O HEALTHY HEAD













HOME

ABOUT FOOD TIPS APPS LOG IN

STYLE TILE

#5d8500

#f15a24

#418785

#e0c027









BOTTOM BOTTOM

THIS IS AN EXAMPLE OF A HEADER

This is an example of a sub-header

We believe — and medical studies prove — that the best way to lose weight and keep it off is to simply keep track of the foods you eat. Gimmicky machines and fad diets don't work, so we designed a free website and mobile apps that make calorie counting and food tracking easy.

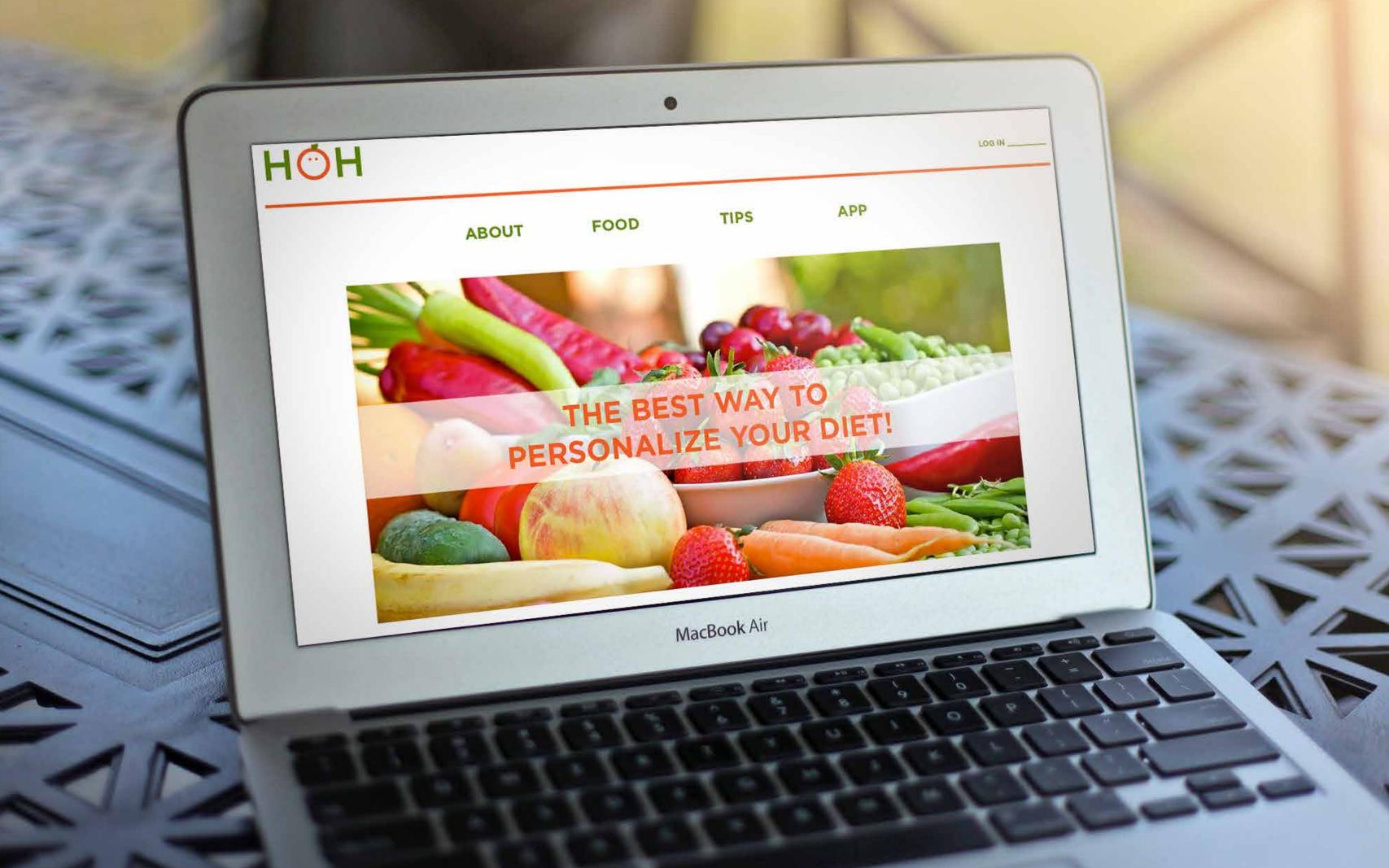
ABOUT FOOD TIPS APP





ABOUT FOOD TIPS APP





APP

HOME

LOG IN/SIGN UP

DIET

EXERCISES

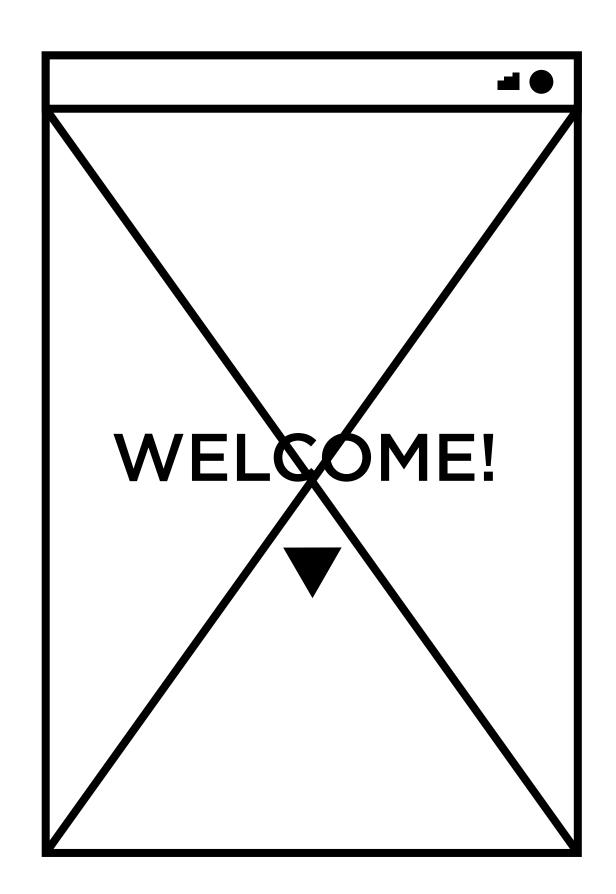
PROFILE

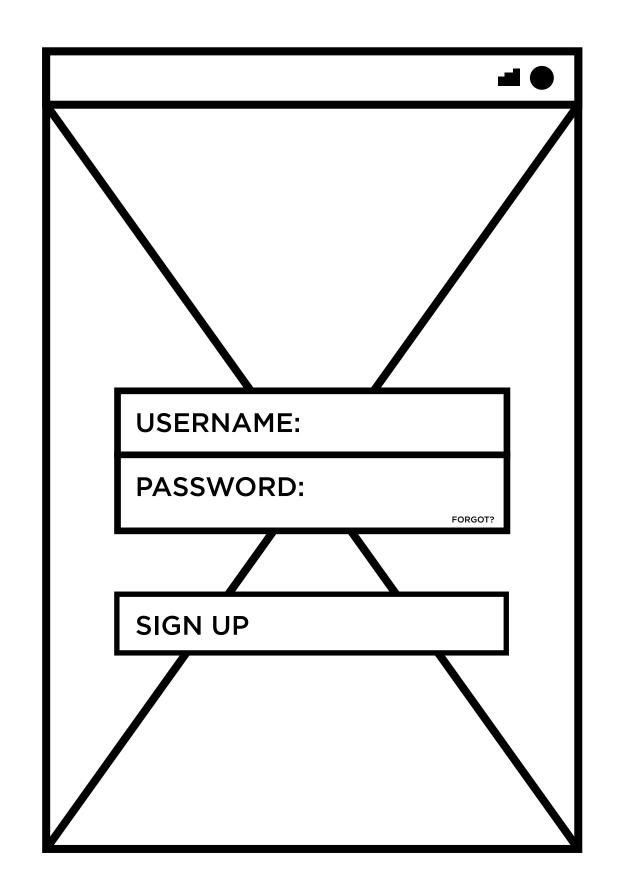
- . SALADS
- . FRUITS
- . SANDWICHES
- . SOUPS
- . MEATS
- . DRINKS

- . ARMS
- . ABS
- . CARDIO
- . LEGS
- . BUTT
- . YOGA

- . PERSONAL INFO
- . ABOUT
- . DIET
- . BROKE DIET
- . CLIMATE
- . WATER SCALE
- . CALENDAR
- . EXERCISES
- . ALARMS
- . OTHERS

