

contact us

24/7 counseling
1-800-727-8046

We're here to support you every step of the way!

Select10

meal planner

Your 10-day healthy eating guide

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Fort Washington, PA 19034
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01/11 186802

Nutrisystem[®]



Cory & Amberly, Satisfied Nutrisystem Customers

Get A Taste Of Success!

Welcome to Select10! You get to experience the fabulous fresh-frozen menu items from the Nutrisystem® Select® program for the next ten days and discover the secret to decadent dieting.

- 10 days of chef-inspired cuisine—breakfast, lunch, dinner and dessert
- All items are perfectly portioned for weight loss® so you can indulge but never overdo it
- Created with balanced nutrition featuring low sodium, high fiber, and good carbs
- Complimentary online membership and counseling

Get off to a great start! Keep tabs on your progress by tracking what you eat every day in this Meal Planner, plus find out what to grab at the grocery store with the helpful Grocery Guide section.

Losing weight never tasted so good!

women's sample day

date: **8 / 19 / 11**

breakfast

- Nutrisystem® Select® Breakfast Entrée (Your Choice)
- Light Yogurt 8 oz. (Dairy) or 1 Egg (Protein)
- Cantaloupe, 1/3 of a small melon or cubed 1 cup (Fruit)



If you have pancakes, you can top them with syrup! As long as it's sugar-free and 20 calories or less, it counts as part of your breakfast entrée.

lunch

- Nutrisystem® Select® Lunch Entrée (Your Choice)
- Parmesan Cheese, 2 tbsp. (Dairy) or Turkey Slice, 1 oz. (Protein)
- Mixed Greens, unlimited (Vegetable) with 2 tbsp. fat-free dressing
- Cucumbers, unlimited (Vegetable)



Coffee and tea lovers rejoice—there are no limits on these beverages. But be cautious about sweeteners and creamers.

afternoon snack

- Low-fat Cheese, 1 oz. (Dairy) or 1 Egg, hard boiled (Protein)
- Grapes, 15 (Fruit)



Remember: for best results, space out your meals evenly throughout the day.

dinner

- Nutrisystem® Select® Dinner Entrée (Your Choice)
- Orange, medium (Fruit) or Spinach, raw unlimited (Vegetable)
- Green Beans, cooked 1/2 cup (Vegetable) with 2 tbsp. fat-free dressing
- Carrots, raw 1 cup (Vegetable)
- Almonds, 6 (Fat)



Your caloric needs are tied to your weight. So if you have 100+ pounds to lose, your body requires some extra calories.

dessert

- Nutrisystem® Select® Dessert (Your Choice)

Total Glasses of Water: **7**

Physical Activity: **walking** Minutes: **30**

Weight: **175lbs**

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Now, let's get started!

women's daily tracker

Here's where you keep tabs of your everyday eating, from your Nutrisystem® Select® meals and desserts, to your grocery foods such as proteins, fruits and vegetables. You can track your beverage intake here, too!

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Dairy or Protein _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Dairy or Protein _____
- Fruit _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Minutes: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Dairy or Protein _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Dairy or Protein _____
- Fruit _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Minutes: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Dairy or Protein _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Dairy or Protein _____
- Fruit _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Minutes: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Dairy or Protein _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Dairy or Protein _____
- Fruit _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Minutes: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Dairy or Protein _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Dairy or Protein _____
- Fruit _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Minutes: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Dairy or Protein _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Dairy or Protein _____
- Fruit _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Minutes: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Dairy or Protein _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Dairy or Protein _____
- Fruit _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Minutes: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Dairy or Protein _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Dairy or Protein _____
- Fruit _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Minutes: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Dairy or Protein _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Dairy or Protein _____
- Fruit _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Minutes: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Dairy or Protein _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Dairy or Protein _____
- Fruit _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Minutes: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Have a question? Call: 1-800-727-8046

men's sample day

date: **8 / 19 / 11**

breakfast

- Nutrisystem® Select® Breakfast Entrée (Your Choice)
- Fat-Free Milk, 8 oz. (Dairy) or 1 Egg (Protein)
- Cantaloupe, small 1/3 or cubed 1 cup (Fruit)
- Oatmeal, cooked 1/2 cup (Carbohydrate)



