



# Best Health Strategies

*Take care of your health*

We are here to help you create a healthy lifestyle

[Let's get started](#)

Already a member?

[Log in](#)





# Best Health Strategies

*Take care of your health*

## Log in

e-mail

password

Sign in





1

## Tell me something about yourself

  
name  
surname  
e-mail  
password  
re-enter your password



2

## I really wanna get to know you

age (years)

height in centimeters

weight in kilograms

male     female

How active are you?

- sedentary (little or no exercise)
- lightly active (light exercise/sports 1-3 days/week)
- moderately active (moderate exercise/sports 3-5 days/week)
- very active (hard exercise/sports 6-7 days/week)
- extra active (very hard exercise/sports & physical job or 2x training)





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## This is getting better

How would you describe your diet?



gluten free

*eating plan that excludes foods containing gluten*

ketogenic

*very low carb, high fat diet that shares many similarities with the Atkins and low carb diets*

vegeterian

*diet free of meat, fish, and fowl flesh*

lacto-vegeterian

*variation of vegetarianism that excludes meat, poultry, seafood, and eggs*

ovo-vegeterian

*excludes all animal-based foods except for eggs*

vegan

*contains only plants (such as vegetables, grains, nuts and fruits) and foods made from plants*

pescetarian

*typically includes vegetables, grains and pulses along with fish and other seafood, but generally excludes meat and sometimes dairy*

paleo

*typically includes lean meats, fish, fruits, vegetables, nuts and seeds — foods that in the past could*

primal

*lifestyle based on eating the foods that primitive humans would have eaten*

whole30

*health movement that encourages followers to cut out alcohol*



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## Do you have anything to add?

Please let me know if there is something you are allergic to or simply don't eat

### Meat and Dairy

beef chicken

pork turkey

fish

eggs milk

cottage cheese

greek yogurt

### Fruits and Nuts

avocado banana

orange berries

apple almonds

nuts chia seeds

### Vegetables

zucchini broccoli

mushrooms cabbage

eggplant spinach

pepper tomato

asparagus

### Grains, Beans and Legumes

rice oats

beans green peas

pasta potato

whole grain bread

corn



# Welcome Sara!

Let's see what we got for you...

🍊 Week 1 🍊

🍎 Day 1 🍎

### Breakfast

3 egg whites with  
1 yolk  
omelette with  
veggies

### Lunch

Chicken breast,  
Quinoa &  
Mixed Veggies

### Dinner

Plain Greek  
Yogurt, topped with  
Berries + a dozen  
mixed nuts



# Welcome Admin1!

This is a list of current employees:

Bakir Karović (nutritionist)

Harun Hadžić (nutritionist)

Sara Avdagić (nutritionist)

[Edit employees](#)



# Welcome Nutritionist!

This is a list of meal plans:

meal plan 1

meal plan 2

meal plan 3

meal plan 4

meal plan 5

meal plan 6

meal plan 7

meal plan 8

[Edit meal plans](#)

