



nourish

Eat Better



Username



Password

[Forgot Password](#)

[Sign In](#)

[Sign Up](#)

Don't have an account? [Sign Up](#)



KEEP TRACK

Log your meals
and build your own diet history.

Nourish will improve its
recommendations to match
your tastes and explain which
food combinations would be
the best for you

Next



GET REWARDED

The more you use Nourish,
the more rewards you will unlock.
Take on some challenges
to win even more.

Next

NOURISH ONBOARDING

how can Nourish help you?

 **Personal information**

 **Physical condition**

 **Dietary restrictions**

 **Link with other services**

S Health, Healthkit, Google Fit, Optional



S Health



Healthkit



Google Fit



PREVIOUS



FINISH

NOURISH ONBOARDING

4 Dietary restrictions

- Vegan
- Vegetarian
- Avoid Nuts
- Avoid Fish
- Avoid Seefood
- Avoid Shellfish
- Avoid Eggs
- Avoid Dairy products
- Avoid Gluten
- Avoid Wheat
- Avoid Soy

5 Link with other services

S Health, Healthkit, Google Fit, Optional

PREVIOUS

○ ○ ○ ● ○

NEXT

NOURISH ONBOARDING

how can Nourish help you?

Personal information

Physical condition

Height

5'9"

Weight

140 lb



Activity Level

Sedentary

Little

Moderate

Very active

Dietary restrictions

Link with other services

S Health, Healthkit, Google Fit, Optional

PREVIOUS



NEXT

NOURISH ONBOARDING

1 Goal

how can Nourish help you?

2 Personal information

First name

Last name

Email address

Location

3 Physical condition

4 Dietary restrictions

5 Link with other services

S Health, Healthkit, Google Fit, Optional

PREVIOUS



NEXT

NOURISH ONBOARDING

1 Goal

how can Nourish help you?

Increased
Energy

Reversing
Per
Diabetes

Weight
Management

Help me feel better by improving my everyday diet and give me more energy.

2 Personal information

3 Physical condition

4 Dietary restrictions

5 Link with other services

S Health, Healthkit, Google Fit, Optional

PREVIOUS



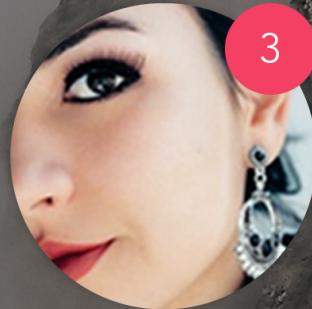
NEXT



PROFILE

CANCEL SAVE

Good Morning!



GOAL

BASIC

BODY

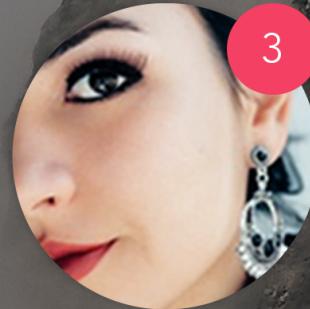
RESTRICTIONS

 Vegan Vegetarian Avoid Nuts Avoid Fish Avoid Seafood Avoid Shellfish

PROFILE

CANCEL SAVE

Good Morning!



GOAL

BASIC

BODY

RESTRICTIONS

Height

5'9"

Weight

140 lb



Activity Level

Sedentary

Little

Moderate

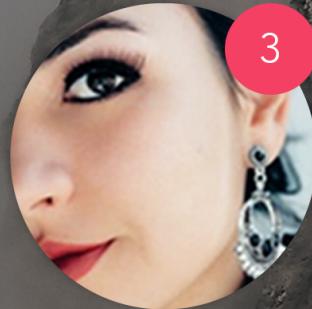
Very active



PROFILE

CANCEL SAVE

Good Morning!



GOAL

BASIC

BODY

RESTRICTIONS

First name

Last name

Email address

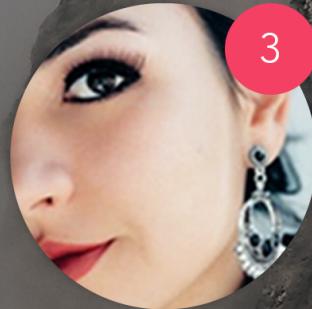
Location



PROFILE

CANCEL SAVE

Good Morning!



