



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

//



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)





3

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

4

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](#)

