

# Your Grocery Guide

Your **NutriSystem**<sup>®</sup> 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

**Clifford Lane**



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