Breast	3 PowerFuels
Spicy Crispy Chicken Thigh	2 PowerFuels, 1 Extra

McDonald's

Cheeseburger	2 PowerFuels, 1 SmartCarb
Chicken McNuggets - 10 Piece	3 PowerFuels, 1 SmartCarb
Chicken McNuggets - 4 Piece	2 PowerFuels
Crispy Chicken Sandwich	3 PowerFuels, 1 SmartCarb
Double Cheeseburger	3 PowerFuels, 1 SmartCarb
Filet-O-Fish Sandwich	2 PowerFuels, 1 SmartCarb, 1 Extra
Hamburger	1 PowerFuel, 1 SmartCarb
Spicy Chicken McNuggets - 10 Piece	3 PowerFuels, 1 SmartCarb
World Famous Fries - Small	1 PowerFuel, 1 SmartCarb

Olive Garden

Mains

Cheese Ravioli with Marinara Sauce - Lunch-Sized Favorites	3 PowerFuels, 2 SmartCarbs
Fettuccine Alfredo - Lunch-Sized Favorites	3 PowerFuels, 2 SmartCarbs, 2 Extras
Herb-Grilled Salmon	3 PowerFuels
Lasagna Classico - Lunch-Sized Favorites	3 PowerFuels, 1 SmartCarb, 1 Extra
Shrimp Scampi	3 PowerFuels, 2 SmartCarbs
Sirloin - 6 oz.	3 PowerFuels
Spaghetti with Marinara Sauce - Lunch-Sized Favorites	1 PowerFuel, 2 SmartCarbs
Spaghetti with Meat Sauce - Lunch-Sized Favorites	2 PowerFuels, 2 SmartCarbs

Soups and Sides

Breadstick with Garlic Topping	1 SmartCarb, 1 Extra
Chicken & Gnocchi Soup	2 PowerFuels, 1 SmartCarb
Pasta Fagioli Soup	1 PowerFuel, 1 SmartCarb
Salad With Signature Italian Dressing	1 PowerFuel, 1 SmartCarb
Zuppa Toscana Soup	2 PowerFuels, 1 SmartCarb

Outback Steakhouse

MAINS

6 oz. Sirloin & Grilled Shrimp on the Barbie	3 PowerFuels
Grilled Chicken on the Barbie - 5 oz.	2 PowerFuels, 1 SmartCarb
Outback Center-Cut Sirloin - 6 oz.	2 PowerFuels
Outback Center-Cut Sirloin - 8 oz.	3 PowerFuels
Steamed Lobster Tail - 5 oz.	3 PowerFuels
Victoria's Filet Mignon - 6 oz.	2 PowerFuels
Victoria's Filet Mignon - 8 oz.	3 PowerFuels

SOUPS AND SIDES

Fresh Mixed Veggies	1 PowerFuel, 1 SmartCarb, 1 Vegetable
Homestyle Mashed Potatoes	1 PowerFuel, 1 SmartCarb
Side Baked Potato Soup - Cup	1 PowerFuel, 1 SmartCarb, 1 Extra
Side Caesar Salad - Side	2 PowerFuels, 1 SmartCarb, 1 Vegetable

Panda Express

Beijing Beef	3 PowerFuels, 1 SmartCarb
Black Pepper Angus Steak	2 PowerFuels
Broccoli Beef	1 PowerFuel, 1 Vegetable
Chicken Egg Roll	1 PowerFuel, 1 SmartCarb
Honey Sesame Chicken Breast	3 PowerFuels, 1 SmartCarb
Honey Walnut Shrimp	3 PowerFuels, 1 SmartCarb
Kung Pao Chicken	3 PowerFuels
Orange Chicken	3 PowerFuels, 1 SmartCarb
Sichuan Hot Chicken	3 PowerFuels, 1 SmartCarb
Sweetfire Chicken Breast	2 PowerFuels, 1 SmartCarb, 1 Extra



Panera Bread

SOUPS

Bistro French Onion Soup - Cup	1 PowerFuel, 1 SmartCarb
Broccoli Cheddar Soup - Bowl	2 PowerFuels, 1 SmartCarb
Broccoli Cheddar Soup - Cup	1 PowerFuel, 1 SmartCarb
Cream of Chicken & Wild Rice Soup - Bowl	2 PowerFuels, 1 SmartCarb
Cream of Chicken & Wild Rice Soup - Cup	1 PowerFuel, 1 SmartCarb
Vegetarian Creamy Tomato Soup - Bowl	2 PowerFuels, 1 SmartCarb
Vegetarian Creamy Tomato Soup - Cup	1 PowerFuel, 1 SmartCarb