If you have pancakes, you can top them with syrup! As long as it's sugar-free and 20 calories or less, it counts as part of your breakfast entrée.

morning snack

- Low Fat Cheese, 1 oz. (Dairy) or 1 Egg, hard boiled (Protein)
- Grapes, 15 (Fruit)



Coffee and tea lovers rejoice—there are no limits on these beverages. But be cautious about sweeteners and creamers.

lunch

- Nutrisystem® Select® Lunch Entrée (Your Choice)
- Cucumbers, unlimited (Vegetable)
- Mixed Greens, Unlimited (Vegetable) with 2 tbsp. fat-free dressing, if desired



Remember: for best results, space out your meals evenly throughout the day.

afternoon snack

- Nutrisystem® Select® Dessert Entrée (Your Choice)

dinner

- Nutrisystem® Select® Dinner Entrée (Your Choice)
- Green Beans, cooked 1/2 cup (Vegetable)
- Mushrooms, unlimited (Vegetable)
- Orange, medium (Fruit) or Spinach, raw unlimited (Vegetable)
- Brown Rice, 1/3 cup (Carbohydrate)
- Almonds, 6 (Fat)



Your caloric needs are tied to your weight. So if you have 100+ pounds to lose, your body requires some extra calories.

dessert

- Nutrisystem® Select® Dessert Entrée (Your Choice)

Total Glasses of Water: 7

Physical Activity: walking Minutes: 30

Weight: 200lbs

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Now, let's get started!

men's daily tracker

Here's where you keep tabs of your everyday eating, from your Nutrisystem® Select® meals and desserts, to your grocery foods such as proteins, fruits and vegetables. You can track your beverage intake here, too!

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____
- Carbohydrate _____

morning snack

- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Nutrisystem® Select® Dessert Entrée _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Carbohydrate _____
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Duration: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate serving to breakfast and dinner, and add one fruit serving to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____
- Carbohydrate _____

morning snack

- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Nutrisystem® Select® Dessert Entrée _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Carbohydrate _____
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Duration: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate serving to breakfast and dinner, and add one fruit serving to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____
- Carbohydrate _____

morning snack

- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Nutrisystem® Select® Dessert Entrée _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Carbohydrate _____
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Duration: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate serving to breakfast and dinner, and add one fruit serving to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____
- Carbohydrate _____

morning snack

- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Nutrisystem® Select® Dessert Entrée _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Carbohydrate _____
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Duration: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate serving to breakfast and dinner, and add one fruit serving to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____
- Carbohydrate _____

morning snack

- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Nutrisystem® Select® Dessert Entrée _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Carbohydrate _____
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Duration: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate serving to breakfast and dinner, and add one fruit serving to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____
- Carbohydrate _____

morning snack

- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Nutrisystem® Select® Dessert Entrée _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Carbohydrate _____
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Duration: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate serving to breakfast and dinner, and add one fruit serving to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____
- Carbohydrate _____

morning snack

- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Nutrisystem® Select® Dessert Entrée _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Carbohydrate _____
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Duration: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate serving to breakfast and dinner, and add one fruit serving to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____
- Carbohydrate _____

morning snack

- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Nutrisystem® Select® Dessert Entrée _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Carbohydrate _____
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Duration: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate serving to breakfast and dinner, and add one fruit serving to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____
- Carbohydrate _____

morning snack

- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Nutrisystem® Select® Dessert Entrée _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Carbohydrate _____
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Duration: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate serving to breakfast and dinner, and add one fruit serving to lunch.

Have a question? Call: 1-800-727-8046

date: / /

Food/Time Eaten

breakfast

- Nutrisystem® Select® Breakfast Entrée _____
- Dairy or Protein _____
- Fruit _____
- Carbohydrate _____

morning snack

- Dairy or Protein _____
- Fruit _____

lunch

- Nutrisystem® Select® Lunch Entrée _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired

afternoon snack

- Nutrisystem® Select® Dessert Entrée _____

dinner

- Nutrisystem® Select® Dinner Entrée _____
- Fruit or Vegetable _____
- Vegetable _____
- Vegetable _____
with 2 tbsp. fat free dressing, if desired
- Carbohydrate _____
- Fat _____

dessert

- Nutrisystem® Select® Dessert Entrée _____

Total Glasses of Water: _____

Physical Activity: _____ Duration: _____

Weight: _____

If you have more than 100 pounds to lose, add one carbohydrate serving to breakfast and dinner, and add one fruit serving to lunch.