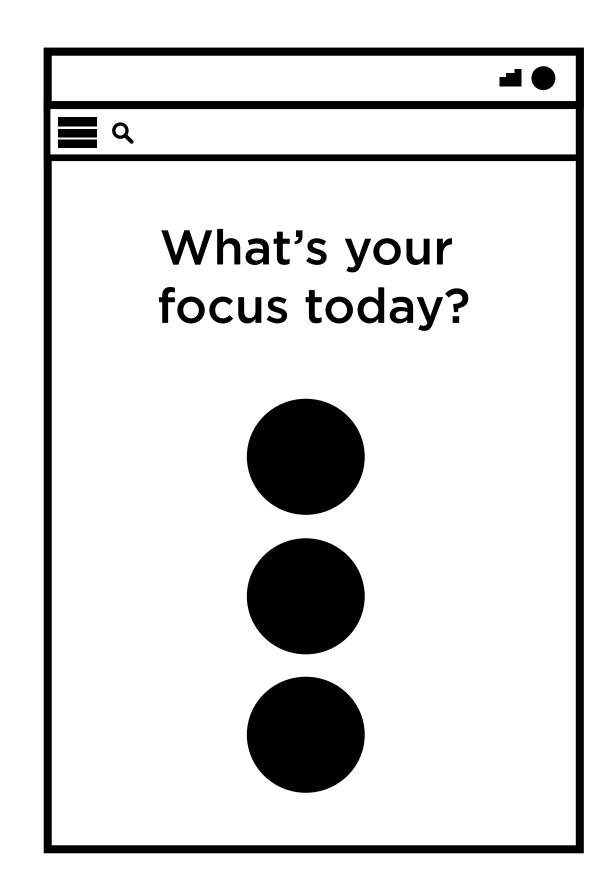
WIREFRAMES

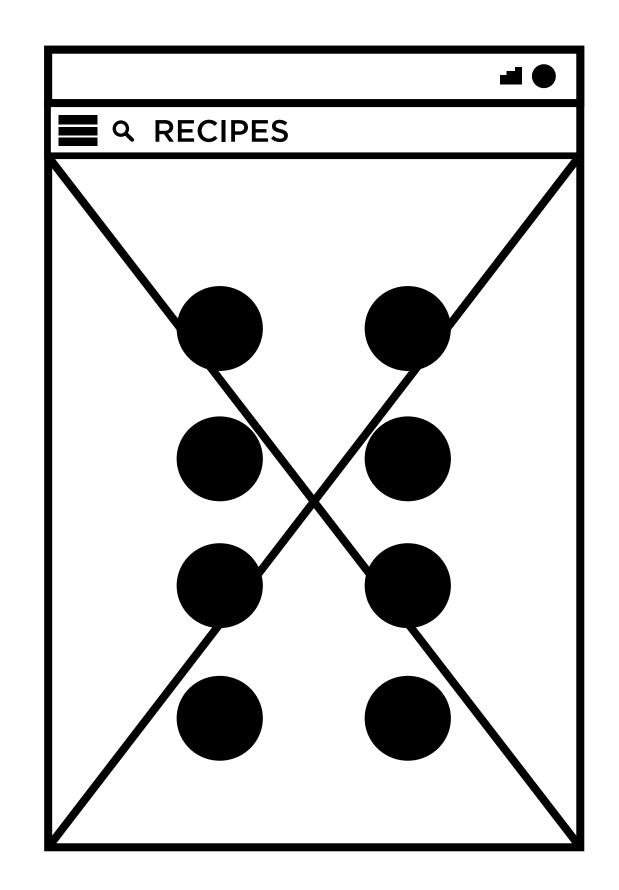


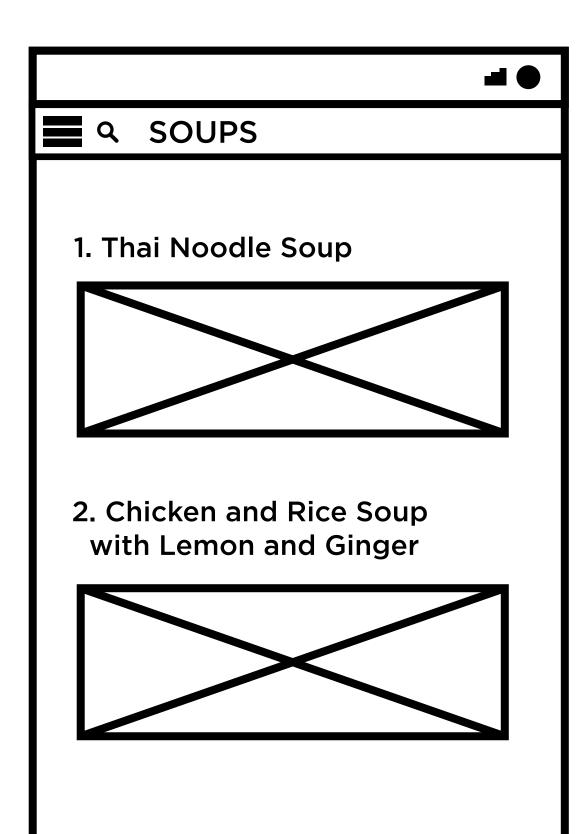


Hello Let us know more about you!

