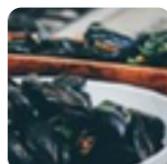
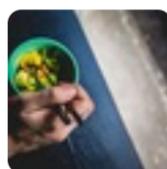


Food & Diet

Benvenuto nella sezione Food di Mhint.

Ti aiuteremo a organizzare la tua alimentazione
in maniera intelligente ed efficace!

SELEZIONA I TUOI CIBI PREFERITI



Show more...

Food & Diet

Benvenuto nella sezione Food di Mhint.

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SELEZIONA I TUOI CIBI PREFERITI



Go to the next one

< Food & Diet

Grazie ora partendo da questi elementi stileremo una lista di ricette possibili per la tua settimana!

SELEZIONA DELLE POSSIBILI DIETE



ITALIAN STYLE

Calorie medie **52kcal**

Latte, Yogurt, Brioches,
Cereali, Caffe, Te...



ENGLISH STYLE

Calorie medie **52kcal**

Latte, Yogurt, Brioches,
Cereali, Caffe, Te...



VEGGY STYLE

Calorie medie **52kcal**

Latte, Yogurt, Brioches,
Cereali, Caffe, Te...



PROTEIN STYLE

Calorie medie **52kcal**

Latte, Yogurt, Brioches,
Cereali, Caffe, Te...

Show more...

< Food & Diet

Grazie ora partendo da questi elementi stileremo una lista di ricette possibili per la tua settimana!

SELEZIONA DELLE POSSIBILI DIETE



ITALIAN STYLE

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ENGLISH STYLE

Calorie medie **52kcal**

Latte, Yogurt, Brioches,
Cereali, Caffe, Te...



VEGGY STYLE

Calorie medie **52kcal**

Latte, Yogurt, Brioches,
Cereali, Caffe, Te...



PROTEIN STYLE

Calorie medie **52kcal**

Latte, Yogurt, Brioches,
Cereali, Caffe, Te...

[Go to the next one](#)

< Food & Diet

Adesso scopriremo quante volte ti capita di mangiare fuori.

SELEZIONA LA QUANTITÀ DI GIORNI

 1-2 Giorni

3-4 Giorni

5-6 Giorni

Tutti i pranzi della settimana

Tutte le cene del weekend

Colazione al bar

Go to the next one

< Food & Diet

E' stato facile vero? Questa è la lista delle ricette settimanali. Volendo puoi cambiarle.

MONDAY RECIPE



BREAKFAST

Muesli with banana



LUNCH

Club sandwich with salmone and avocado



DINNER

Riso patate e cozze



TUESDAY RECIPE



BREAKFAST

Pancake chestnut flour



LUNCH

Club sandwich with salmone and avocado



DINNER

Riso patate e cozze



MONDAY RECIPE



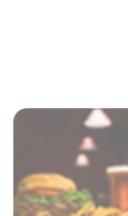
BREAKFAST

Muesli with banana



LUNCH

Club sandwich with salmone and avocado



DINNER

Riso patate e cozze

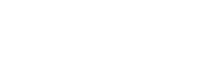


TUESDAY RECIPE



BREAKFAST

Pancake chestnut flour



LUNCH

Club sandwich with salmone and avocado



DINNER

Riso patate e cozze



Ok, go on.

< Food & Diet

Ok ora siamo pronti per la lista della spesa!
Decidiamo insieme alimenti e giorno in cui sei
più comodo per farla.

SELEZIONA I TUOI ALIMENTI



Add Item

...

✓	Pasta	2 kg
✓	Pomodori	2 kg
✓	Melanzane	2 kg
✓	Pasta	2 kg
✓	Pomodori	2 kg
✓	Melanzane	2 kg
✓	Pomodori	2 kg
✓	Melanzane	2 kg
✓	Pasta	2 kg
✓	Pomodori	2 kg
✓	Melanzane	2 kg
✓	Pasta	2 kg
✓	Pomodori	2 kg
✓	Melanzane	2 kg
✓	Pasta	2 kg
✓	Pomodori	2 kg
✓	Melanzane	2 kg
✓	Pomodori	2 kg
✓	Melanzane	2 kg

I'm ready, go on!

Food & Diet

Ok ora siamo pronti per la lista della spesa!

Decidi di cosa ti serve e inserisci tutto nel tuo carrello.

Nuovo alimento

Add Item Pasta 2 kg Pomodori 2 kg

Q W E R T Y U I O P

A S D F G H J K L

↑ Z X C V B N M ⌂

123



space

return

< Food & Diet

Awwww! E' finita. Ora manca solo il giorno della settimana in cui fare la spesa.