SALADS

Asian Sesame Salad with Chicken - Half	2 PowerFuels, 1 SmartCarb, 1 Vegetable
Caesar Salad - Half	1 PowerFuel, 1 Vegetable
Caesar Salad with Chicken - Half	2 PowerFuels, 1 Vegetable
Fuji Apple Salad with Chicken - Half	2 PowerFuels, 1 SmartCarb, 1 Vegetable
Greek Salad - Half	2 PowerFuels, 1 Vegetable
Green Goddess Cobb Salad with Chicken - Half	2 PowerFuels, 1 SmartCarb, 1 Vegetable
Strawberry Poppyseed Salad - Whole	2 PowerFuels, 1 SmartCarb, 2 Vegetables
Strawberry Poppyseed Salad with Chicken - Half	1 PowerFuel, 1 SmartCarb, 1 Vegetable

SANDWICHES

Bacon Turkey Bravo on Tomato Basil - Half	2 PowerFuels, 1 SmartCarb
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Classic Grilled Cheese on Classic White Miche - Half	2 PowerFuels, 1 SmartCarb
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Napa Almond Chicken Salad on Country Rustic Sourdough - Half	2 PowerFuels, 1 SmartCarb
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Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Half	2 PowerFuels, 1 SmartCarb
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Smokehouse BBQ Chicken on Classic White Miche - Half	2 PowerFuels, 1 SmartCarb, 1 Extra
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SIDES

Chips	1 PowerFuel, 1 SmartCarb
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French Baguette	1 SmartCarb, 2 Extras
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Hard Boiled Eggs	2 PowerFuels
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Sonic

Classic Chicken Slinger	2 PowerFuels, 1 SmartCarb
Crispy Tenders - 3 Piece	2 PowerFuels, 1 SmartCarb
Crispy Tenders - 5 Piece	3 PowerFuels, 1 SmartCarb
Fresh Banana Shake - Mini	2 PowerFuels, 1 SmartCarb, 2 Extras
Fries - Small	1 PowerFuel, 1 SmartCarb
Jumbo Popcorn Chicken - Small	2 PowerFuels, 1 SmartCarb
Strawberry Cheesecake Shake - Mini	2 PowerFuels, 1 SmartCarb, 3 Extras
Tots - Medium	2 PowerFuels, 2 SmartCarbs

Starbucks

FOOD

Bacon & Gruyere Egg Bites	2 PowerFuels, 2 Extras
Bacon, Gouda & Egg Breakfast Sandwich	2 PowerFuels, 1 SmartCarb
Cheese & Fruit Protein Box	3 PowerFuels, 1 SmartCarb
Classic Oatmeal	1 SmartCarb, 1 Extra
Double-Smoked Bacon, Cheddar & Egg Sandwich	3 PowerFuels, 1 SmartCarb
Egg White & Red Pepper Egg Bites	1 PowerFuel, 1 SmartCarb

DRINKS

Caffe Latte with 2% Milk - Grande	1 PowerFuel, 2 Extras
Caffe Mocha with 2% Milk and Whip - Short	1 PowerFuel, 3 Extras
Caffe Mocha with Almond Milk and Whip - Short	1 PowerFuel, 1 Extra
Cappuccino with 2% Milk - Venti	1 PowerFuel, 1 Extra
Cappuccino with Soy Milk - Venti	1 PowerFuel, 1 Extra
Chai Tea Latte with 2% Milk - Tall	1 PowerFuel, 2 Extras
Skinny Cinnamon Dolce Latte - Venti	1 PowerFuel, 1 Extra
Skinny Hot Chocolate - Grande	1 PowerFuel, 2 Extras
Skinny Mocha - Grande	1 PowerFuel, 1 Extra
Skinny Vanilla Latte - Venti	1 PowerFuel, 1 Extra

