

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

600 Office Center Drive
Fort Washington, PA 19034
www.nutrisystem.com

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 ⅓ or cubed 1 cup (Fruit)
- ☒ Oatmeal, cooked ½ 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 ½ cup (Vegetable)
- ☒ Mushrooms, unlimited (Vegetable)
- ☒ Orange, medium (Fruit) or Spinach, raw unlimited (Vegetable)
- ☒ Brown Rice, ⅓ 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

[illegible]

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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 | Pimiento | 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.