



THE FASTING PODCAST **WOW**: EPISODE 123: NUTRISYSTEM & INTERMITTENT FASTING

EPISODE 123: NUTRISYSTEM & INTERMITTENT FASTING

The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Nutrisystem[®]
& Fasting

Host: Julie Phillips, CNHP



THE FASTING PODCAST WOW: EPISODE 123: NUTRISYSTEM & INTERMITTENT FASTING

PLEASANT SURPRISES ABOUT NUTRISYSTEM?



- Enormous variety of foods, developed over the past 50 years (I did it 30+ yrs ago)
- I picked foods with 4-5 stars and most of it tasted good
- Live coaches were good & program can be customized, lots of options
- The system has lots of good education built in with articles, guides, newsletters...
- A month's supply of the fancy deluxe version with the restaurant-style dinners was only \$299 and included 22 breakfasts, 22 lunches, 22 dinners, 22 snacks which comes to \$3.35/meal or snack
- Shipping was free – both non-freezer & freezer portions – super heavy – dry ice kept freezer space 100% cold including completely frozen ice cream sandwiches. Giant foam coolers were all biodegradable. I expected shipping to be over \$50 so free was a pleasant surprise. It took about a week longer to get the frozen batch.





THE FASTING PODCAST WOW: EPISODE 123: NUTRISYSTEM & INTERMITTENT FASTING

PLEASANT SURPRISES ABOUT NUTRISYSTEM?

- The volume of food was far more than it was 30+ years ago – and that included mandatory 4 cups of lower carb veggies (unlimited number allowed including tomatoes and carrots which I thought would be excluded)
- The amount of carbs was dramatically higher than I expected – pizza, sweets, hash browns, desserts... and I could eat plenty of fruit or even whole grain bread
- The amount of protein was dramatically higher than 30+ years ago as well. Even the chicken and beef tasted tender. The chocolate shake (7 free with the 1st week) tasted very good with water.
- Starting after the first week, one has 2 flex breakfast, 2 flex lunch, 2 flex dinner preferably eaten on different days, teaching folks to eat real food from the beginning – making it more sustainable and teaching people how to eat up front
- The amount of “FREE” foods and the amount of “EXTRAS” at 3/day adds variety
- Was happy the plan required at least 64 oz water and 30min activity daily & the app was great in keeping track of these and the food – excellent tool





THE FASTING PODCAST **WOW**: EPISODE 123: NUTRISYSTEM & INTERMITTENT FASTING

HOW DOES IT FIT WITH INTERMITTENT FASTING?

- I did the plan with a 6-8 hour eating window, giving my body 16-18 hours to burn off all the food I had eaten
- It was difficult to stick with that window because amount of food was FAR more than I was used to – I felt like I was always eating, cooking, cleaning
- After week 1, had to eat 3 meals and 3 snacks – 6 times in the eating window
- It was also difficult to drink water more AWAY from meals, normally no closer than 20-30 min before eating and at least an hour after the meal – I was taught too much liquid at the meal could dilute the digestive juices
- Trying to stick to the intermittent fasting timeframe sometimes meant I had to eat 4 cups of veggies and one of their dinners and the special Inspirations restaurant inspired ones were very much volume and included a veggie serving
- This program was not a great fit in my opinion for intermittent fasting, but doing it with a 8-10 hour eating window may be much easier than 6-8 hours





THE FASTING PODCAST WOW: EPISODE 123: NUTRISYSTEM & INTERMITTENT FASTING

DISAPPOINTMENTS

- Quite a few of the sweet snacks, cookies and bars had genetically modified ingredients, always marked on the package, but never shown online in the ingredients list, so you can end up buying GMO without realizing it until you get it.
- Some of the foods used soy protein, which I usually avoid. Other ingredients were not pure, but they have come a long way and do use sweeteners like stevia and monk fruit – never aspartame. Pre-packaged frozen & non-frozen isn't my style.
- Amount of net carbs in a given day could be 26g their breakfast, 29g their lunch, 44g their dinner, 24g their snack, plus 1 cup fruit e.g. blueberries 21g, plus at least 4 cup veggies allowed unlimited e.g. broccoli $6 \times 4 = 24g$, plus 3 extras e.g. 1c popcorn $\times 3 = 15g$ grand total net carbs in a single day = **183+g net carbs in 1 day!**
- Doing exactly as instructed for 4 weeks, I lost 1.15 lb/week – which is precisely their prediction of 1-2 pounds/week, saying losing it at this rate will keep the weight off better long term. Since the clinical study said 3lb/week and TV commercial said 5 lbs the first week (they meant for men), I was disappointed, but still impressed that this much food and carbs did not make me gain weight.





THE FASTING PODCAST WOW: EPISODE 123: NUTRISYSTEM & INTERMITTENT FASTING

Possible Next Steps



Check out our website: www.JPWOWPrograms.com

Please refer others to the podcast / youtube & give us a good Itunes review

For questions or feedback, email Julie@JPWOWPrograms.com



THE FASTING PODCAST **WOW**: EPISODE 123: NUTRISYSTEM & INTERMITTENT FASTING

Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

