

before



EAT FREE FOR A WEEK!

That's **7** breakfasts,
7 lunches, **7** dinners,
and **7** desserts
ABSOLUTELY FREE!

Take the work out of weight loss with NutriSystem!

Forget the fad diets—you can eat carbs and lose weight! It's what people on NutriSystem are doing thanks to the new NutriSystem® Nourish™ weight loss program.

New scientific breakthrough!

The NutriSystem® Nourish™ program is based on the Glycemic Index. It's the incredible weight loss breakthrough that's low in fat and rich in "good carbs." NutriSystem foods help keep your blood sugar levels stable, so you can eat what

"I'm a grandmother and I love the way I look."

- Cara

after

All this for about \$10 a day!

breakfast



You eat five times a day to help you feel full longer!

lunch



All meals are perfectly portioned—there's no counting!

snack



NutriSystem foods are rich in "good carbs" so you eat what you love and lose weight!

dinner



Everything is shipped right to your door, ready to heat, eat, and go. Meals prepare in minutes!

dessert



You get to enjoy chocolate, chips, and so many delicious treats!

CARA LOST 30 lbs.*

PAT LOST 111 LBS.*

NACHOLE LOST 70 LBS.*



ONE FREE WEEK!

Select the NEW 28-Day Program and get an additional

FREE WEEK OF FOOD!

Just call **1-888-494-THIN** or visit nutrisystem.com/ad to get started today!

Please use promo code **GH107** to get this offer.

Limit one per customer. Offer good on first 28-Day program only. Cannot be combined with any other current or prior offers or discounts.
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*Results not typical. All other weight loss claims are based on an independent survey of NutriSystem clients who stayed on program for an average of 12 weeks. On NutriSystem, you add-in fresh fruit, vegetables, salads and dairy items.

nutrisystem®