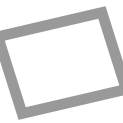


# mealPrep4Justice



On your way to work, a commute that stays the same  
Thinking of your tasks, and how you'll start the day  
I'll write some code, take breaks to play a game  
But what will I have for lunch, you'll say?

It'll be tasty and healthy  
It'll be assembled with love and precision  
One thing it will definitely not be  
Is a point of indecision

Lunch will be a puzzle  
Cobbled together from different pieces  
And at home, you can give your pet a proper nuzzle  
Cuz you've prepped, dinner will be just as easy

All the pieces will be at your fingertips  
Complex carbs, protein, fiber and vegetables  
Which will Leave no room for a craving for chips!  
But with just enough flexibility to combine your  
comestibles as you wish

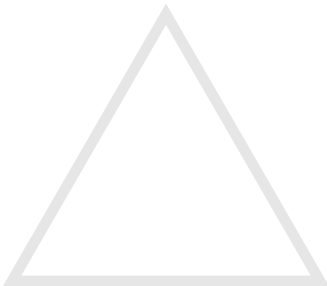
And your coworkers will ooh and ahh  
And your loved ones will love you more  
And ask how you managed to put together such a  
plate  
Without it being a chore  
And you'll quickly reply  
You too, can meal prep! Just use my app, and you'll  
have healthy delicious food on the fly!



“Public health has, at its root, the commitment to social justice. What can we do to improve equity and close gaps in health outcomes in one of the most forward thinking cities in the world? ”

-Dr. Mary Basset, NYC DOHMH

# Explore The Food Web

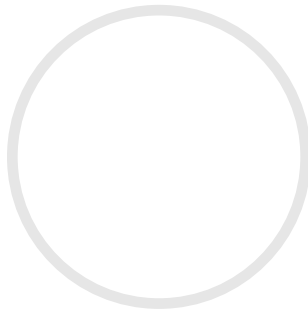


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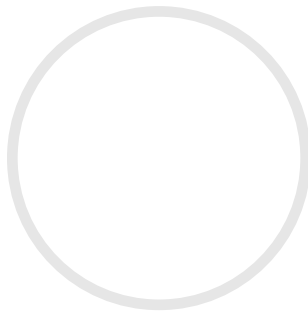
7h ago | popular



# Create Recipes



# Meal Prep

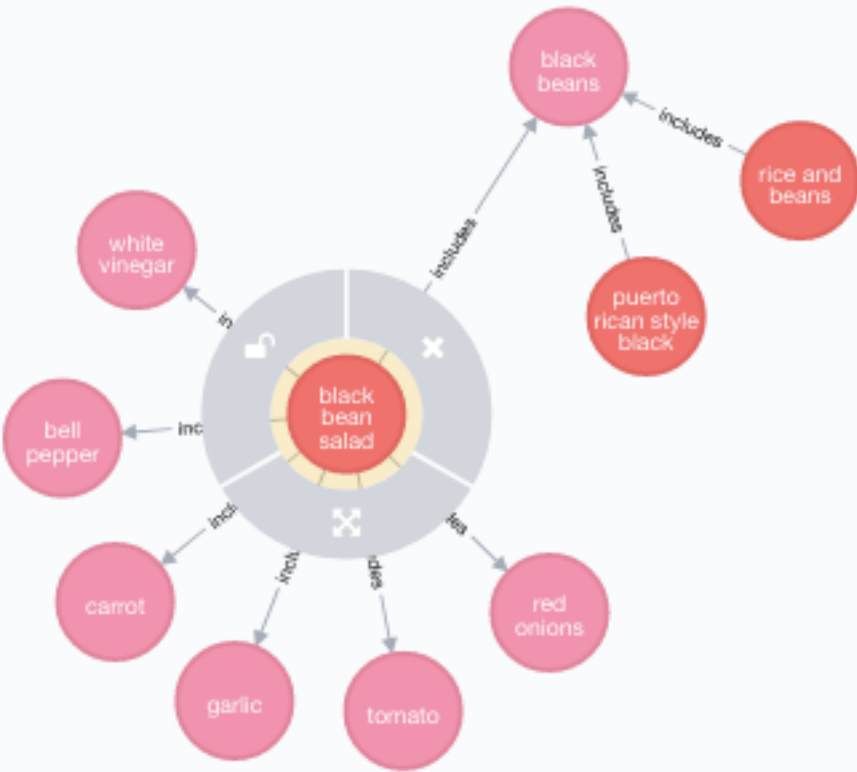


\$ match p = (n:component)-[:includes]->(m) where m.name = 'black beans' return p



