USE YOUR DAILY TRACKER
Research shows that people who track their food lose more weight. Your Daily Tracker has 28 pages, personalized for your program. Use it to stay on track and get the best results. (Note: if your plan includes a one-week kit, you’ll have 7 extra Daily Tracker pages.)

READ UP
Use your Daily Tracker, My Way Made Easy magazine, and Eating Out Guide to learn more about your program. If you need more information, inspiration or support, visit The Leaf (theleaf.nutrisystem.com) call one of our counselors at 1-800-585-5483 (7 a.m. to midnight ET every day).

TAKE A “BEFORE” PICTURE
There’s nothing like a photograph to show your progress. Put on some clothes that show your shape, snap a “before” photo and then put it on the Nutrisystem Facebook page as your visual starting point.

IMPORTANT TIP FOR your flex meals

PLAN YOUR WEEK OF EATING
Your My Way meal plan provides more flexibility for lunch and dinner each week, allowing you to have one lunch and one dinner that don’t include Nutrisystem® foods.

Make good use of your flexibility by planning these meal occasions ahead of time. So, for example, if Thursday night is Pasta Night at home, you can designate that as your flex dinner for the week and eat what your family’s eating—as long as you still follow the meal plan in your Daily Tracker. (See inside for more details about your flexible meal occasions.)

Want to be even more creative with your flex meals? Check out our Recipes section in the “My Meals” tab at numi.com!

MOVE MORE + burn more!

Physical activity is a vital part of your Nutrisystem® My Way® program, so we’ve created a simple, personalized activity plan called My Daily 3.

Here’s how it adds up:

10 MINS. × 3 TIMES A DAY × 7 DAYS PER WEEK = 210 MINS. PER WEEK

The Physical Activity Guidelines for Americans say you need at least 150 minutes of activity each week for health benefits. By doing a little more, you burn more calories, keep your metabolism fueled, and end up with more energy.

Start by taking the My Daily 3® assessment at your account page on the Nutrisystem® website. In only a few seconds, you’ll get a two-week plan personalized for your abilities that burns calories and helps keep you energized.

IF YOU ARE USUALLY INACTIVE, YOU MIGHT:
• Go window shopping.
• Walk the dog.
• Do a little gardening.

IF YOU ARE NO STRANGER TO EXERCISE, YOU MIGHT:
• Go for a long bike ride.
• Try a yoga class.
• Sign up for a hiking club.

Whatever you pick, make it fun, invite your friends, and do it every day. The more you move, the easier it will be to reach your weight-loss goal.

*Check with your doctor before beginning any new exercise program.

WE’RE HERE to help...

With Nutrisystem, you’re never alone. Get answers to your questions anytime...

ONLINE
Go to The Leaf (theleaf.nutrisystem.com) for tools, articles, or to just get inspired. And be sure to visit the Nutrisystem Facebook page to chat with others just like you!

PHONE
Talk to a trained counselor who can answer all your weightloss questions. Call 1-800-585-5483 from 7 a.m. to midnight ET seven days a week.

welcome!

We’re thrilled you picked Nutrisystem My Way to help you reach your goal weight. Your program is based on over 40 years of weight loss expertise, and your meal plan is designed to give you just the right amounts of structure and flexibility to fit your lifestyle and teach you how to eat healthy as you transform your body. Use this guide to get started on the right track. Let’s get going!
GET READY TO start strong!

MAKE A PLEDGE FOR SUCCESS
There are dozens of reasons to lose weight. What are yours? Write them down, and sign a pledge to succeed. Post the page where you’ll see it every day as a reminder of your inspiration and commitment to do this right!

ORGANIZE AND STORE YOUR FOOD
To make it easy, all Nutrisystem® entrées and desserts are color-coded by eating occasion: Breakfasts are blue, lunches are orange, dinners are red, and desserts are purple.

PICK UP A FEW GROCERIES
You’ll need some vegetables and other items from the grocery store. The basic information is on the next page, and you’ll find all the details in your Daily Tracker (starting on page 31).

SET YOUR FIRST GOAL
Focus on your immediate goal: How much do you hope to lose by the time you finish this box? With Nutrisystem, you can expect to lose about 1–2 pounds per week, but it varies. Write your goal on page 1 of your Daily Tracker.

WEIGH IN
Record your current weight in your Daily Tracker, and track it at numi.com or with the NuMi app. Every week, weigh in at the same time, in the same type of clothes (or none), using the same scale.

TAKE A FEW MEASUREMENTS
Measure around your upper arms, chest, waist, hips and thighs, jot them down and keep them handy for inspiration. We bet you’ll enjoy watching them shrink!

GET MOVING
Turn to the back of this guide to read about how easy it is to get active with My Daily 3. Then lace up your sneakers—you’re going to love how being active helps you shed pounds!

EAT ALL THIS + lose weight!
Your Nutrisystem® My Way® box is full of your favorite foods, specially formulated to supply the nutrients your body needs in just the right amount. You’ll eat them in combination with fresh grocery items each day. You’ll feel like you’re eating all day—because you are!

EACH WEEK, you get to eat all this delicious food:
- Nutrisystem® breakfasts and desserts 7 days a week
- Nutrisystem® lunches 6 days of the week
- Nutrisystem® dinners 6 days of the week
- A flex lunch and a flex dinner once per week

Plus, you’ll add in these fresh grocery items every day to feel full longer and get optimal nutrition:

POWERFUELS
1 serving = 80–120 calories
with 5 grams of protein or more
High-quality proteins that contain amino acids and healthy fats. Examples: lean meats, fish, fat-free milk or yogurt, nuts.

SMARTCARBS
1 serving = 80–120 calories
with 1 gram of fiber or more
Nutrient-rich carbohydrates that measure low on the Glycemic index. Examples: fruit, starchy vegetables (corn, peas, sweet potatoes, etc.), whole grains.

4+ VEGETABLES
1 serving = 1/2 cup cooked or 1 cup raw
Non-starchy veggies packed with nutrients. Examples: greens, carrots, tomatoes, peppers, broccoli.

UP TO 3 EXTRAS (OPTIONAL)
1 serving = 11–35 calories
These little indulgences make it easier to stick to your diet. Examples: popcorn, sugar-free gelatin, fat-free dressing.

FREE FOODS (OPTIONAL)
1 serving = up to 10 calories
Add flavor to your meals and snacks with seasonings and sauces. Examples: vinegar, spices, herbs, broth.

+ DRINK UP!
64 ounces per day
Choose water or other calorie-free drinks. Avoid too much caffeine.

For more examples, see your Daily Tracker

sample day
here is an example of what you might eat in a day with Nutrisystem foods at every meal occasion. Note that if this were a flex lunch or dinner day, you would check off the PowerFuels and SmartCarbs rather than fill in the Nutrisystem lunch and dinner entree lines.

day 3 10/30

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrisystem® entrée Cinnamon Bun</td>
<td>Nutrisystem® entrée Chicken Noodle Soup</td>
<td>PowerFuel Yogurt</td>
<td>Nutrisystem® dessert Lasagna</td>
</tr>
<tr>
<td>PowerFuel Milk</td>
<td>PowerFuel</td>
<td>String Cheese</td>
<td>PowerFuel</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SmartCarb Grapes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

vegetables
4 servings? | Yes | No
water
64 ounces? | Yes | No
activity
30 minutes? | Yes | No