Subway

B.L.T. - 6-Inch Sub	2 PowerFuels, 2 SmartCarbs
Black Forest Ham - 6-Inch Sub	1 PowerFuel, 2 SmartCarbs
Rotisserie-Style Chicken on Spinach Wrap	3 PowerFuels, 2 SmartCarbs
Rotisserie-Style Chicken Salad	1 PowerFuel, 1 SmartCarb
Sweet Onion Chicken Teriyaki - 6-Inch Sub	1 PowerFuel, 2 SmartCarbs
Tuna - 6-Inch Sub	3 PowerFuels, 2 SmartCarbs
Tuna Salad	3 PowerFuels, 1 SmartCarb

Taco Bell

Chalupa Supreme - Chicken, Beef or Steak	2 PowerFuels, 1 SmartCarb
Chicken Chipotle Melt	1 PowerFuel, 1 SmartCarb
Crunchy Taco or Crunchy Taco Supreme	1 PowerFuel, 1 SmartCarb
Soft Taco - Chicken or Beef	1 PowerFuel, 1 SmartCarb
Soft Taco Supreme - Chicken or Beef	1 PowerFuel, 1 SmartCarb
Spicy Potato Soft Taco	1 PowerFuel, 1 SmartCarb

Texas Roadhouse

Dallas Filet - 6 oz.	3 PowerFuels
Grilled BBQ Chicken	2 PowerFuels
Grilled Pork Chops - Single	3 PowerFuels
Grilled Salmon - 5 oz.	3 PowerFuels
Herb Crusted Chicken	2 PowerFuels
Loaded Potato Soup - Bowl	2 PowerFuels, 1 SmartCarb
Texas Red Chili - Cup	2 PowerFuels, 1 SmartCarb
USDA Choice Sirloin - 6 oz.	2 PowerFuels
USDA Choice Sirloin - 8 oz.	3 PowerFuels

Wendy's

Apple Pecan Chicken Salad, Half Size	2 PowerFuels, 1 SmartCarb, 1 Vegetable
Chicken Nuggets - 4 Piece	2 PowerFuels
Chicken Nuggets - 6 Piece	3 PowerFuels
Chili - Large	2 PowerFuels, 1 SmartCarb
Chili - Small	1 PowerFuel, 1 SmartCarb
Grilled Chicken Wrap	2 PowerFuels, 1 SmartCarb
Jr. Cheeseburger or Jr. Cheeseburger Deluxe	2 PowerFuels, 1 SmartCarb



Event Survival Guide

Learn how to manage the temptation of special occasions.

Parties, weddings and holidays are filled with delicious food. But let's face it, it's easy to overdo it. We've got your back on how to make the healthiest choices when indulging. Don't worry, you can still enjoy the good stuff. Just keep your portions in check and opt for the better-for-you options, and you'll feel great while still enjoying the festivities.

Handling The Holidays

SPRING & SUMMER HOLIDAYS

From Memorial Day to Labor Day, learn how to enjoy barbecues and picnics without the usual calorie overload.

CHOOSE MORE OFTEN:

- ✓ Baked beans (limit to ¼ plate)
- ✓ Burger, beef (small), turkey, or veggie
- ✓ Chips, baked
- ✓ Fish, chicken, or lean beef, grilled
- ✓ Fruit salad or watermelon (limit to 1 piece)
- ✓ Hot dog
- ✓ Hummus and salsa, with vegetables
- ✓ Pasta salad, whole wheat (limit to ¼ plate)
- ✓ Sorbet

CHOOSE LESS OFTEN:

Bratwurst
Brownies
Cookies
Cheeseburgers
Ice cream
Macaroni salad
Potato salad with mayo
Sour cream dips

FALL HOLIDAYS

Avoid that overstuffed Thanksgiving belly and enjoy the bounty by carefully picking what you put on your plate—and how much.

CHOOSE MORE OFTEN:

- ✓ Frozen yogurt
- ✓ Gravy, broth-based
- ✓ Non-starchy vegetable sides (green beans, Brussels sprouts, etc.)
- ✓ Pumpkin pie, no crust
- ✓ Rolls, sourdough or whole wheat
- ✓ Stuffing, low-fat, whole-grain
- ✓ Sweet potato, plain, $\frac{1}{4}$
- 3 Turkey, white meat, no skin

CHOOSE LESS OFTEN:

- Gravy made from pan drippings
- Pecan pie
- Rolls, white
- Stuffing, regular
- Sweet potatoes, candied
- Turkey, dark meat
- Vegetables, creamed



WINTER HOLIDAYS

Use these smart strategies to get through the holiday season without falling off track.

