<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<meta name="description" content="Transform your health with personalized diet plans. Achieve your weight loss or gain goals with home-cooked meals tailored to your needs.">

<title>Transform Your Body with Personalized Diet Plans</title>

<link rel="stylesheet" href="styles.css">

<style>

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f9f9f9;

}

header {

background-color: #3a87ad;

color: white;

padding: 20px;

text-align: center;

}

.hero {

background-image: url('diet-plan-banner.jpg');

background-size: cover;

background-position: center;

padding: 60px;

color: white;

text-align: center;

}

.hero h1 {

font-size: 48px;

}

.cta-button {

background-color: #ff6347;

color: white;

padding: 15px 30px;

font-size: 20px;

text-decoration: none;

border-radius: 5px;

}

.cta-button:hover {

background-color: #ff4500;

}

.features {

padding: 40px;

text-align: center;

}

.features h2 {

margin-bottom: 20px;

}

.features .feature {

display: inline-block;

width: 30%;

padding: 20px;

}

.testimonials {

background-color: #f1f1f1;

padding: 40px;

text-align: center;

}

.testimonial {

display: inline-block;

width: 45%;

margin: 10px;

}

footer {

background-color: #3a87ad;

color: white;

padding: 20px;

text-align: center;

}

</style>

</head>

<body>

<header>

<h1>Transform Your Body with Personalized Diet Plans</h1>

<p>Weight loss, weight gain, and muscle building made easy with home-cooked meals!</p>

</header>

<section class="hero">

<h1>Get Fit with Personalized Plans!</h1>

<p>Customized to your lifestyle, food preferences, and budget.</p>

<a href="#signup" class="cta-button">Get Started Now</a>

</section>

<section class="features">

<h2>Why Choose Us?</h2>

<div class="feature">

<h3>Personalized Plans</h3>

<p>Our diet plans are tailored specifically to your goals and needs.</p>

</div>

<div class="feature">

<h3>Home-Cooked Meals</h3>

<p>Simple, healthy meals you can prepare at home for easy adherence.</p>

</div>

<div class="feature">

<h3>Proven Results</h3>

<p>Lose or gain weight quickly with effective and sustainable methods.</p>

</div>

</section>

<section class="testimonials">

<h2>Client Transformations</h2>

<div class="testimonial">

<p>"I lost 8 kg in just one month! The plan was easy to follow and fit my schedule perfectly." - Sarah K.</p>

</div>

<div class="testimonial">

<p>"Gained 5 kg of muscle within 4 weeks! This diet plan was exactly what I needed." - John D.</p>

</div>

</section>

<section id="signup">

<h2>Ready to Transform?</h2>

<form action="/submit" method="post">

<label for="name">Name:</label><br>

<input type="text" id="name" name="name" required><br><br>

<label for="email">Email:</label><br>

<input type="email" id="email" name="email" required><br><br>

<label for="goal">Your Goal:</label><br>

<select id="goal" name="goal" required>

<option value="weight-loss">Weight Loss</option>

<option value="weight-gain">Weight Gain</option>

<option value="muscle-building">Muscle Building</option>

</select><br><br>

<input type="submit" value="Get My Plan">

</form>

</section>

<footer>

<p>&copy; 2024 Personalized Diet Plans | Transform Your Body</p>

</footer>

</body>

</html>