

Frame 1

EAT WELL

[HOME](#)[LOGIN](#)



TO KEEP THE BODY IN A GOOD HEALTH IS A DUTY



WHAT TO EAT

We help you know what and how much to eat



TRACK RECIPES

We help you make nutritious food choices




BALANCED DIET

We help you eat a balanced diet

[CONTINUE](#)

Frame 2

EAT WELL



Sign in

Welcome back!

[Forgot my password](#)

Dont have an account? [GET STARTED](#)

[BACK](#)[NEXT](#)

Frame 3




FEEL FREE TO TELL US ABOUT YOUR TABLE

What's your name (required)

How can we help you?

- Search Foods. ☒
- What to eat. ☐
- How much to eat. ☐
- Make nutritious food choices. ☐
- Better management of weight. ☒
- Teach me how to prepare food. ☐
- Help me know a balanced diet. ☐
- Nutrient- rich ingredients ☐

Any ingredients you would like to avoid?

- Beef ☐
- Eggplant ☐
- Spicy foods ☐
- Chicken ☐
- Added sugar ☒
- Eggs ☐
- Milk ☐

NEXT

Frame 4

HELLO, ISAAC!

How can we help you?

Beef recipes 

HOME LOG OUT

MEAL PLANNER



EAT WELL KITCHEN



WHAT TO EAT



TRENDING RECIPES





Frame 5



300 Recipes



Beef Salpicao Recipe

★ 1000 Ratings

🕒 50 mins 🍷



Beef Chop Suey Recipe

★ 76 Ratings

🕒 40 mins 🍷



Slow Cooker Sililian Beef

★ 89 Ratings

🕒 1hr 🍷



Philipino Beef Steak

★ 38 Ratings

🕒 45 mins 🍷

Frame 7



BEEF SPILICAO RECIPE

EASY TO PREPARE.

TIME: 50 Mins

INGRDIENTS NEEDED: Cooking oil, Onions,
Tomatoe saurce ,
Blue band, and
Carrotti

INSTRUCTIONS: -Add two cups of water
-Donot boil to exceed 50mins

VISIT EAT WELL KITCHEN FOR A TUTORIAL



Frame 10

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EAT WELL CALENDER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 ★	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

MY MEAL PLAN

Monday, October 2

BREAK FAST
 -Milk
 -Pan Cakes
 -Yellow Bananas

LUNCH
 -Matooke
 -G.nuts
 -Salads
 -Mango Juice

DINNER
 -Roasted chicken
 -Chips
 -Salads
 -Chaps
 -Cold Milk

Tuesday, October 3

BREAK FAST
 -Coffe
 -Meat Pai
 -Egg Roll
 -Yellow Bananas

LUNCH
 -Irish
 -Greens
 -Beef Spilicao
 -Mango Juice

DINNER
 -Fish Marlnada
 -Irish Potatoo Cakes
 -Chaps
 -Passion Juice

▼

CHECK IF WE HELPING YOU FEED HEALTHY?

Percentage Of Food Nutrients Planned

- Proteins(Fish, Chiken, Eggs, Beef,Milk) _____ **70%**
- Vitamins(Mango juice, Passion Juice) _____ **40%**
- Carbohydrates(Irish) _____ **10%**
- Fats(Pork) _____ **9%**

GOOD DIET! KEEP IT UP

Frame 11

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BACK

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Did You Know That One Ingredient Can Help You Win Shot Distance Races?



Here Is What You Have To Eat After Working Out.



What Can You Eat At The Age of 85 ?



Learn How To Feed Your Baby



Five best meals For Your Pregnant Wife.



High Sex Drive?



Fatty Foods



Are You Sick?

NEXT