GOAL

BASIC

BODY

RESTRICTIONS

Increased
Energy

Reversing
Per
Diabetes

Weight
Management



I don't have a particular goal.



Home



Nourish Me



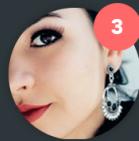
Capture



Progress



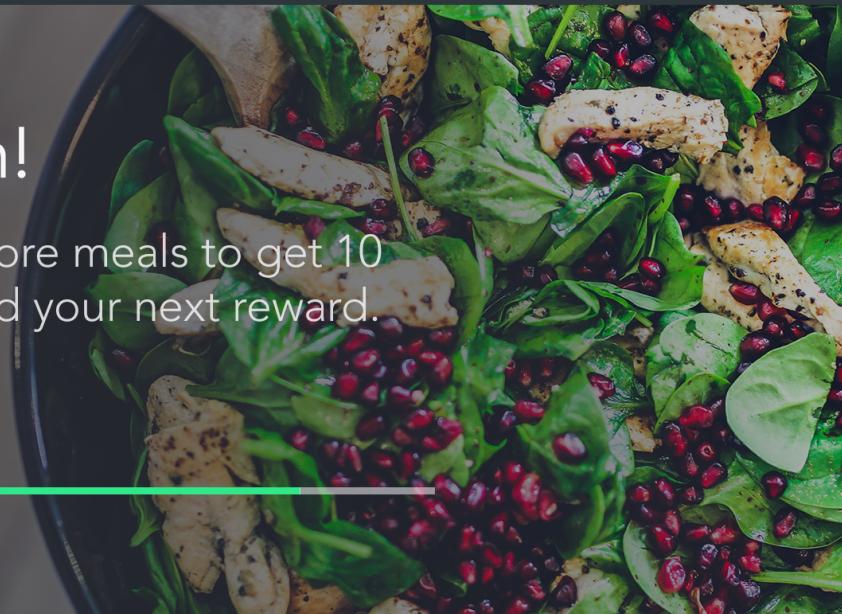
May 25, 2016



Hi Sarah!

Capture 2 more meals to get 10 points toward your next reward.

265/25



Nutriscore



56/100

Detail

Consume 20% more vitamin C will increase your score by 8%

Current Challenge



2 more days left

Detail

Drink 5 glasses of water each day

Challenge



Baked carrots with ...

Detail

You get this recommendation because you need more iron



Home



Nourish Me



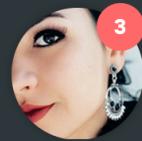
Capture



Progress



May 25, 2016



Nutriscore



56/100

Detail

Consume 20% more vitamin C
will increase your score by 8%

Current Challenge



2 more days left

Detail

Drink 5 glasses of water each day

Cooking Tutorial



Homemade Salad

Play

How to making your own low calories
salad.

Challenge



Baked carrots with ...

Detail

You get this recomendation because
you need more iron

Nutriscore

56/100



Home



Nourish Me



Capture



Progress



Recomendation



Homemade Salad



Per serving:

Calories: 417; Total Fat: 13g; Saturated Fat: 2g;
Monounsaturated Fat: 4g; Cholesterol: 51mg;
Sodium: 344mg; Carbohydrate: 43g; Dietary
Fiber: 4g; Sugar: 8g; Protein: 27g

Nutrition Bonus:

Potassium: 635mg; Iron: 25%; Vitamin A: 114%;
Vitamin C: 33%; Calcium: 16%



Home



Nourish Me



Capture



Progress



May 25, 2016



Consume 20% more vitamin C
will increase your score by 8%

Current Challenge



2 more days left

Detail

Drink 5 glasses of water each day



Challenge

Baked carrots with ...



