

# LOSE WEIGHT AND LOVE THE NEW YOU

With Nutrisystem, getting the body you've always dreamed of is easier than you think!

Start losing weight with today's special offer!



WOMEN'S PLANS

MEN'S PLANS

DIABETES PLANS



*"No points, no weighing, and food delivered right to your door. Nutrisystem makes it easy!"*

—Erin lost 30 lbs.\*

## As Seen In



## What Sets Nutrisystem Apart?



### 1. It's Effective.

Forget fad diets. With over 40 years of experience, we know weight loss—just ask our customers.



### 2. It's Easy.

No counting calories, points, or weigh-ins to worry about. Just perfectly portioned food you love—made healthier.



### 3. It's Affordable.

Enjoy a delicious breakfast, lunch, dinner and dessert shipped straight to you—all for about \$11 a day.\*

Start today and put Nutrisystem to work for you!

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## How Does Nutrisystem Work?



Get delicious food delivered to your door.

Pick from personalized plans and receive 28 days of breakfasts, lunches, dinner and desserts, plus a Welcome Kit with all the need-to-know info.



Follow the simple meal plan provided.

Learn the how-tos of eating healthy with a balanced meal plan that includes Nutrisystem® meals plus fresh grocery foods you mix in for the best balance.



Count on complete support.

From counselors and dietitians, to interactive tools and community features, you have instant access to help at your fingertips—when and where you need it.



Lose weight and learn how to keep it off.

Your journey doesn't just end at goal, and we're committed to help you succeed today, tomorrow and beyond with flexible transition and maintenance plans.

See how simple it is to lose weight with Nutrisystem!

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## What's a typical day like?

Enjoy 6 Nutrisystem meals plus snacks each day and see for yourself how satisfying weight loss can be.



**Morning Snack:** A cup of nonfat cottage cheese and a cup of raw baby carrots

**Lunch:** Nutrisystem® Fettuccini Alfredo with shrimp, steamed broccoli and cauliflower

**Afternoon Snack:** Whole grain crackers with fat-free cream cheese

Sound delicious? Get started today and design your own menu!

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# Why does Nutrisystem work?



## Developed by Doctors and Dietitians

Our entrees and snacks are made with just the right mix of the nutrients your body needs, like protein, and fiber, to lose weight the healthy way.



## Backed by the Science of the Glycemic Index

Our plans feature low-Glycemic, "good carbs" that help keep your blood sugar and metabolism stable—so you're full and strong all day long.



## Perfectly Prepared—and Perfectly Portioned

Each meal is portioned just right so you leave overeating in the past and learn what should—or shouldn't—be present on your plate.

Start today and experience the science of success!

[WOMEN'S PLANS](#)

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## The Results Speak for Themselves.

*"This is by far the most convenient weight loss program I have ever seen or tried. It's a no-brainer!"*

[Read more of Cora's story](#)

*"Nutrisystem was easy, because the food tastes so good. I could never have done this on my own!"*

[Read more of Alan's story](#)

*"I realized that I was actually spending more going out to eat than what Nutrisystem cost per day."*

[Read more of Kathryn's story](#)



Before

*"I had just turned 30 and had just had my second child. I'd done Nutrisystem after having my first child in April of 2006, and was successful losing the baby weight. I loved it then, and knew it would work again. Now, I'm so happy, and I feel good in my body. This was a great journey and I'm so thankful to Nutrisystem for making me feel great about myself."*



Before

Alan lost **90 lbs.\***



Before

Kathryn lost **62 lbs.\***

Order today—and become our next Success Story!

[WOMEN'S PLANS](#)

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## Your Journey Starts Today!

### Pick Your Plan.

Choose from women's, men's diabetes, vegetarian and more.

### Choose Your Foods.

Design your Nutrisystem menu, choosing from over 150 entrees and snacks.

### Lose Weight.

Learn how to keep it off. And love every second of it!



Start today—  
and get the weight loss you deserve!

[WOMEN'S PLANS](#)

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Nutrisystem

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