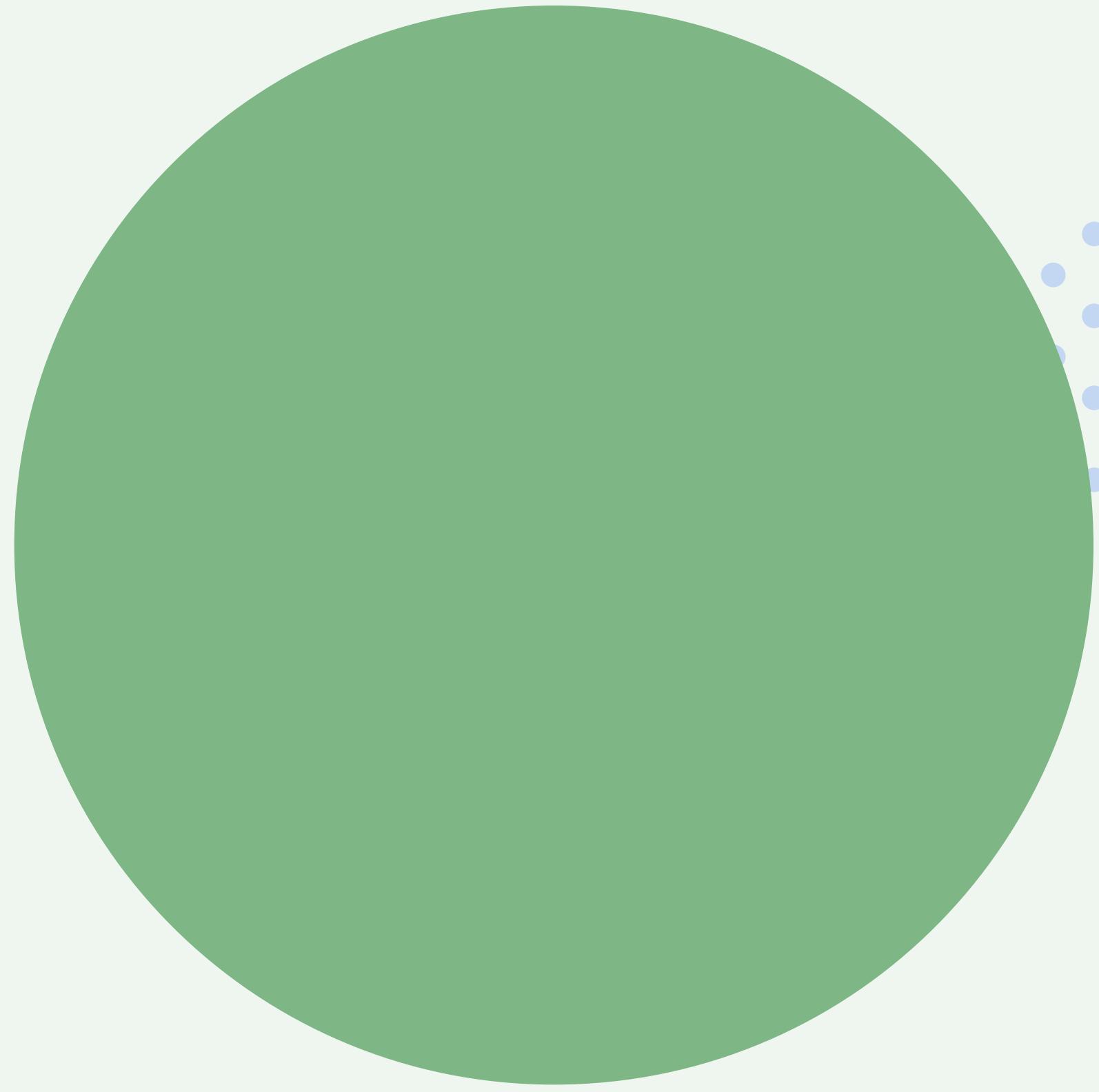


Meal planning on the go.

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WHAT WE DO

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Quality Recipes

Personalised plans

Meal planning

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Lo*r*em?

Ip*s*um?

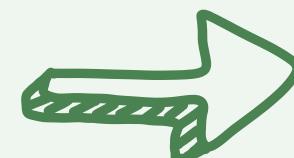
Dol*o*r?

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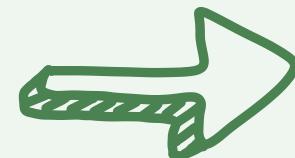
Hello {user}, how old are you?

