

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, PowerFuels, Vegetables, and Extras.



SmartCarbs™

SmartCarbs are a specific group of carbohydrates that are nutrient-rich and measure low to medium 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.

One serving of SmartCarbs should contain 80 - 120 calories and at least 1 gram of fiber. Limit fruit juices to no more than once per day.

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, lima, cooked ½ cup
Beans, white, cooked ½ cup
Blackberries 1 cup
Black-eyed Peas, cooked ½ 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 in water 1 cup
Chickpeas/Garbanzo Beans, cooked ½ cup
Clementines, 2
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 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
Lentils, ½ cup cooked
Loganberries, 1 cup
Lychee, 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
Parsnips, ½ cup cooked
Pasta, cooked al dente ½ cup
Peach, fresh, 1 medium
Peaches, canned in water 1 cup
Pear, canned in water 1 cup
Pear, 1 medium
Peas, green, cooked ½ cup
Persimmons, 2 medium
Pineapple Juice, ½ cup
Pineapple, canned 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, ½ cup seeds
Potato, red, white, sweet, ½ cup
Prickly Pear, 1 cup

Prunes, ¼ cup
Pumpkin, (limit—high GI) 1 cup cooked
Quinoa, ½ cup cooked
Raisins, ¼ cup
Raspberries, 1 cup
Rice, brown, cooked ½ cup
Roll, whole wheat or rye, 1 small
Split Peas, cooked ½ cup
Squash, Acorn, 1 cup cooked

Squash, Butternut, 1 cup cooked
Squash, Winter, 1 cup cooked
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
Yucca, ½ cup

PowerFuels™

PowerFuels consist of high quality proteins that contain essential amino acids and healthy fats. It takes longer for your body to digest these foods, so they help you stay satisfied.

One serving of PowerFuels should contain 80 - 120 calories and at least 5 gram of protein.

Almond Butter, 1 Tbsp.
Almonds, 2 Tbsp. or ½ oz.
Almond milk, with added protein, 1 cup
Beef, lean, trimmed 2 oz.
Brazil Nuts, 2 Tbsp. or ½ oz.
Cashew Butter, 1 Tbsp.
Cashews, 2 Tbsp. or ½ oz.
Cheese, low sodium, 1 slice
Cheese, low-fat 1 slice
Chicken Breast, 2 oz.
Clams, 3 oz.
Cottage Cheese, 1% fat, no salt added, ½ cup
Crab Meat, 3 oz.
Crab Meat, imitation, ½ cup
Edamame, cooked, deshelled ½ cup
Egg Whites large, 3-4 or ½ 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, lower sodium 2 oz.
Hazelnuts/Filberts, 2 Tbsp. or ½ oz.
Lobster, 3 oz.
Lunch Meat, low-fat, reduced sodium, 2 oz..
Macadamia Nuts, 2 Tbsp. or ½ oz.
Milk, nonfat or skim 1 cup
Mussels, 3 oz.
Oysters, medium 3 oz.

Parmesan Cheese, low sodium, grated ¼ cup
Peanut Butter, 1 Tbsp.
Peanuts, 2 Tbsp. or ½ oz.
Pecans, halves 2 Tbsp. or ½ oz.
Pine Nuts, 2 Tbsp. or ½ oz.
Pistachios, 2 Tbsp. or ½ oz.
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 Milk, low-fat 8 oz.
Soy Nuts, dry-roasted 2 Tbsp. or ½ oz.
Soy Yogurt, plain 1 cup
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.
Vegetarian Burger, 3 oz.
Walnuts, halves 2 Tbsp. or ½ oz.
Yogurt, nonfat 1 cup
Nutrisystem Protein Shake

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 servings of non-starchy vegetables each day, and all are "unlimited"—so feel free to indulge!

One serving = ½ cooked or 1 cup raw. When choosing canned, look for low or reduced sodium.