4

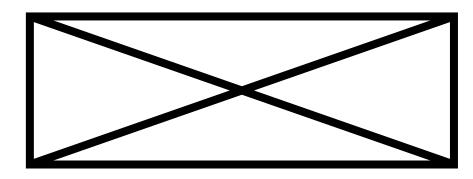






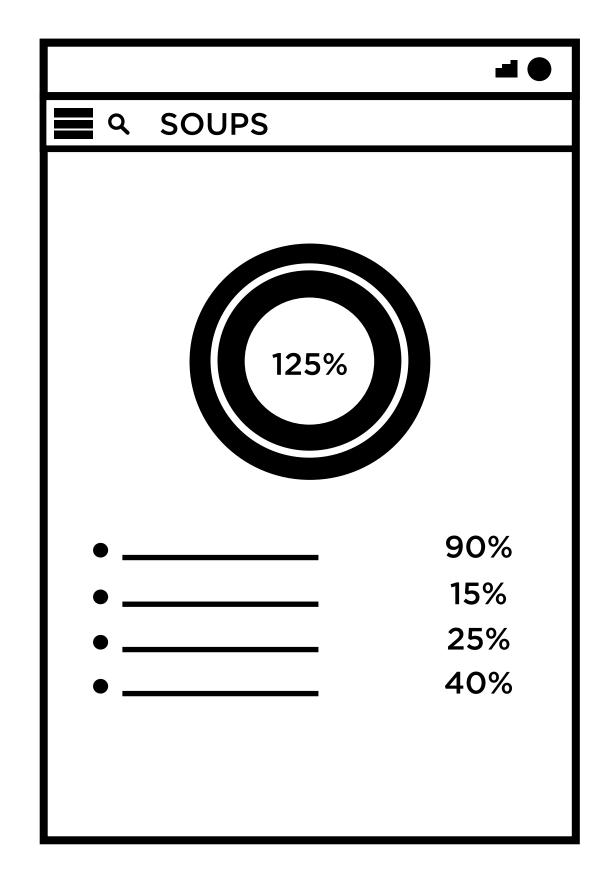
■ Q SOUPS

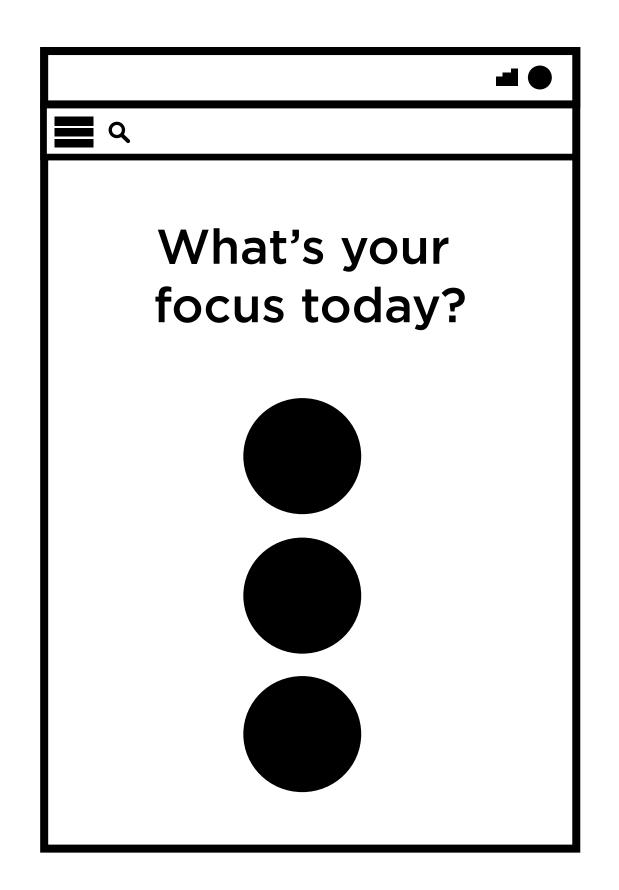
1. Thai Noodle Soup

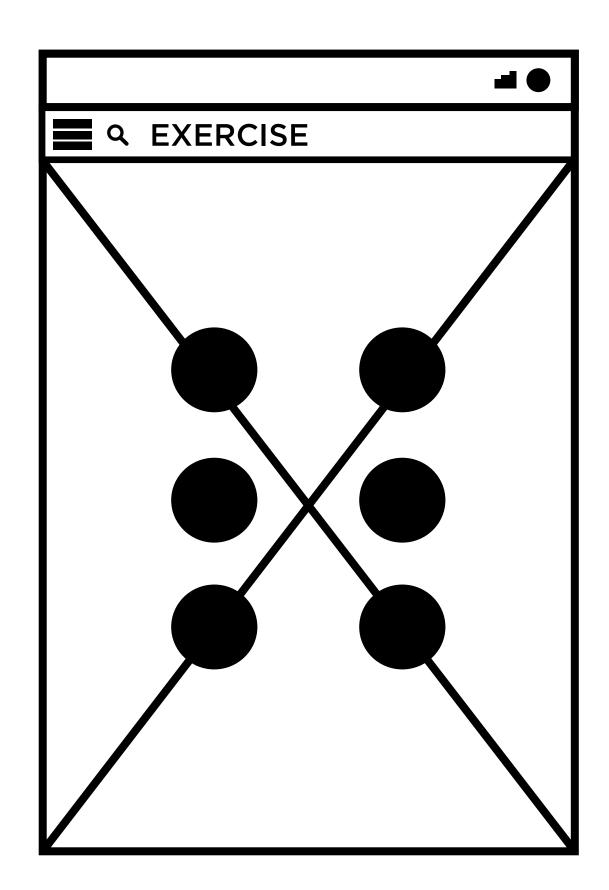


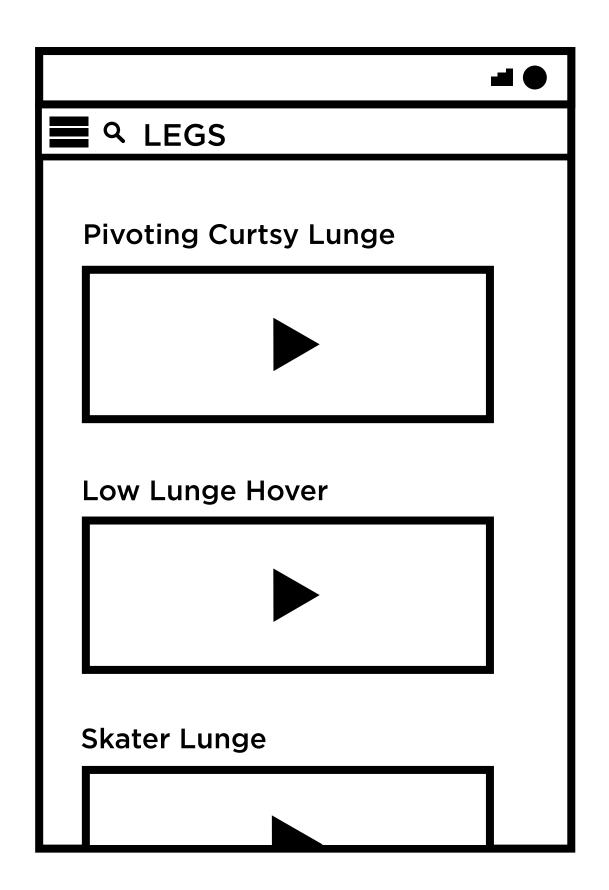