SELEZIONA IL GIORNO DELLA SPESA



Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

Domenica

Wooooow, abbiamo finito!

Food & Diet

Next shop **SOSTITUISCI CON LA RICETTA CHE PREFERISCI**

3 days to go

12 Apr.

SHOP NOW >



LUNCH

Riso patate e cozze

BREAKFAST

Muesli with banana



LUNCH

Club sandwich with
salmone and avocado

and avocado



LUNCH

Spaghetti allo scoglio

TOMORROW RECIPE



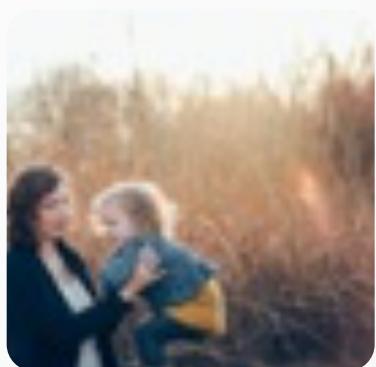
Chiudi
BREAKFAST

Pancake chestnut flour



Settings

Simone Matrone



Via Tabliabue, Cusano Milanino

16 - 04 - 1990



H. 1,82 cm W. 90 kg

Connect your accounts



Bots



Your activity

Food



Needs & Emergency





Simone Matrone

PERSONAL INFO

Via Tabliabue, Cusano Milanino

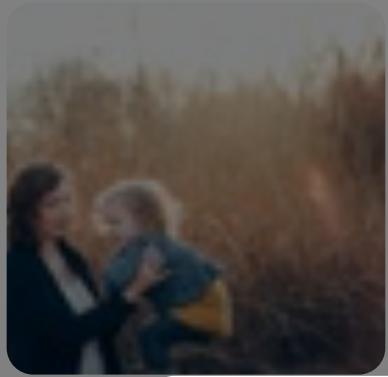
16 - 04 - 1990

PHYSICAL INFO

H. 1,82 cm

W. 90 kg

Save settings



Simone

PERS

Via

16 - 04 - 1990

Modifica Nome

Done

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123



space

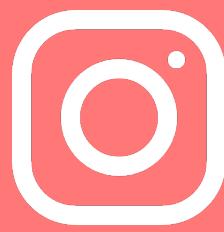
return

Settings

Connect your account.

Not now

Connect



Instagram

Linked accounts

Facebook



Google





You got it!

Your instagram account is linked.

Next account

Settings

Connect your account.

Not now

Connect



Twitter

Linked accounts

Facebook



Google



Instagram



X

V . A .

14

Foods & Diet

Needs & Emergency

Teaching

Settings

Mhint 4 you

Logout

Mhint
Go
I a
ass

Shopping List

Thursday

days to go

Nuovo alimento



Alimento



Quantità

Kg



Add Item

Salmone

2 kg

Zucchine

2 kg

I

the

I'm

Q W E R T Y U I O P

A S D F G H J K L

↑ Z X C V B N M ⌂

123



space

return

Shopping List

Thursday 12 Apr.

3 days to go



Add Item

...



Pasta

2 kg



Salsiccia

kg



Zucchine

kg



2 kg

kg



Pane

2 kg



Salmone

2 kg



Zucchine

2 kg



Pane

2 kg



Salmone

2 kg



Perfetto!

Hai completato la spesa
della settimana!

Back to my recipe

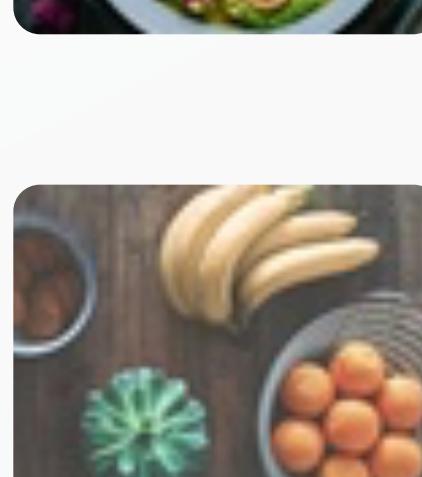
Food & Diet

Next shop

3 days to go | 12 Apr.