CHOOSE MORE OFTEN:

- ✓ Angel food cake
- ✓ Ham, baked
- ✓ Potatoes, red-skinned
(limit to ¼ plate)
- ✓ Pumpkin pie, no crust
- ✓ Rolls, sourdough or whole wheat
- ✓ Shrimp cocktail
- ✓ Soup, broth-based
- ✓ Steak or roast beef, lean cuts
- ✓ Sweet potato, plain, ¼

CHOOSE LESS OFTEN:

- Caesar salad
- Cheese
- Chicken or duck, fried
- Cookies and pastries
- Cornbread
- Mashed potatoes
- Pigs in a blanket
- Potatoes, scalloped or au-gratin
- Soup, cream-based

Plan Ahead For Parties & Weddings

Even though weddings and parties put a lot of focus on food, you should go and enjoy them. Here are some smart ways to manage your plate.

Tip!
Add a splash of juice
to sparkling water or seltzer for a festive
drink. Try adding a twist of lime.



Choose More Often:

- ✓ Champagne
(limit alcohol to 1 serving)
- ✓ Chicken, baked or grilled
- ✓ Crackers, low-fat or whole-grain
- ✓ Dry wine (limit alcohol to 1 serving)
- ✓ Frozen yogurt, low-fat or fat-free
- ✓ Guacamole
(limit to ¼ cup PowerFuel serving)
- ✓ Ham, baked
- ✓ Hummus and salsa, with vegetables
- ✓ Lasagna, vegetable or turkey
(limit to ¼ plate)
- ✓ Light beer (limit alcohol to 1 serving)
- ✓ Pizza, thin crust
- ✓ Potatoes, red-skinned
(limit to ¼ plate)
- ✓ Pretzels, hard, whole wheat
- ✓ Shrimp cocktail
- ✓ Sorbet
- ✓ Sour cream dip, low-fat or fat-free
- ✓ Spaghetti with marinara sauce
(limit to ¼ plate)
- ✓ Steak or roast beef, lean cuts

Choose Less Often:

Alcoholic beverages with sugar mixers
Brisket
Caesar salad
Cakes, pies and cookies
Cheese
Chicken or duck, fried
Chocolate fondue
Fried appetizers
Ice cream
Lasagna, beef
Mashed potatoes
Nachos with cheese
Non-light beers
Pigs in a blanket
Pizza, thick-crust or meat toppings
Popcorn, buttered
Potatoes, scalloped or au gratin
Sour cream dips (full fat)
Sweet wines
Wings with blue cheese dip



Portion Size Guide

Supersizing has taken off, with some restaurant portions weighing in at four times the normal size. Even the plates have gotten bigger. One restaurant meal can easily add up to more calories than you should eat in an entire day!

There's a quick way to tell if you're getting the usual oversize portions at a restaurant. Compare what's on your plate with the guide on these pages. Then keep your calories in check by eating only a reasonable portion.



1 oz.

1 oz. = 1 thumb or 3 dice

Examples:

PowerFuels: reduced fat cheese



2-3 oz.

**3 oz. = 1 palm of hand, deck of cards
or a checkbook**

2 oz. = about / of these items listed above

Examples:

PowerFuels: 2 oz. meat, poultry or fatty fish, or
3 oz. white fish



1 teaspoon

1 tsp. = 1 fingertip or 1 dice

Examples:

Extras: honey, jelly, maple syrup,
mayonnaise, oil and seeds



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



1/4 cup

1/4 cup = 1/2 cupped hand, 1 egg or a softball

Examples:

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

SmartCarbs: dried fruit, hummus, whole grain crackers



1/2 cup

1/2 cup = 1 cupped hand, light bulb or computer mouse

Examples:

PowerFuels: 1% cottage cheese, canned tuna, edamame, egg whites and tofu

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



1 cup

1 cup = 1 clenched fist or baseball

Examples:

PowerFuels: low-fat milk and yogurt

SmartCarbs: fresh fruit and berries

Extras: unsweetened almond milk and air-popped popcorn



This is an example of what your plate should look like. If you finish your plate and still feel hungry, you can always order more non-starchy vegetables.

Helpful Resources



Learn more about your plan!



The Official Nutrisystem® app



The **Leaf**

Daily recipes, expert tips and more

leaf.nutrisystem.com

MEAL PLAN GUIDES

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

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Need some help? Contact us via phone, email or chat:



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