



## Frequently Asked Questions

Got questions about Nutrisystem? We're here to help! Here are answers to the most commonly asked questions about the program. Get even more info as well as tips and articles at our blog [leaf.nutrisystem.com](http://leaf.nutrisystem.com).

### 1. How do I store the food?

All of the Nutrisystem food in your order is shelf-stable and does not need to be refrigerated or frozen. Store the food in your pantry, cabinet or anywhere that's convenient for you—and your food will be ready to go whenever and wherever you are!

### 2. Is there a meal planning guide?

Yes! Your 4-week plan comes with a meal planning guide to help you stay on track. It includes samples of typical days on Nutrisystem as well as how to incorporate fresh groceries into your plan.

### 3. Can I add my own fresh vegetables?

Yes! Non-starchy veggies are unlimited, so fill your plate with these nutrient-dense foods. Remember to include at least 4 servings a day.

### 4. What are PowerFuels and SmartCarbs?

**PowerFuels** are lean proteins, low-fat dairy and nuts that help keep you feeling full!

**SmartCarbs** are whole grains, beans, legumes, fruit & starchy vegetables that help you feel fuller, longer.

Get a full list of PowerFuels and SmartCarbs at [nutrisystem.com](http://nutrisystem.com).

### 5. Is this program for men or women?

This Nutrisystem program is suitable for both men and women.