SHOP NOW >

TODAY RECIPE



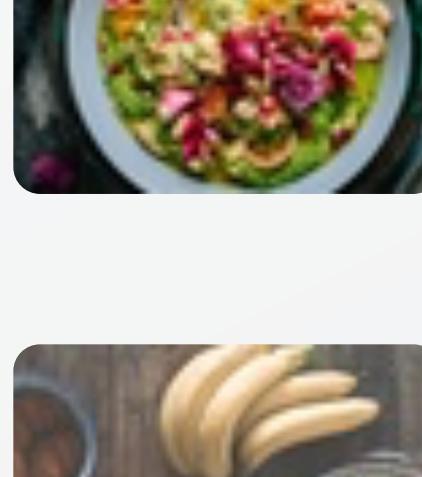
BREAKFAST

Muesli with banana



LUNCH

Club sandwich with salmone and avocado



DINNER

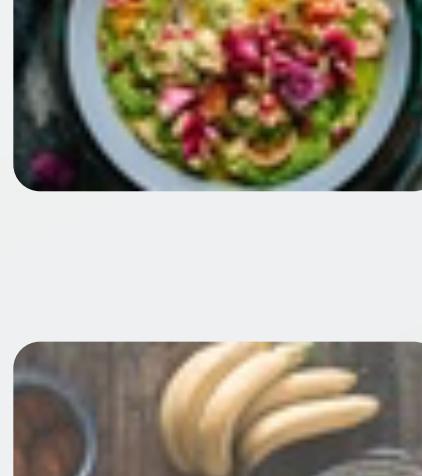
Riso patate e cozze

TOMORROW RECIPE



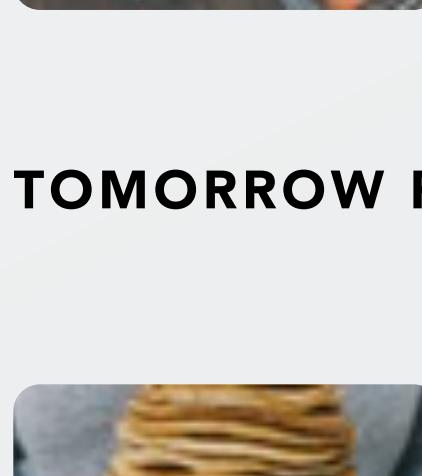
BREAKFAST

Pancake chestnut flour



LUNCH

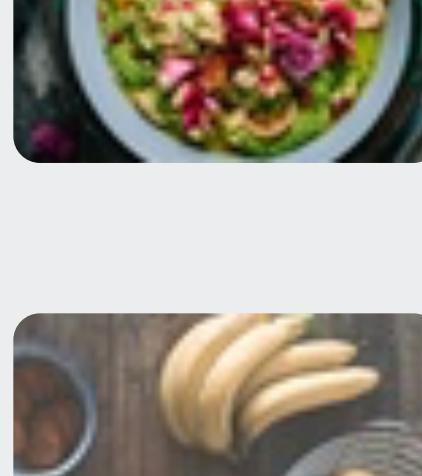
Club sandwich with salmone and avocado



DINNER

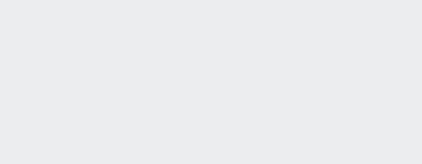