Alfalfa Sprouts
Artichoke Hearts
Artichoke
Arugula
Asparagus
Bamboo Shoots
Beans, Wax, Italian
Bean Sprouts
Beets
Bell Peppers, any variety
Bok Choy, Chinese Chard, White Mustard
Broccoli Rabe (Rapini)
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery, 2 medium-sized stalks
Chicory Greens
Collard Greens
Cucumbers
Daikon (Chinese radish)
Dandelion Greens
Eggplant
Endive
Escarole
Fennel
Green Beans
Greens, Mustard or Beet
Hearts of Palm, fresh, raw, ¼ cup
Jicama
Kale
Kohlrabi

Leeks
Lettuce, green or red leaf
Lettuce, iceberg, Romaine, spring mix
Mixed Greens
Mixed Vegetables (without corn, peas, pasta)
Mushrooms
Okra
Onions, red, white, shallots
Radish
Rhubarb
Romaine
Rutabaga
Sauerkraut, canned, reduced or low sodium
Seaweed
Snap Peas, Sugar
Snap Peas, Yellow
Snow Pea Pods
Spinach
Squash, Spaghetti
Squash, Yellow summer
Tomatillos
Tomato Juice, no salt added
Tomato Sauce, no salt added
Tomato, canned, no salt added
Tomato
Tomatoes, cherry
Tomatoes, grape
Turnips
Vegetable Juice/V-8, low sodium ½ cup
Water Chestnuts, canned, ½ cup
Watercress
Zucchini

Extras

“Extras” are low-calorie options that you can use to spice up your meal plan or satisfy a craving. These extras are limited to 3 servings a day. Calories range from 10 to 35 per serving.

Almond Milk, unsweetened 1 cup
Avocado, pureed 1 Tbsp.
Avocado, 1/8 fruit
Balsamic Vinegar, 1 Tbsp.
Butter substitute, light version (e.g., Benecol, Smart Balance, Margarine) 1/2 Tbsp.
Chocolate Syrup, sugar free 1 Tbsp.
Coffee Creamer, fat free 1 Tbsp.
Cream Cheese, reduced fat or fat free 1 Tbsp.
Cocktail Sauce, 1 Tbsp.
Coconut, 1 Tbsp.
Honey, 1 tsp.
Honey, sugar-free, 1 Tbsp.
Jelly, sugar-free, 1 Tbsp.
Ketchup, 1 Tbsp.
Maple Syrup, sugar-free 1 Tbsp.

Mayonnaise, 1 tsp.
Mayonnaise, reduced fat 1 Tbsp.
Mayonnaise, regular, low sodium 1 tsp.
Oil (e.g., canola, olive, peanut, safflower), 1 tsp.
Olives, black or green 1 Tbsp. or 6-7 small olives
Pimento, 1/2 cup
Pickles, 1 dill
Popcorn, 1 cup
Relish, 1 Tbsp.
Salad Dressing, regular, 1 tsp.
Salad Dressing, fat-free 2 Tbsp.
Salad Dressing, light or reduced fat 1 Tbsp.
Seeds (chia, flax, sesame, squash, sunflower, pumpkin) deshelled 1 tsp.
Tomato Paste, 1 Tbsp.

Free Foods

“Free foods” are condiments, beverages and spices that have less than 10 calories per serving. These foods are unlimited.

Butter Spray
Broth, chicken, beef, vegetable, low sodium
Capers
Cumin
Coffee, black
Cooking Spray
Iced Tea, unsweetened
Garlic
Ginger
Green Chilies
Green Onions/Scallions
Tea, black, green, herbal (unsweetened)
Herbs, fresh or diced
Hot Sauce
Lemon Juice

Lemonade, calorie-free
Lime Juice
Mustard
Oregano
Parsley
Paprika
Peppers, hot, jalepeno
Red Pepper Flakes
Salsa
Seltzer, plain or flavored, calorie-free
Soy Sauce, low sodium
Spices and seasoning blends, low sodium
Sweeteners, natural, calorie-free
Vinegar, apple cider, white wine, red wine