\*(10) component(3) ingredient(7)

\*(9) includes(9)



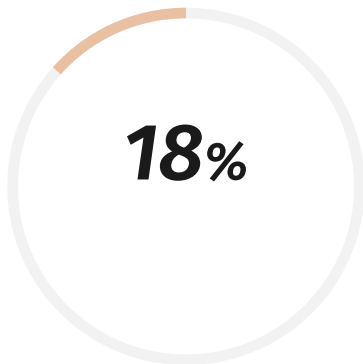
component <id>: 265 name: black bean salad

### Glycemic Index (GI)

Gylcemic Index tells you how fast your body metabolizes the carbohydrates in the food item. The higher the glycemic index, the faster your body will metabolize the food; meaning, you will get hungry again faster! A lower GI will produce less insulin. Lower GI foods (like oatmeal) are good for reducing your risk of diabetes!



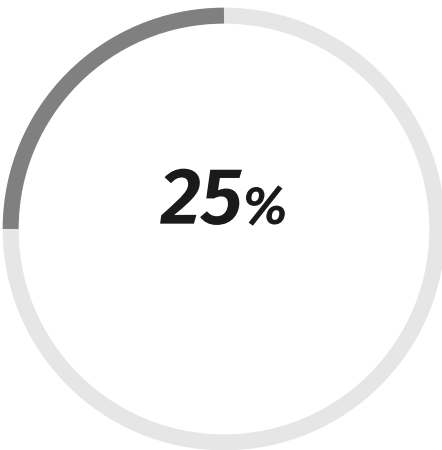
### Glycemic Index



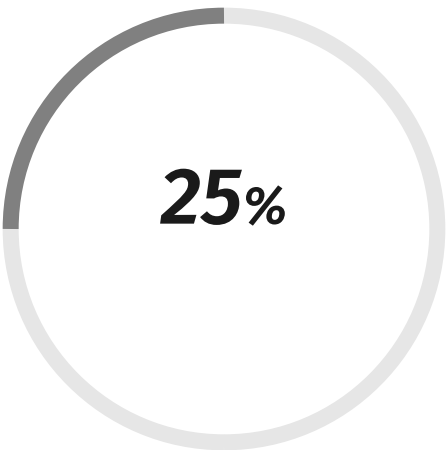
### % Daily Value (DV)

Daily Value is the reccomended intake of the nutrients in this food. It is based on a 2,000-day calorie diet.

### % Daily Value



### Nutrient Density



### Nutrient Density

Nutrient Density tells you how much nutrition you are getting from this food item.

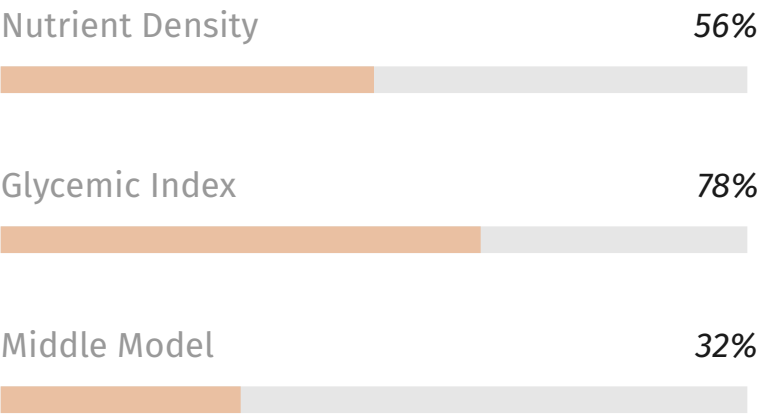
### Summary

To the right is a summary of the value of this food with a score from 1=10, 10 being the ‘best’, 1 being the ‘worst’, taking into account the food’s glycemic index, it’s daily value, and it’s nutrient density.