Riso patate e cozze

TOMORROW RECIPE



BREAKFAST

Pancake chestnut flour



LUNCH

Club sandwich with salmone and avocado

DINNER



Pasta with vegetables



NUTRITIONAL VALUE

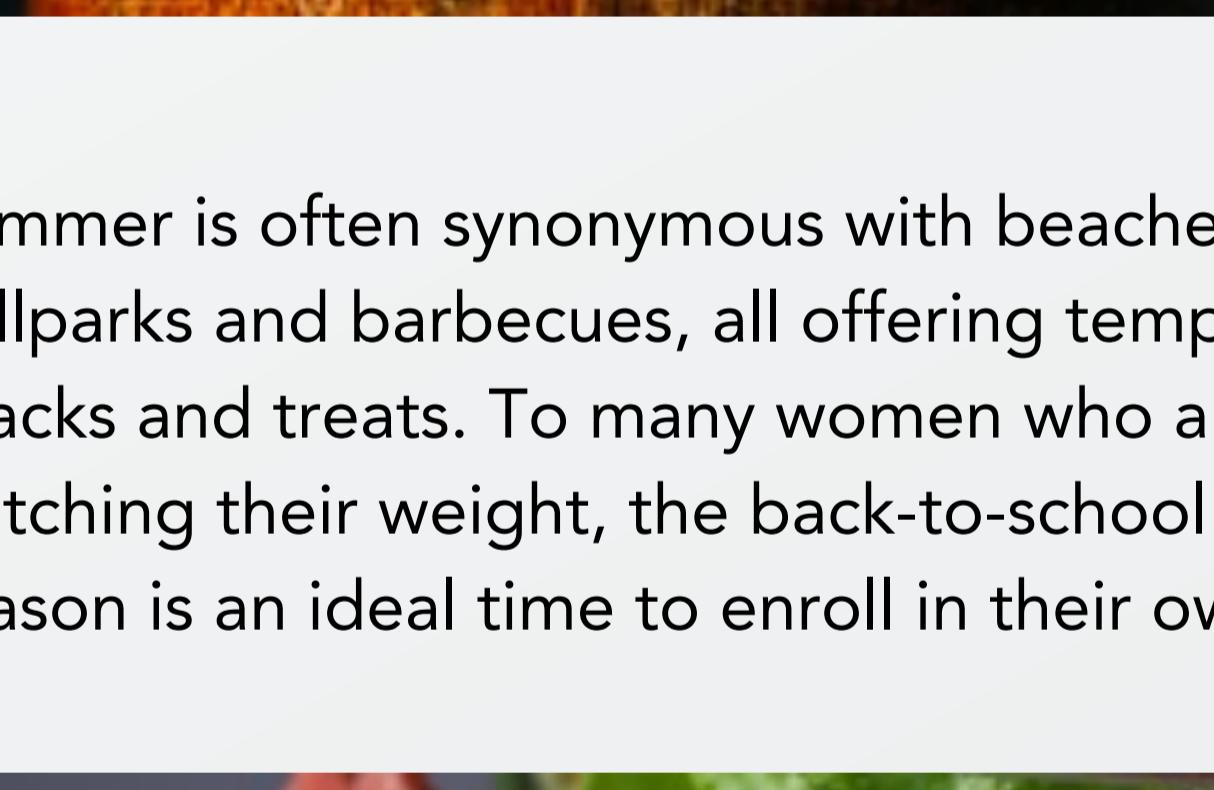
Calorie	52 kcal	Fibre	6.5 g
Grassi	0.65 g	Zuccheri	4.42 g
Carboidrati	11.94 g	Acqua	85.75 g
Proteine	1.2 g	Ceneri	0.46 g

INGREDIENTS

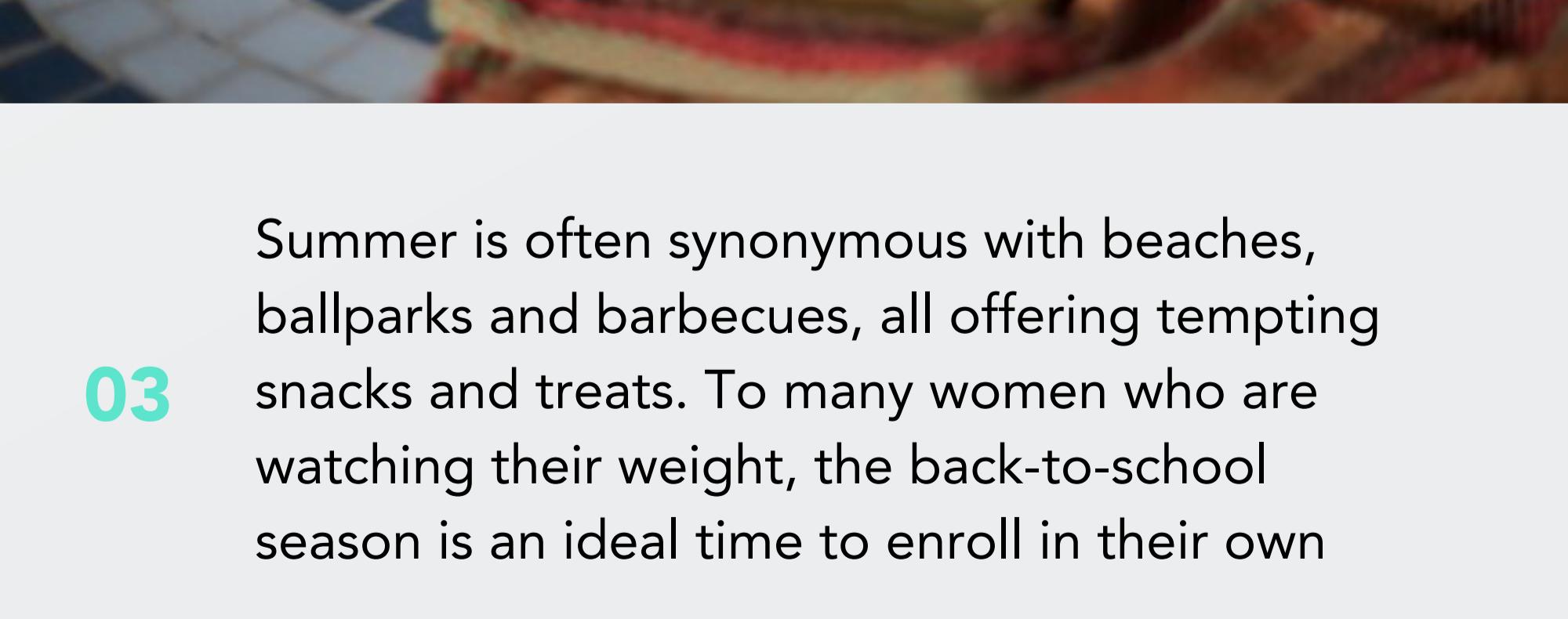
Pasta	200 g.	Eggplant	100 g.
Salt	2 o.	Olive oil	1 o.
Zucchini	100 g.		

