

First run of application

Nutrition plan standard

ABC

Back

Next

Your body condition

170cm67kg18

HeightWeightAge

Back

Next

Define your meal

NameBữa sáng

Regular

Time06:30 - 07:30

Set of dishesmón_nước, bánh_mỳ

Nutritious restriction1705kcalo

Name

Regular

Time

Set of dishes

Nutritious restrictionkcalo

Back

Next

Set plan period

Weekly

Back

Next

Main UI

Expand/Collapse để thu gọn cái cái menu này

Default View là Current Plan

thay đổi thực đơn

nấu món gì

Ăn gì vào hôm đó

Current Plan	Time	Mon 22/3	Tue 23/3	Wed 24/3	Thu 25/3	Fri 26/3	Sat 27/3	Sun 28/3
New Plan	00:00							
Recipe List	00:15							
Precooked dishes	00:30							
Settings	00:45							

New Plan

March 2021

12345

6789101112

13141516171819

20212223242526

Change day

Add new cooking time

Add new flexible meal

bấm vào mỗi ngày

Save and reassemble plan

tự cập nhật thực đơn của tuần sau

Traditional meal

Thời gian nghỉ

Regular meal

List of flexible meals (Choose 1)

After workout

Before workout

Light Afternoon

07:00 - 08:30

19:00 - 20:00

Discard changes

Save

Save/Discard changes?

No

Yes

Recipes

Our recipes for you

Your recipe

Create your own

Current Plan

New Plan

Recipe List

Precooked dishes

Settings

Clickable

Tàu hũ ngâm giấm

Serving size: 2 meals

Cooking time: 15 mins

Ingredients

Steps taken

Nutritious

Our recipes for you

Your recipe

Create your own

Current Plan

New Plan

Recipe List

Precooked dishes

Settings

Tàu hũ ngâm giấm

Serving size: 2 meals

Cooking time: 15 mins

Ingredients

Steps taken

Nutritious

Our recipes for you

Your recipe

Create your own

Current Plan

New Plan

Recipe List

Precooked dishes

Settings

Tàu hũ ngâm giấm

Serving size: 2 meals

Cooking time: 15 mins

Ingredients

Steps taken

Nutritious

Settings

Personal info

Nutritional info

Meal info

Current Plan

New Plan

Recipe List

Precooked dishes

Settings

Age20

Height165cm

Weight53kg

Personal info

Nutritional info

Meal info

Current Plan

New Plan

Recipe List

Precooked dishes

Settings

Approximate the amount of calories per day

Carbohydrate126

Protein564

Fat123

Personal info

Nutritional info

Meal info

Current Plan

New Plan

Recipe List

Precooked dishes

Settings

NameBữa sáng

Time06:30 - 07:30

Set of dishesmón_nước, bánh_mỳ

Nutritious restriction1705kcalo

Regular

Flexible