

The Nutrisystem Grocery Guide

The [Nutrisystem Grocery Guide](#) provides you with a detailed list of PowerFuels, Smartcards, Extras, Free Foods and Vegetables. It also tells you the perfect portion sizes for weight loss so you can buy just what you need. So that you'll add in your own fresh grocery foods along with your Nutrisystem meals each day.



All **Nutrisystem plans** require the addition of **fresh grocery items**. This grocery guide of healthy foods helps to supplement your Nutrisystem meals and snacks. Every week, you'll be shopping for PowerFuels, SmartCarbs, Non-Starchy Vegetables, Extras and Free Foods.

Nutrisystem plan will give you the right amount of nutrients your body needs, including lean protein, healthy fats and smart carbs

- **SmartCarbs** - Whole grains, beans and legumes, fruit and starchy vegetables.
 - **PowerFuels** - Lean proteins, low-fat dairy, and nuts to help keep you feeling full.
 - **Vegetables** - At least 4 servings of non-starchy vegetables each day.
 - **Free Foods & Extras** - Optional add-ons and condiments.
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- **Water** - Stay hydrated with at least 64 ounces of water.



- 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.



- 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.



- Vegetables, This category contains your non starchy veggies (you'll find the starchy ones under the SmartCarbs category). They are packed with nutrients that your body craves and are beneficial to an overall healthy lifestyle.



- 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.



- Water, carrying nutrients and oxygen to your cells. Stay hydrated with at least 64 ounces of water.



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<http://nutrisystem.shop/>