Ingredients

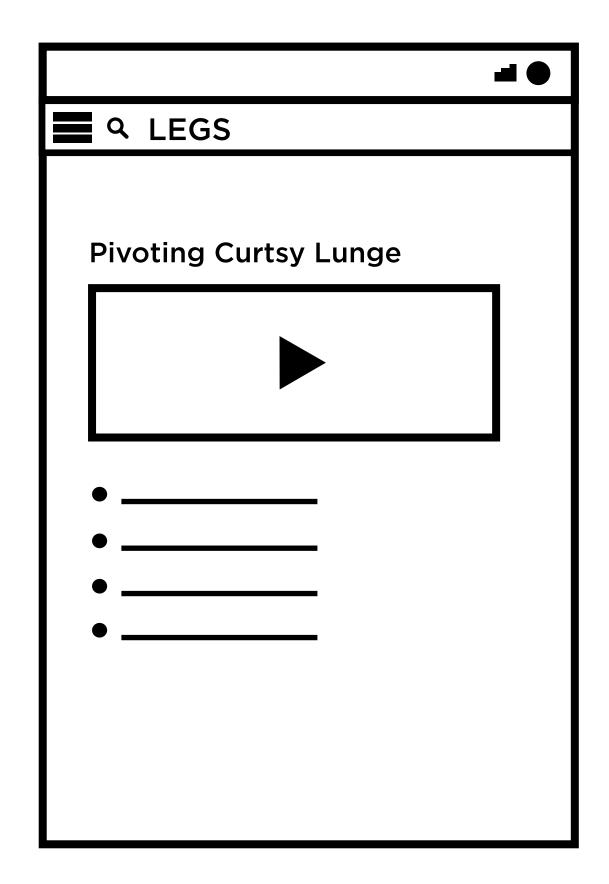
1 tablespoon olive oil
1/2 cup chopped onion
1 1/2 tablespoons finely minced
fresh ginger
1 tablespoon white miso
1 (8-ounce) package presliced
cremini mushrooms
4 1/2 cups unsalted chicken
stock