You get this recommendation because
you need more iron

Detail

Nutriscore



Home



Nourish Me



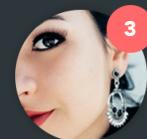
Capture



Progress



May 25, 2016



Search recommendations



RECIPES & MEALS

PACKAGED FOODS

Appetizer

3 ITEMS



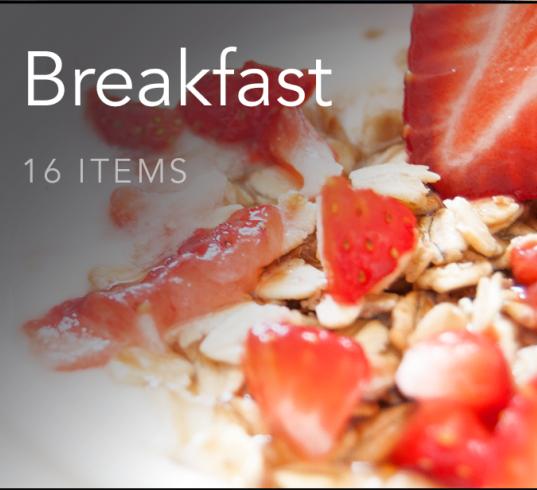
Asian

8 ITEMS



Breakfast

16 ITEMS



Desserts

14 ITEMS



Snacking

21 ITEMS



Indian

11 ITEMS



Home



Nourish Me



Capture



Progress



My Top Needs



Carrot and tomatoes soup

Carrots - vitamin A



Egg Omlet

Eggs - omega 3 fatty acids



Onion Salad

Quick and easy snack



Tomato bisque soup

Winter cold fighter



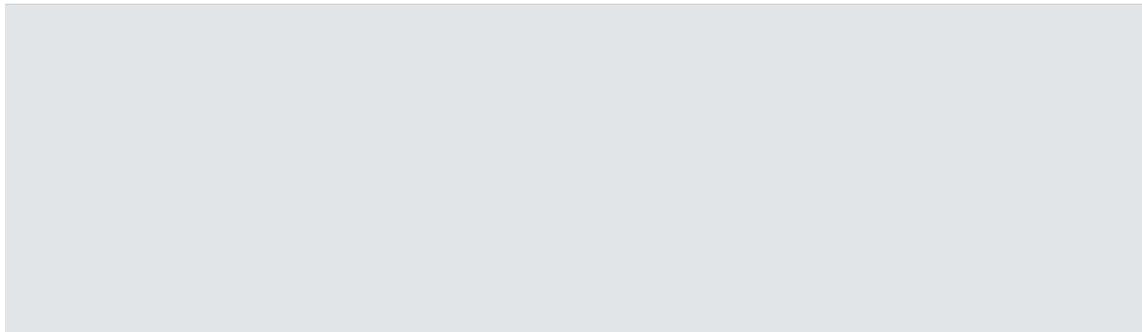
Almonds

Good for healthy skin



Tomato and carrot soup

Good source of amino acids



Home



Nourish Me



Capture



Progress



INGREDIENTS

PREP

NUTRITION



PORK CHOPS

In a large resealable plastic bag, combine 1/2 cup flour, mustard, garlic pepper and seasoned salt. Add pork chops, one at a time, and shake to coat. In a large skillet, brown chops in oil on both sides.

Transfer to a 5-qt. slow cooker. Place remaining flour in a small bowl; whisk in broth until smooth. Pour over chops. Cover and cook on low for 3-4 hours or until meat is tender.

Remove pork to a serving plate and keep warm. Whisk cooking liquid until smooth; serve with pork.
Yield: 4 servings.



Home



Nourish Me



Capture



Progress



My Progress



GOOD

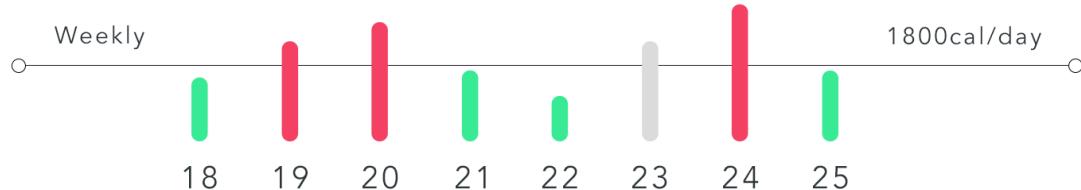
265

Are you at Olive Garden?

