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News and Articles



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ATTENTION: PAST CUSTOMERS! Check out what's **NEW** at Nutrystem and get inspired by **REAL** people who lost weight on the program. Try us again and take advantage of everything you see here—and **MORE!**

FIND OUT HOW YOU CAN
SAVE \$50

[Order Now](#)



FATHER'S DAY SUCCESS STORY:

Father of nine is feeling fine

Mike had been watching his weight go up for years, but when all that extra poundage led to type 2 diabetes, he knew he had to do something. Enter Nutrystem—and exit 43 lbs.~ Now he's playing softball, running marathons and looking great. See what his wife is saying about him now that he's thin again.

[Full Article](#)



Making Men Happy:

Favorite Nutrystem entrees for guys

With so many delicious guy foods to choose from on our program, Nutrystem men have a lot of options—and a lot of favorites. What are our absolute most popular entrees with guys, and which of our items is so delicious that one guy orders 42 every month? We've got the answers right here.

[Full Article](#)

Men's Program

Eat like a man and still lose weight without counting points or measuring!

[Start Now](#)



Men's Silver

Now older men can eat 6 times a day & still lose weight. Get back in the game!

[Start Now](#)



Men's Diabetic

A dietitian approved plan that helps you control calories and carbs.

[Start Now](#)



Men's Vegetarian

The **ONLY** prepackaged vegetarian diet program available!

[Start Now](#)



FAST FACTS

Fast food restaurants are constantly trying to outdo each other with their calamitous culinary concoctions, so we thought we'd take a look at some of their breakfast offerings to see how their numbers stack up. With some sodium contents as high as 2350mg, you might be better off just going back to bed.

[Full Article](#)



RECIPE CORNER

We've got a fun new way to spice up your morning oatmeal with a little seasonal fruit. Just add some blueberries and you've got all the makings for Blueberry Breakfast Crisp—a delicious recipe sent in by one of our Nutrystem members. If you've got the breakfast blues, this recipe is a sure way to send them packing.

[Full Article](#)