Enter your age here:



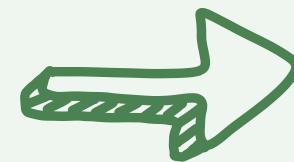
Enter your height in cm

Enter your height



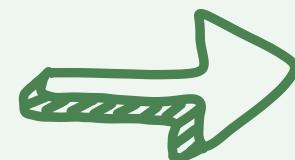
Select your gender from the menu below:

Select your gender



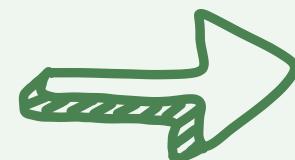
Select your activity level:

Select an option



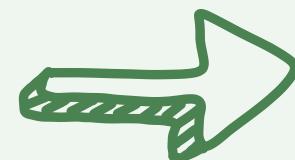
Enter your weight in kg

Enter your weight



Select a status that applies to you:

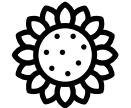
Select an option



Meal planning in progress...



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**Macronutrients**[Current](#)**Vitamins**[View](#)**Minerals**[View](#)

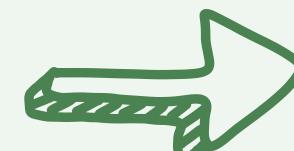
Carbs

Fibre

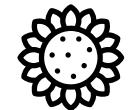
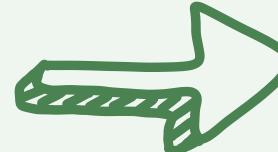
Protein

Fat

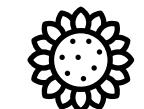
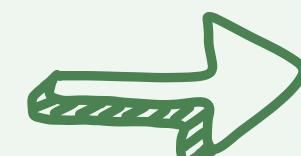
Water

Meal plan

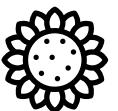
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**Macronutrients**[View](#)**Vitamins**[Current](#)**Minerals**[View](#)**Vitamin A** 1300 mcg**Vitamin C** 120 mg**Vitamin D** 15 mcg**Vitamin B6** 2 mg**Vitamin E** 19 mg**Vitamin K** 90 mcg**Vitamin B12** 2.8 mcg**Meal plan** 

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**Macronutrients**[View](#)**Vitamins**[View](#)**Minerals**[Current](#)**Calcium** 1000 mg**Chloride** 2.3g**Chromium** 45 mcg**Copper** 1300 mcg**Fluoride** 3 mg**Iodine** 290 mcg**Iron** 9 mg**Meal plan**

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**Macronutrients**[View](#)**Vitamins**[View](#)**Minerals**[Current](#)**Calcium** **1000 mg****Chloride** **2.3g****Chromium** **45 mcg****Copper** **1300 mcg****Fluoride** **3 mg****Iodine** **290 mcg****Iron** **9 mg****Meal plan**

Recommended meal plan

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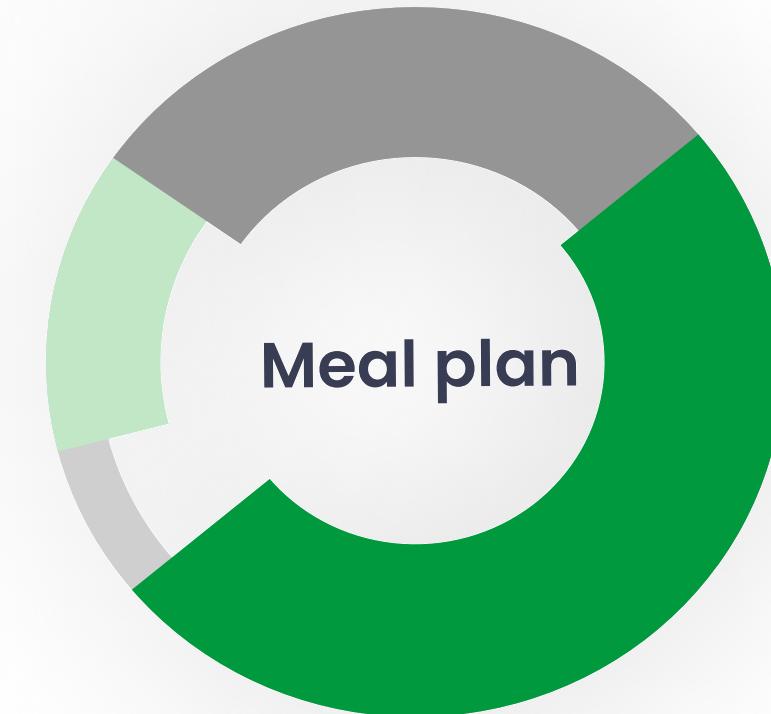
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 Ipsum

30% lorem ipsum

 Dolor

20% lorem ipsum

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