Try reducing your fat intake
by eating the Mediterranean
Chicken meal.



MAY 25th

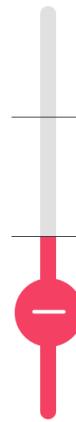


NUTRIENTS

FOOD



PROTIEN



FAT



CHOLESTEROL

PRIORITIZE



Home



Nourish Me



Capture



Progress



SELECT 3 GROUPS TO MONITOR



PROTIEN

14%



FAT

15%



CARBS

34%



FIBER

-55%



SUGAR

+102%



SODIUM

10%



CHOLESTEROL

9%



DONE



Home



Nourish Me



Capture



Progress



Search recommendations



Pasta pomodoro



Spinach



Hot Dog



Hamburger



Stir Fry Beef



Milk



Home



Nourish Me



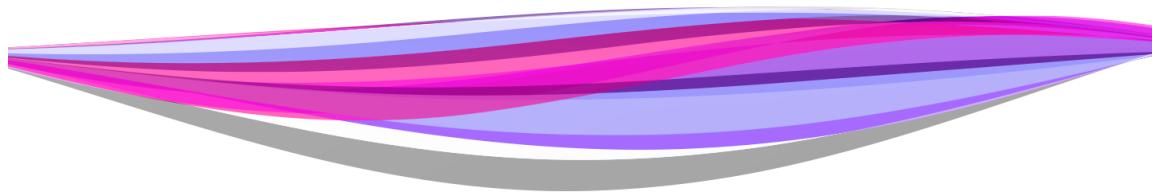
Capture



Progress



Capture by voice



What did you have today?

I had an apple and a glass of milk in
the Morning, then hot dog for lunch.



Position your phone so that a
barcode label is visible



CANCEL

bee|



Pasta pomodoro



Spinach



Hot Dog



Hamburger



Stir Fry Beef

beef

beer

bee

1 2 3 4 5 6 7 8 9 0
q w e r t y u i o p

a s d f g h j k l

↑ z x c v q n m ✖

@234



/





Confirm food items

Today - Breakfast



Apple

1 pc



Milk

1 pc



Today - Lunch



Hot Dog

1 pc



CANCEL

OK



Confirm food items

Today - Breakfast



Apple

1 pc



Milk

1 pc



Today - Lunch



Hot Dog

1 pc



Milk

1 cup

Calories	125
Fat	3.7g
Saturated Fat	1.4g
Polysaturated Fat	0.2g
Sodium	21mg
Carbs	2.1g
Sugars	0.4g



Confirm food items

Today - Breakfast



Apple

1 pc



Milk

1 pc



Today - Lunch



Hot Dog

1 pc

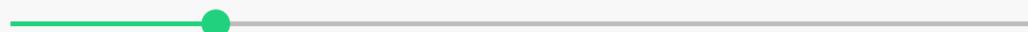


Milk

CHANGE ITEM

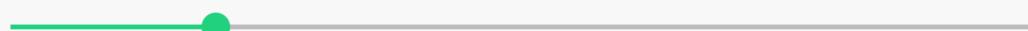
Quantity

1 cup



Consumed time

Breakfast



DELETE ITEM

DONE



Beef Meatball



Nutritional info

Quantity

2 pieces

Consumed time

Lunch

CANCEL

OK



Beef Meatball



Nutritional info

Calories	125
Fat	3.7g
Saturated Fat	1.4g
Polysaturated Fat	0.2g
Sodium	21mg
Carbs	2.1g
Sugars	0.4g

Quantity 2 pieces



Consumed time Lunch



CANCEL

OK

Thank you for your input

+5

Your new nutritional score



Input 2 more meals and you will get
another reward

CANCEL

OK