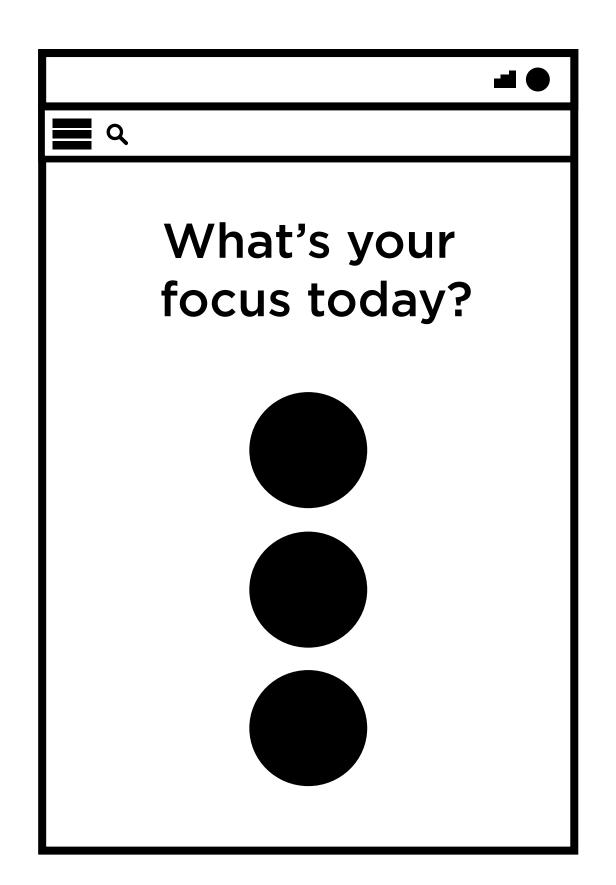


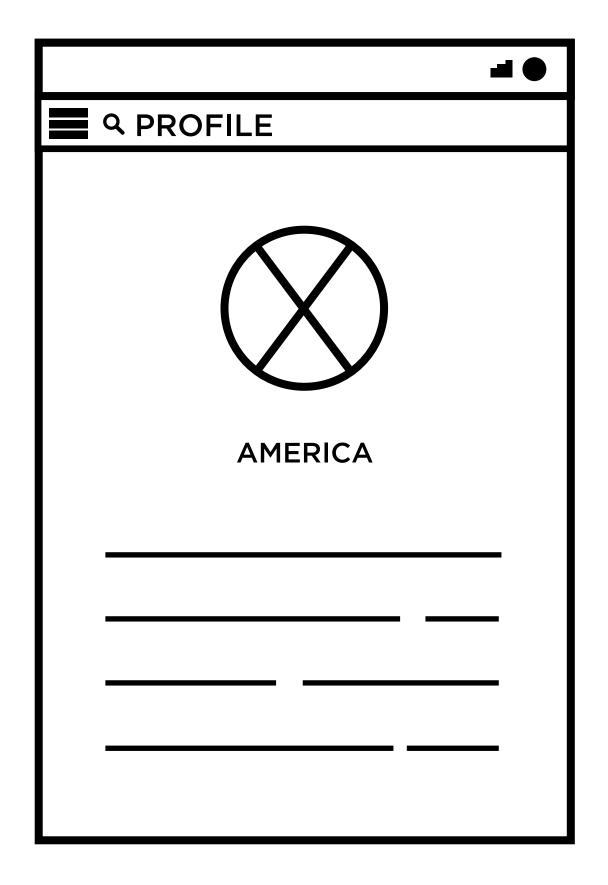