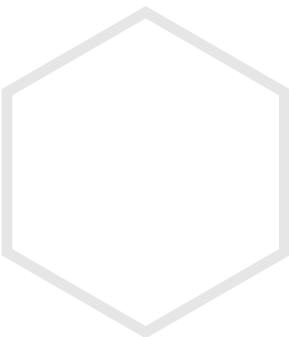
Use these metrics to make healthy and satisfying choices!

### Summary

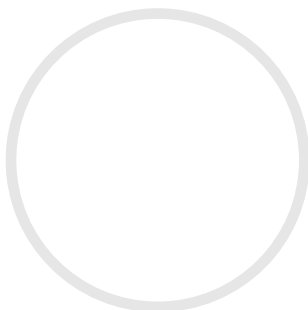
Score: 3



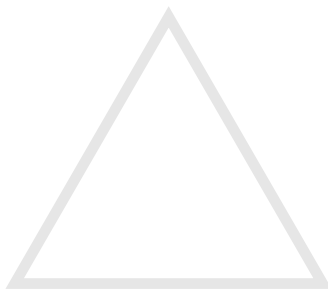
# Explore The Food Web



# Create Recipes



# Meal Prep



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# The GamePlan.

## — TACKLING THE MEAL PREP

The secret to a quick and easy meal prep is preparing components that you can mix and match to create meals. You can repurpose certain ingredients for several different meals. For example, you can make a batch of grains that you can eat at breakfast with fruit on top, that will also be the base of a grain bowl for lunch.

The entire process is made of four steps:

1. Planning your menu

What are you in the mood to eat this week? Do you have a craving for Mexican flavors? We will generate a menu based on these tastes.

2. Shopping for ingredients (that you don't already have)

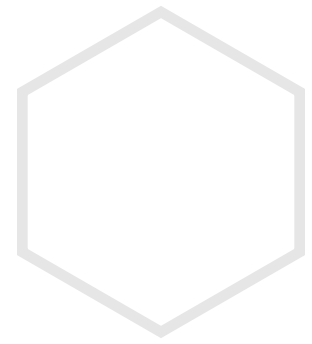
3. Preparing your produce and Cooking- instructions included!

4. Portioning and packaging into tupperware containers.

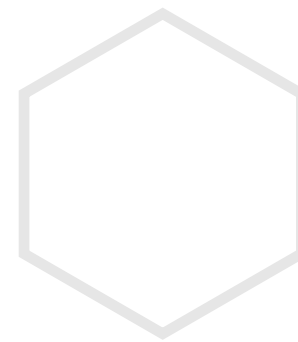
## Plan Your Meals



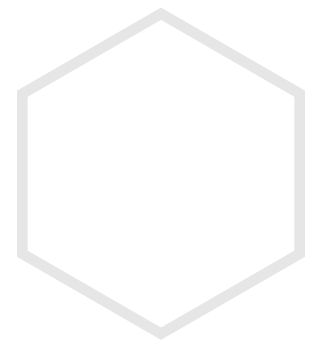
## Shop for Ingredients



## Prep and Cook



## Portion and Package





Jane Smith in Latest News  
7h ago | 3min read



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890



56 responses



John Doe in Latest News  
7h ago | 3min read



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John Smith in Latest News  
7h ago | 3min read



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56 responses



Jane Smith in Latest News  
7h ago | 3min read



Cras quis nulla commodo,

<div>Monday May 1</div> <div>Breakfast: Brown rice, microwave egg, pesto</div> <div>Lunch: Brown rice bowl with sauteed kale, hard boiled egg</div> <div>Snack: Yogurt with nuts</div> <div>Dinner: food</div>	<div>Tuesday May 1</div> <div>Breakfast: Yogurt, nut butter; hard boiled egg</div> <div>Lunch: Roasted chicken, side of black beans and brown rice, sauteed kale</div> <div>Snack: Yogurt with nuts</div> <div>Dinner: food</div>	<div>Wednesday</div>	
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