

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 and healthy fats 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**.

Grocery Guide Nutrisystem

Chao Zhang



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