Have a question? Call: 1-800-727-8046

dairy

Fat-free Milk	8 oz.
Note: If you choose cereal for your breakfast entree, 4 oz. of fat-free milk should be used, but does not count as your dairy serving for that meal.	
Soy Milk, low fat	8 oz.
Light Yogurt (No more than 120 calories with approx. 7g of protein)	6-8 oz.
Fat-free or Low-fat Cheese, reduced or low sodium	1 oz.
Non-fat or Low-fat Cottage Cheese, reduced or low sodium	$\frac{2}{3}$ cup
Cream Cheese (fat free)	4 tbsp.
Parmesan (grated) [†]	2 tbsp.
Low-fat Soy Cheese, low sodium	2 slices
String Cheese, low fat [†]	1 oz.

protein

Canadian Bacon	1 oz.
Chicken (without skin)	1 oz.
Clams	2 oz.
Crab	2 oz.
Crab Meat (imitation) [†]	$\frac{1}{2}$ cup
Edamame (cooked, de-shelled)	$\frac{1}{3}$ cup
Egg	1
Egg Substitute	$\frac{1}{2}$ cup
Egg Whites	3
Fish, fresh (not breaded)	2 oz.
Fish, frozen (not breaded)	2 oz.
Lean Beef (chuck, flank, rump, sirloin, tenderloin)	1 oz.

NOTE: Foods that are cooked should be measured after cooking.

[†] A higher sodium choice. Compare brands to choose lowest sodium option; consider limiting frequency.

"low sodium" = 140mg or less per serving

"free" = 5mg per serving

"reduced sodium" = at least 25% less than the original product.

If you want to add a grocery food to your program that is not listed within this food options section please call a counselor at 1-877-291-THIN (8446) for proper serving sizes.

proteins continued

Lean Ham	1 oz.
Lean Pork (chop, tenderloin)	1 oz.
Lobster [†]	2 oz.
Mussels [†]	2 oz. or 4 mussels
Oysters [†]	6 medium
Protein Powder (whey, soy)	2 tbsp. (8.5-11g)
Salmon (canned in water) [†]	$\frac{1}{4}$ cup
Sandwich Meat (with 2g or less fat), reduced or low sodium [†]	1 oz.
Sardines (canned in water), reduced or low sodium	2
Scallops [†]	2 oz.
Seitan [†]	2 oz.
Shrimp [†]	2 oz.
Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium [†]	1 link
Soy Nuts, dry roasted	3 tbsp.
Tempeh, reduced or low sodium [†]	2 oz.
Tofu	$\frac{1}{2}$ cup
Tuna (canned in water), low sodium	$\frac{1}{4}$ cup
Turkey (without skin)	1 oz.
Turkey Pepperoni [†]	17 rounds
Veggie Burger/Crumble (i.e. Boca Burgers [®])	2 oz.