DESCRIPTION

Summer is often synonymous with beaches, ballparks and barbecues, all offering tempting **01** snacks and treats. To many women who are watching their weight, the back-to-school season is an ideal time to enroll in their own



Summer is often synonymous with beaches, ballparks and barbecues, all offering tempting **02** snacks and treats. To many women who are watching their weight, the back-to-school season is an ideal time to enroll in their own



Summer is often synonymous with beaches, ballparks and barbecues, all offering tempting **03** snacks and treats. To many women who are watching their weight, the back-to-school season is an ideal time to enroll in their own

Enjoy your meal

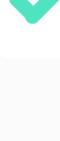
=

MHINT

V . A .

< Shopping List

Thursday 12 Apr. 3 days to go



Add Item

...

Pasta 2 kg

Pomodori 2 kg

Melanzane 2 kg

Salmone 2 kg

Zucchine 2 kg

Pane 2 kg

Salmone 2 kg

Zucchine 2 kg

Pane 2 kg

Salmone 2 kg

Zucchine 2 kg

Pane 2 kg

Salmone 2 kg

Zucchine 2 kg

Pane 2 kg

Salmone 2 kg

Zucchine 2 kg

Pane 2 kg

Salmone 2 kg

Shop Now

Teach to Mhint.

All

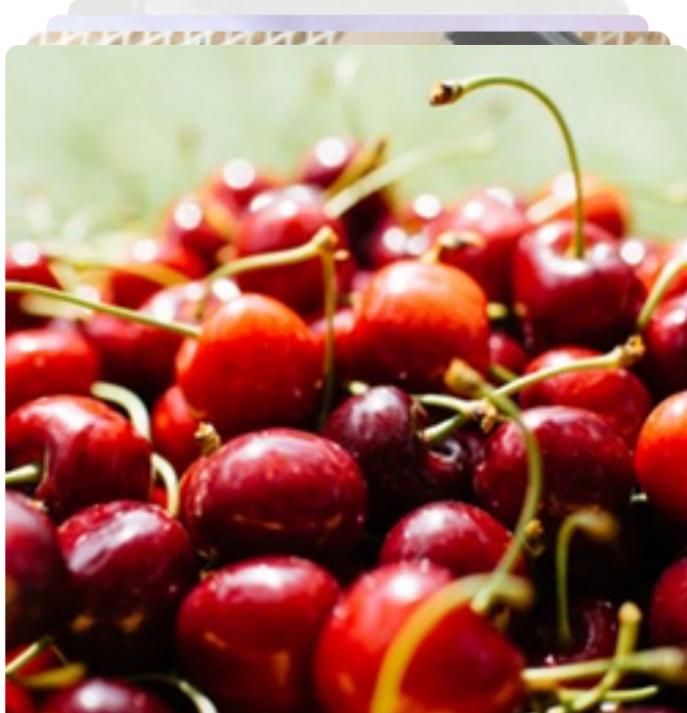
Food

Event

Readings

Recipes

Places



Cherry

Unlike

Like



Raspberry

Summer is often synonymous with beaches, ballparks and barbecues, all offering tempting snacks and treats. To many women who are watching their weight, the back-to-school season is an ideal time to enroll in their own “Making Smarter Food Choices 101” class and refocus on a balanced diet and healthy lifestyle. To help these busy women make wiser food choices.

NUTRITIONAL VALUE

Calorie	52 kcal	Fibre	6.5 g
Grassi	0.65 g	Zuccheri	4.42 g
Carboidrati	11.94 g	Acqua	85.75 g
Proteine	1.2 g	Ceneri	0.46 g

Unlike

Like