

## GROCERY GUIDE

To help complete a well-rounded diet, you'll add in your own fresh grocery foods along with your Nutrisystem® meals each day. These foods are split into four easy-to-follow categories:



### SmartCarbs

SmartCarbs are a specific group of carbohydrates that are nutrient-rich and measure “low” on the Glycemic Index. These carbs are digested more slowly, keeping you feeling fuller longer while promoting good health by delivering vitamins, minerals, fiber and other important nutrients.

Apple Juice ½ cup
Apple Slices, dried ¼ cup
Apple, 1 medium
Applesauce, unsweetened ½ cup
Apricots, dried ¼ cup
Apricots, fresh, sliced 1 cup
Banana, 1 medium
Barley, cooked ½ cup
Beans, black, cooked ½ cup
Beans, white, cooked ½ cup
Blackberries 1 cup
Blueberries 1 cup
Bread, multigrain 1 slice
Bread, oatmeal 1 slice
Bread, pumpernickel 1 slice
Bread, rye 1 slice
Bread, sourdough 1 slice
Bread, whole wheat 1 slice
Cantaloupe ⅓ melon
Cantaloupe, cubed 1 cup
Cherries 1 cup
Cherries, canned, packed in water 1 cup
Chickpeas/Garbanzo Beans, cooked ½ cup
Corn, yellow or white ½ cup
Couscous, cooked ½ cup
Crackers, whole grain ¼ cup
Cranberries, dried ¼ cup
Cranberry Juice Cocktail ½ cup
Currants, red & white, fresh 1 cup
Figs, dried ¼ cup
Figs, 2 fresh
Fruit Cocktail, canned, packed in water 1 cup
Goji Berries, dried, ¼ cup
Grape Juice ½ cup
Grapefruit Juice ½ cup
Grapefruit, 1 medium
Grapes 1 cup
Guava 1 cup

Honeydew Melon, cubed 1 cup
Hummus, ¼ cup
Kiwifruit, 2 medium
Loganberries 1 cup
Mandarin Oranges, 2 medium
Mango 1 cup
Nectarine, 1 medium
Oatmeal, prepared with water ½ cup
Orange Juice ½ cup
Orange, 1 medium
Papaya, raw, cubed 1 cup
Pasta, cooked al dente ½ cup
Peach, fresh, 2 medium
Peaches, canned, packed in water 1 cup
Pear, canned, packed in water 1 cup
Pear, 1 medium
Peas, green, cooked ½ cup
Persimmons, 2 medium
Pineapple Juice ½ cup
Pineapple, canned, packed in water 1 cup
Pineapple, fresh 1 cup
Pita Bread, 6-inch whole wheat 1 pita
Plantains, cooked ½ cup
Plums 2
Plums, canned, packed in water 1 cup
Pomegranate, 1 medium
Prickly Pear 1 cup
Prunes ¼ cup
Raisins ¼ cup
Raspberries 1 cup
Rice, brown, cooked ½ cup
Roll, whole wheat or rye 1 small
Split Peas, cooked ½ cup
Strawberries, whole 1 cup
Sweet Potato ½ cup
Tangelos, 1 medium
Tangerines, 2 medium
Watermelon, cubed (limit—high GI) 1 cup
Yam, plain ½ cup

## PowerFuels

PowerFuels consist of high quality proteins that contain essential amino acids and healthy fats from nuts. It takes longer for your body to digest these foods, so they help you stay satisfied. PowerFuels also provide an excellent source of protein to help boost your body.

