

Meal Planner						? - □ X	
Load	SAVE	ADD FOOD					Apply Query
Current Filters:						Choose Nutrient ▼	Comparison Type ▼
Fiber ≥ 50 <input checked="" type="checkbox"/> Fiber ≤ 500 <input checked="" type="checkbox"/> Calories == 140 <input checked="" type="checkbox"/> Protein ≥ 100 <input checked="" type="checkbox"/>						Amount	
Current Meal Plan							
Name		Fiber	Cal	Fat	Carb	Protein	
X Apple		60	30	5	100	0	
Food List		Search Food					
NAME	FIBER	Cal	Fat	Carb	Protein		
Apple	60	30	5	100	0		
Banana	50	40	5	80	0		
Click to analyze meal plan		Fiber	Cal	Fat	Carb	Protein	

X:

Are you sure you want to delete Apple from meal list

?

Frequently Asked:

Q A

Q A

General Description:

ADD FOOD:

Please Enter

Name :

Fiber :

Calories :

Fat :

Protein :

LOAD

Load food list file from