fruits

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Apple	1 small	Pear (canned, packed in water)	$\frac{3}{4}$ cup
Apple Slices (dried)	$\frac{1}{3}$ cup	Persimmons	2 small
Applesauce, (unsweetened)	$\frac{1}{2}$ cup	Pineapple (fresh, cubed)	$\frac{3}{4}$ cup
Apricots (fresh)	3 whole	Pineapple (canned, in water)	$\frac{1}{3}$ cup
Apricots (canned, packed in water)	$\frac{1}{2}$ cup	Plantains (cooked)	$\frac{1}{3}$ cup
Apricots (dried)	3 whole	Plums	2 small
Banana	1 small (6")	Plums (canned, packed in water)	$\frac{1}{2}$ cup
Blackberries	$\frac{3}{4}$ cup	Pomegranate	$\frac{1}{2}$ medium
Blueberries	$\frac{3}{4}$ cup	Prickly Pear	1 cup
Cantaloupe	$\frac{1}{3}$ small	Prunes	3
Cantaloupe (cubed)	1 cup	Raisins	2 tbsp.
Cherries (fresh)	12	Raspberries	1 cup
Cherries (canned, packed in water)	$\frac{3}{4}$ cup	Rhubarb	1 cup
Cranberries (dried)	2 tbsp.	Strawberries, whole	$1\frac{1}{4}$ cups
Currants (red & white, fresh)	1 cup	Tangelos	1 medium
Figs (fresh)	2	Tangerine	2 small
Figs (dried)	2	Watermelon cubed (limit—high on the Glycemic Index)	$1\frac{1}{4}$ cups
Fruit Cocktail (canned, packed in water)	$\frac{1}{2}$ cup		
Goji Berries	2 tbsp.		
Grapefruit	$\frac{1}{2}$ large		
Grapes	15		
Guava	2 small		
Honeydew Melon	$\frac{1}{8}$ small		
Honeydew Melon, cubed	1 cup		
Kiwi	1 large		
Loganberries	$\frac{3}{4}$ cup		
Lychees (limit—high on the Glycemic Index)	$\frac{1}{2}$ cup		
Mango	$\frac{1}{2}$ cup		
Nectarine	1 medium		
Orange	1 medium		
Oranges, Mandarin (canned, packed in water)	$\frac{1}{2}$ cup		
Papaya (raw, cubed)	1 cup		
Peach (fresh)	1 medium		
Peach (canned, packed in water)	$\frac{1}{2}$ cup		
Pear (fresh)	1 small		

fruit juices

For best results, you should minimize fruit juices as a fruit option.

Acai Juice	$\frac{1}{3}$ cup
Apple Cider (unsweetened)	$\frac{1}{2}$ cup
Apple Juice	$\frac{1}{2}$ cup
Apricot Juice	$\frac{1}{2}$ cup
Apricot Nectar	$\frac{1}{3}$ cup
Cranberry Juice Cocktail	$\frac{1}{3}$ cup
Cranberry Juice Cocktail, reduced calorie	1 cup
Fruit Juice Blends, 100% juice	$\frac{1}{2}$ cup
Grape Juice	$\frac{1}{3}$ cup
Grapefruit Juice	$\frac{1}{2}$ cup
Orange Juice	$\frac{1}{2}$ cup
Peach Nectar	$\frac{1}{2}$ cup
Pear Nectar	$\frac{1}{2}$ cup
Pineapple Juice	$\frac{1}{2}$ cup
Pomegranate Juice	$\frac{1}{2}$ cup
Prune Juice	$\frac{1}{3}$ cup

vegetables | (c) = cooked (r) = raw

NOTE: When making a salad, you can combine as many “unlimited” vegetables as you want—it still counts as only one vegetable serving!