Almond Butter 1 Tbsp.
Almonds 2 Tbsp.
Beef, lean, trimmed 2 oz.
Brazil Nuts 2 Tbsp.
Canadian Bacon 2 oz.
Cashew Butter 1 Tbsp.
Cashews 2 Tbsp.
Cheese, light, reduced sodium 1 slice
Cheese, low fat 1 slice
Cheese, nonfat 2 slice
Chicken Breast 2 oz.
Clams 3 oz.
Cottage Cheese, 1% fat ½ cup
Cottage Cheese, nonfat 1 cup
Crab meat 3 oz.
Crab Meat, imitation ½ cup
Edamame, cooked, deshelled ½ cup
Egg Substitute, liquid 1 cup
Egg Whites large 1 cup
Egg, 1 large
Fish, fatty ( e.g., salmon, tuna, mackerel, swordfish, trout) 2 oz.
Fish, white, baked or broiled 3 oz.
Ham, low fat 2 oz.
Hazelnuts/Filberts 2 Tbsp.
Lobster 3 oz.
Luncheon Meat, low fat 2 oz.
Macadamia Nuts 2 Tbsp.
Milk, nonfat or skim 1 cup

Mussels 3 oz.
Oysters, medium 3 oz.
Parmesan Cheese, grated ¼ cup
Peanut Butter 1 Tbsp.
Peanuts 2 Tbsp.
Pecans, halves 2 Tbsp.
Pine Nuts 2 Tbsp.
Pistachios 2 Tbsp.
Pork, lean, trimmed 2 oz.
Protein Powder (e.g., whey, soy) 2 Tbsp.
Salmon, canned in water 2 oz.
Sardines, drained 3 oz.
Scallops 3 oz.
Seitan ½ cup
Shrimp 3 oz.
Soy Cheese, low fat, low sodium 2 slices
Soy Hot Dogs/Veggie Dogs, reduced or low sodium 2 oz.
Soy Milk, low fat 8 oz.
Soy Nuts, dry-roasted 2 Tbsp.
String Cheese, low fat 1 piece
Tahini (Sesame Paste) 1 Tbsp.
Tempeh, reduced or low sodium ½ cup
Tofu ½ cup
Tuna, water-packed ½ cup
Turkey Breast 2 oz.
Turkey Pepperoni, rounds 2 oz.
Vegetarian Burger 3 oz.
Walnuts, halves 2 Tbsp.
Yogurt, nonfat 1 cup

## Vegetables

This category contains your non starchy veggies (you'll find the starchy ones under the SmartCarbs category). They're packed with nutrients that your body craves and are beneficial to an overall healthy lifestyle. You'll be eating at least four non-starchy vegetables each day, and many of them are "unlimited"—so feel free to indulge!

Alfalfa Sprouts 1 cup
Artichoke Hearts ½ cup
Artichoke, 1 whole
Asparagus, cooked ½ cup
Bamboo Shoots, canned, sliced 1 cup
Beans, wax, Italian, cooked ½ cup
Beans, wax, Italian, raw 1 cup
Beets, cooked ½ cup
Bell Peppers, red or green, cooked ½ cup
Bell Peppers, red or green, raw 1 cup

Bok Choy, Chinese Chard, White Mustard, raw 1 cup
Broccoli Rabe (Rapini), cooked ½ cup
Broccoli, cooked ½ cup
Broccoli, raw 1 cup
Brussels Sprouts, cooked ½ cup
Cabbage, cooked ½ cup
Cabbage, raw 1 cup
Carrots, cooked ½ cup
Carrots, raw 1 cup
Cauliflower, cooked ½ cup

(cont.)

Cauliflower, raw 1 cup
Celery, 2 medium-sized stalks
Chicory Greens 1 cup
Collard Greens, cooked ½ cup
Cucumbers 1 cup
Daikon (Chinese radish) 1 cup
Dandelion Greens 1 cup
Eggplant, cooked ½ cup
Escarole 1 cup
Fennel 1 cup
Green Beans, cooked ½ cup
Greens, Mustard or Beet, cooked ½ cup
Hearts of Palm, canned 2 sticks
Jicama, raw 1 cup
Kale, cooked ½ cup
Kohlrabi, cooked ½ cup
Kohlrabi, raw 1 cup
Leeks, cooked ½ cup
Leeks, raw 1 cup
Lettuce, green or red leaf 1 cup
Lettuce, iceberg, Romaine 1 cup
Mixed Greens 1 cup
Mixed Vegetables (without corn, peas, pasta), cooked ½ cup
Mixed Vegetables (without corn, peas, pasta), raw 1 cup
Mushrooms, canned or cooked ½ cup
Mushrooms, raw 1 cup
Okra 1 cup
Onions, red, white, cooked ½ cup
Onions, red, white, raw 1 cup
Radishes, 1 cup

