

# Your Grocery Guide

Your **Nutrisystem**® plan will give you the right amount of nutrients your body needs, including lean protein, healthy fats and smart carbs.

## Every Day, You Will Add:



**PowerFuels**—Lean proteins, low-fat dairy, and nuts to help keep you feeling full.



**SmartCarbs**—Whole grains, beans and legumes, fruit and starchy vegetables.



**Vegetables**—At least 4 servings of non-starchy vegetables each day.



**Free Foods & Extras**—Optional add-ons and condiments.



**Water**—Stay hydrated with at least 64 ounces of water.

We'll also show you how to plan healthy snacks including **PowerFuels** and **SmartCarbs**.

Visit The Leaf for an online grocery guide, recipes and more. [leaf.nutrisystem.com](https://leaf.nutrisystem.com)

## GROCERY GUIDE:

# POWERFUELS / **PF**

Follow these guidelines when picking **PowerFuels**:



= **80-120**

**CALORIES**  
and has 5 or more  
grams of protein

- Beef, lean, trimmed, 2 oz.
- Cheese, low sodium, 1 slice
- Chicken Breast, 2 oz.
- Cottage Cheese, 1% fat, no salt added, ½ cup
- Crab meat, 3 oz.
- Edamame, cooked, deshelled, ½ cup
- Egg, 1 large
- Egg Whites, 3-4 large
- Fish, fatty (e.g., salmon, tuna, mackerel, swordfish, trout), 2 oz.
- Fish, white, baked or broiled, 3 oz.
- Ham, low fat, lower sodium, 2 oz.
- Milk, low-fat or soy, 8 oz. (1 cup)
- Parmesan Cheese, low sodium, grated, ¼ cup
- Nut butter or tahini, 1 Tbsp.
- Nuts (almonds, cashews, peanuts, pecans, pistachios, walnut halves), 2 Tbsp.
- Pork, lean, trimmed, 2 oz.
- Protein Powder, (e.g. whey, soy), 2 Tbsp.
- Salmon, canned in water, 2 oz.
- Seitan, ½ cup
- Shrimp, 3 oz.
- Tofu, ½ cup
- Tuna, water-packed, ½ cup
- Turkey Breast, 2 oz.
- Veggie Burger, 3 oz.
- Yogurt, nonfat, plain, 1 cup

## GROCERY GUIDE:

# SMARTCARBS / SC

Follow these guidelines when picking **SmartCarbs**:

**1**  
SERVING

**= 80-120 CALORIES**  
and has 1 or more  
grams of fiber

- Apple or Orange, 1 medium
- Banana, 1 medium
- Barley, cooked, ½ cup
- Beans, cooked, ½ cup
- Berries (blackberries, blueberries, whole strawberries), 1 cup
- Bread, whole grain, 1 slice
- Cantaloupe, cubed, 1 cup
- Corn, ½ cup
- Couscous, whole grain, cooked, ½ cup
- Crackers, whole grain, ¼ cup
- Dried Fruit, no added sugar, ¼ cup
- Fruit Cocktail, canned, in water, 1 cup
- Grapefruit, 1 medium
- Grapes, 1 cup
- Hummus, ¼ cup
- Mandarin Oranges, 2 medium
- Oatmeal, prepared with water, ½ cup
- Pasta, whole wheat, cooked al dente, ½ cup
- Peach or Pear, fresh, 1 medium
- Peas, green, ½ cup
- Pineapple, 1 cup
- Pita Bread, 6-inch whole wheat, 1 pita
- Rice, brown, cooked, ½ cup
- Sweet Potato or Yam, cooked, ½ cup
- Watermelon, cubed (limit; high Glycemic Index), 1 cup

## GROCERY GUIDE:

# VEGETABLES /



**Non-starchy vegetables** are unlimited on your plan, so fill up on your favorites using these guidelines:



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**½ cup cooked  
or 1 cup raw**

- Alfalfa Sprouts
- Artichoke Hearts
- Asparagus
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery, *2 medium-sized stalks*
- Collard Greens
- Cucumbers
- Green Beans
- Hearts of Palm, *canned, ½ cup*
- Kale
- Leeks
- Lettuce, any kind
- Mixed Greens
- Mushrooms
- Okra
- Onion
- Rhubarb
- Spaghetti Squash
- Spinach
- Tomatillos
- Tomatoes
- Turnips
- Vegetable Juice, *low sodium, 4 oz. (½ cup)*
- Water Chestnuts, *canned, ½ cup*
- Zucchini or Summer Squash

## GROCERY GUIDE:

# EXTRAS / EX

You can enjoy up to 3 **Extras** every day. An **Extra** is a serving of any food that meets the following criteria:

$$\left[ \begin{array}{c} \text{1} \\ \text{SERVING} \end{array} \right] = \mathbf{10-35} \text{ CALORIES} \\ \text{per serving}$$

## LIMIT 3 EXTRAS EVERYDAY

- Avocado, pureed, 1 Tbsp.
- Chocolate Syrup, 2 tsp.
- Coffee Creamer, fat-free, 1 Tbsp.
- Cream Cheese, reduced-fat or fat-free, 1 Tbsp.
- Honey, 1 tsp.
- Ketchup, 1 Tbsp.
- Maple Syrup, 1 tsp.
- Mayonnaise, 1 tsp.
- Oil (e.g. Canola, Olive, Peanut, Sunflower), 1 tsp.
- Olives, Black or Green, 6-7 small
- Popcorn, 1 cup
- Pumpkin Seeds, 1 tsp.
- Salad Dressing, light or reduced-fat, 1 Tbsp.
- Sesame Seeds, 1 tsp.
- Sunflower Seeds, 1 tsp.
- Tomato Paste, 1 Tbsp.

## GROCERY GUIDE:

# FREE FOODS /

**Free foods** are unlimited on your plan, as long as they are:

 = **10 CALORIES** or less

## Free Foods

- Coffee, black
- Garlic
- Ginger
- Lemon Juice
- Lime Juice
- Green Chilies
- Green Onions/Scallions
- Peppers, hot, jalapeno
- Salsa
- Spices, such as Mustard, Oregano, Paprika, Parsely, Red Pepper Flakes, Cumin
- Sweeteners, natural, calorie-free
- Tea, unsweetened
- Vegetable, Chicken and Beef Broth, low sodium

# WATER OR OTHER CALORIE-FREE BEVS



We recommend sticking to water all day long. It's naturally good for you and helps you feel full! Add lemon wedges, cucumber slices or mint leaves for flavor. In addition to water, you can enjoy calorie-free beverages;

- Black Coffee
- Iced Tea, *unsweetened*
- Seltzer, *plain or flavored*
- Tea, *black, green, or herbal*

DRINK AT LEAST **64 OZ.** (8 cups) > OF **WATER** or other calorie-free drinks, each day

## Cheers to Success!

Enjoy up to **two alcoholic beverages**—dry wine, light beer or liquor mixed with no-calorie mixers—**each week** as part of your plan.

- Be mindful of portion sizes. Dry wine = 4 oz. Light beer = 12 oz. Liquor (80-90 proof) = 1½ oz.
- Always have your drink **with a meal or snack**.
- Alcohol is a natural diuretic; be sure to **have a glass of water after your drink**.
- While you can enjoy up to two alcoholic beverages a week, we **recommend not having both on the same day**.