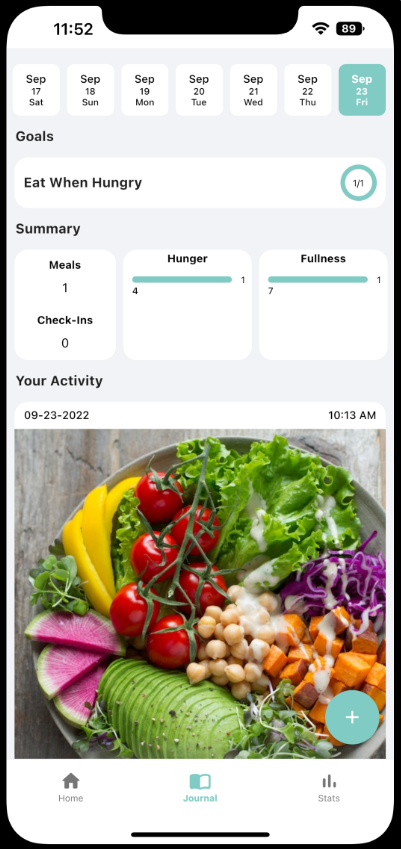
**App1: lifesum**



The software takes a detailed look at a user's protein, carbohydrate and fat intake and adjusts the user's nutritional intake to suit the user's personal preferences. When users want to lose weight or optimize fitness performance, the meal plans and diets in the software are suitable for any lifestyle, such as protein weight loss, Mediterranean diet, fasting, ketogenic diet, etc.

**App2: shutterbite**



Shutterbite is a food journal app that uses an alternate approach to calorie counting. Instead of focusing on the calories that you eat we help you to find the reason. This approach to meal tracking is designed to help with issues such as emotional eating, binge eating, and mindless eating.

By becoming fully mindful and eating when you are truly hungry and also stop eating when you are full, Shutterbite helps you to build a better relationship with food.