Rhubarb 1 cup
Romaine 1 cup
Rutabaga, cooked ½ cup
Rutabaga, raw 1 cup
Sauerkraut, canned, reduced or low sodium ½ cup
Snap Peas, Sugar, cooked ½ cup
Snap Peas, Sugar, raw 1 cup
Snap Peas, Yellow, cooked ½ cup
Snap Peas, Yellow, raw 1 cup
Snow Pea Pods, cooked ½ cup
Snow Pea Pods, raw 1 cup
Spinach, cooked ½ cup
Spinach, raw 1 cup
Squash, Spaghetti, cooked ½ cup
Squash, Spaghetti, raw 1 cup
Squash, Yellow summer 1 cup
Tomatillos ½ cup
Tomato Juice ½ cup
Tomato Sauce ½ cup
Tomato, canned ½ cup
Tomato, canned, low sodium ½ cup
Tomato, 1 medium
Tomatoes, cherry 1 cup
Tomatoes, grape 1 cup
Turnips, cooked ½ cup
Turnips, raw 1 cup
Vegetable Juice/V-8 ½ cup
Water Chestnuts, canned ½ cup
Watercress 1 cup
Zucchini, cooked ½ cup
Zucchini, raw 1 cup

## Extras

“Extras” or “free foods” are no- or low-calorie optional add-ins that you can use to spice up your meal plan or satisfy a craving. These extras are unlimited when less than 10 calories, but keep items between 10 and 35 calories per serving limited to 3 servings a day.

Avocado, pureed 1 Tbsp.
Avocado ⅓ fruit
Beef Broth, low sodium, unlimited
Chicken Broth, low sodium, unlimited
Chocolate Syrup, sugar free 1 Tbsp.
Coffee Creamer, fat free 1 Tbsp.
Coffee, black, unlimited
Cream Cheese, reduced fat or fat free 1 Tbsp.
Cumin, unlimited
Diet Soda, unlimited
Flaxseed 1 tsp.
Garlic, unlimited

Ginger, unlimited
Green Chilies ¼ cup
Green Onions/Scallions 1 Tbsp.
Honey, sugar free 1 Tbsp.
Ketchup 1 Tbsp.
Lemon Juice, unlimited
Lime Juice, unlimited
Maple Syrup, sugar free 1 Tbsp.
Mayonnaise 1 tsp.
Mayonnaise, reduced fat 1 tsp.
Mayonnaise, regular, low sodium 1 tsp.
Mustard 1 Tbsp.

Non-Hydrogenated Oil Spread (e.g., Benecol) 1 Tbsp.
Oil (e.g., canola, olive, peanut, safflower) 1 tsp.
Olives, black or green 1 Tbsp.
Oregano, unlimited
Parsley, unlimited
Peppers, hot, jalapeno, unlimited
Pimento ½ cup
Popcorn 1 cup
Pumpkin Seeds 1 tsp.
Red Pepper Flakes, unlimited
Relish 1 Tbsp.
Salad Dressing 1 tsp.
Salad Dressing, light or reduced fat 1 Tbsp.
Salsa 1 Tbsp.
Sesame Seeds 1 tsp.
Squash Seeds 1 tsp.
Sunflower Seeds 1 tsp.
Sweeteners, calorie-free, unlimited
Tea, black, unlimited
Tomato Paste 1 Tbsp.
Vegetable Broth, low sodium, unlimited