Artichoke, whole	1	Mixed Vegetables (without corn, peas, pasta)	½ cup (c) / 1 cup (r)
Artichoke Hearts	2	Mushrooms	Unlimited
Artichoke (Jerusalem or Sunchoke)	½ cup	Okra	Unlimited
Asparagus	Unlimited	Onions, Green	Unlimited
Bamboo Shoots (Canned, sliced)	1 cup	Onions (red, white)	½ cup (c) / 1 cup (r)
Beans (Green, Wax, Italian)	½ cup (c) / 1 cup (r)	Pea Pods	Unlimited
Beets	½ cup (c) / 1 cup (r)	Peppers (Any)	Unlimited
Bok Choy, Chinese Chard, White Mustard	Unlimited	Pimento	½ cup
Broccoli	Unlimited	Radishes	Unlimited
Broccoli Rabe (Rapini)	½ cup (c)	Rutabaga	½ cup (c) / 1 cup (r)
Green Chilis	¼ cup	Sauerkraut, canned, reduced or low sodium†	½ cup
Brussels Sprouts	½ cup (c) / 1 cup (r)	Snap Peas, Sugar	½ cup (c) / 1 cup (r)
Cabbage	Unlimited	Snap Peas, Yellow	½ cup (c) / 1 cup (r)
Carrots	½ cup (c) / 1 cup (r)	Snow Pea Pods	Unlimited
Cauliflower	Unlimited	Squash, Spaghetti	½ cup (c) / 1 cup (r)
Celery	Unlimited	Squash, Yellow summer	Unlimited
Cucumbers	Unlimited	Spinach	½ cup (c) / Unlimited (r)
Daikon (Chinese radish)	Unlimited	Sprouts (Alfalfa, Bean, Soybean), raw	Unlimited
Dandelion Greens	Unlimited	Tomatillos	Unlimited
Eggplant	Unlimited	Tomato (fresh)	Unlimited
Escarole	Unlimited	Tomato, low sodium (canned)	Unlimited
Fennel	Unlimited	Tomato Paste	¼ cup
Green Chilis	¼ cup	Tomato Sauce	½ cup
Greens (collard, kale, mustard)	Unlimited	Tomatoes, Cherry	Unlimited
Hearts of Palm	2 sticks	Tomatoes, Grape	1 cup
Jicama (raw)	Unlimited	Turnips	½ cup (c) / 1 cup (r)
Kale	½ cup (c) / 1 cup (r)	Water Chestnuts (canned)	½ cup
Kohlrabi	½ cup (c) / 1 cup (r)	Watercress	Unlimited
Leeks	½ cup (c) / 1 cup (r)	Zucchini	Unlimited
Lettuce (Iceberg, Romaine)	Unlimited		
Mixed Greens	Unlimited		

(c) = cooked (r) = raw

† A higher sodium choice. Compare brands to choose lowest sodium option; consider limiting frequency.

vegetables continued

vegetable juices

Carrot Juice	¾ cup
Tomato Juice, low sodium	½ cup
Vegetable Juice, low sodium	½ cup

carbohydrates

If you have more than 100 pounds to lose, add one carbohydrate to breakfast and dinner, and add one fruit to lunch.

Barley (cooked)	½ cup
Beans (Garbanzo/Chick Peas, Pinto, Kidney, White, Black)	½ cup
Bread (Whole-wheat, Multi-grain, Pumpernickel, Rye, Sourdough, Oatmeal)	1 slice
Buckwheat Groats (cooked)	½ cup
Bulgur (cooked)	½ cup
Corn	½ cup
Couscous (cooked)	⅓ cup
Crackers (Whole-grain)	¾ oz. or 2-5 crackers
English Muffin (Whole Wheat, Multi-grain)	½
Hummus	2 tbsp.
Kasha	½ cup
Lentils	⅓ cup
Lima Beans	½ cup
Oatmeal (cooked)	½ cup
Pasta (cooked al dente)	½ cup
Peas (Green)	½ cup
Peas (Split, Black-Eyed)	⅓ cup
Pita (Whole-grain, 6 inch)	½
Popcorn, low-fat (popped)	3 cups
Quinoa (cooked)	⅓ cup
Rice (Brown, cooked)	⅓ cup
Roll (Whole-grain, small)	1 roll

(c) = cooked (r) = raw

† A higher sodium choice. Compare brands to choose lowest sodium option; consider limiting frequency.

carbohydrates continued

Sweet Potatoes, Yams	⅓ cup
Tortilla (Whole-wheat, 6 inch)	1
Wheat Berries	½ cup
Wheat Germ	3 tbsp.

fats

Almond Butter	1 tsp.
Almonds	6
Avocado	⅓
Brazil Nuts	2 medium
Cashew Butter	1 tsp.
Cashews	4-5
Flaxseed	1 tbsp.
Hazelnuts (Filberts)	5
Macadamia Nuts	3
Mayonnaise (regular), low sodium	1 tsp.
Mayonnaise, reduced fat	1 tbsp.
Non-Hydrogenated Oil Spread (e.g. Benecol)	1 tbsp.
Oil (Canola, Olive, Peanut, Corn, Safflower, Flax)	1 tsp.
Olives	5 large
Peanut Butter (smooth, chunky)	1 tsp.
Peanuts	10 large (out of shell)
Pecans	4 halves
Pine Nuts	1 tbsp.
Pistachios	15
Pumpkin Seeds	1 tbsp.
Salad Dressings (regular), reduced or low sodium†	1 tbsp.
Salad Dressings (reduced-fat), reduced or low sodium†	2 tbsp.
Sesame Seeds	1 tbsp.
Squash Seeds	1 tbsp.
Sunflower Seeds	1 tbsp.
Tahini (sesame paste)	2 tsp.
Walnuts	4 halves

extras

NOTE: Unless listed as unlimited, limit the below options to 3 servings daily.

seasonings and spices

Chili Pepper (red or green)	1
Flavoring Extracts	Unlimited
Fresh/Dried Herbs	Unlimited
Garlic	Unlimited
Hot Sauce	Unlimited
Lemon Juice	Unlimited
Lime Juice	Unlimited
Pan Spray, non-stick	Unlimited
Parsley	Unlimited
Seasonings (sodium free)	Unlimited
Spices (salt free)	Unlimited
Sugar Substitutes (i.e. Splenda®)	Unlimited
Vinegar (excluding balsamic)	Unlimited
Vinegar, balsamic	1 tbsp.

additions

Popcorn, (low-fat) reduced or low sodium	1 cup
Sugar Free Gelatin	1 cup
Sugar Free Gum	Unlimited
Sugar Free Hard Candy	up to 5 pieces
Sugar Free Jam (low sugar)	2 tsp.
Sugar Free Syrup	2 tbsp.
Whipped Topping (fat free)	2 tbsp.

condiments

Bacon Bits (imitation)	½ tbsp.
Cream Cheese (reduced fat)	1 tbsp.
Creamer, liquid (fat free)	1 tbsp.
Creamer, powdered (fat free)	1 tsp.
Honey	1 tsp.
Horseradish	1 tsp.
Hot Sauce	Unlimited
Ketchup (low sodium)	1 tbsp.

condiments continued

Mustard	1 tsp.
Non-Hydrogenated Oil Spread	1 tsp.
Picante Sauce	1 tbsp.
Relish	1 tsp.
Salad Dressings (fat-free, 45 calories or fewer), low sodium†	2 tbsp.
Salsa (low sodium)	½ cup
Soy Sauce (low sodium)	1 tsp.
Sundried Tomatoes (not in oil)	4 pieces
Taco Sauce	1 tbsp.
Wheat Germ	2 tbsp.
Worcestershire Sauce	1 tsp.

beverages

NOTE: We recommend limiting your daily caffeine intake.

Broth (low sodium)	Limit to 8 oz.
Broth (sodium free)	Limit to 16 oz.
Carbonated, or Mineral Water	Unlimited
Club Soda	Unlimited
Coffee	Unlimited
Diet Soda/Diet Soft Drinks	Unlimited
Drink Mixes (sugar free)	Unlimited
Tea, Black/Green	Unlimited
Tea, Herbal	Unlimited
Tonic Water (sugar free)	Unlimited

† A higher sodium choice. Compare brands to choose lowest sodium option; consider limiting frequency.

NOTE: For best weight-loss results, you should not drink alcohol while you are on the Nutrisystem® program. If you have any questions about this, please contact a counselor at 1-877-291-THIN (8446).

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PLEASE NOTE: Substituted food items may contain different ingredients than those in items originally ordered. Nutrisystem® food items may contain or may have been manufactured in a facility that also processes: milk, eggs, crustacean shellfish, tree nuts, peanuts, wheat or soybeans. Prior to consumption: Please carefully check all individual product packages for the most updated information regarding ingredients and nutritional content if you have any food allergies or if you are otherwise concerned about any particular ingredients.

IMPORTANT HEALTH INFORMATION

You may not use a Nutrisystem® program if you are (a) pregnant, (b) nursing, (c) under 18 years of age, (d) anorexic or bulimic, or (e) allergic to peanuts. As a general guideline, we also recommend taking a multivitamin as part of your Nutrisystem program for optimal health. Please consult your physician before beginning a Nutrisystem program, or any other weight loss program. Please be sure to eat all the food that is recommended on your program. Failure to follow the program protocol and eat all of the food recommended may involve the risk of developing serious health complications.