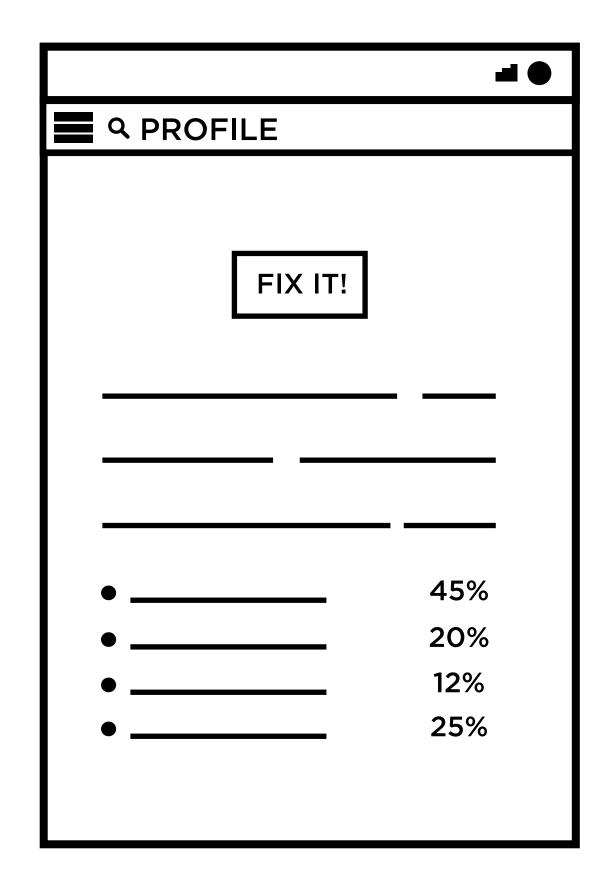


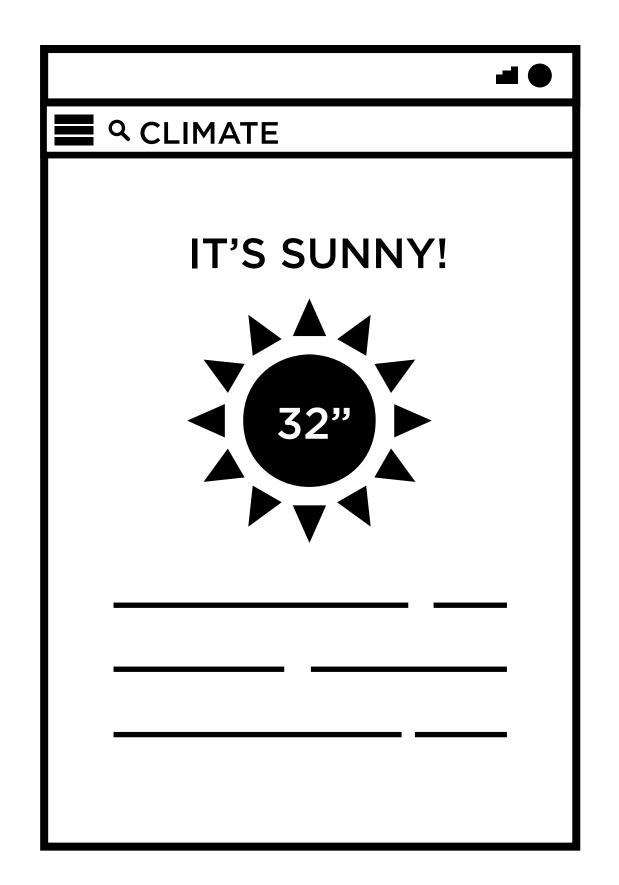


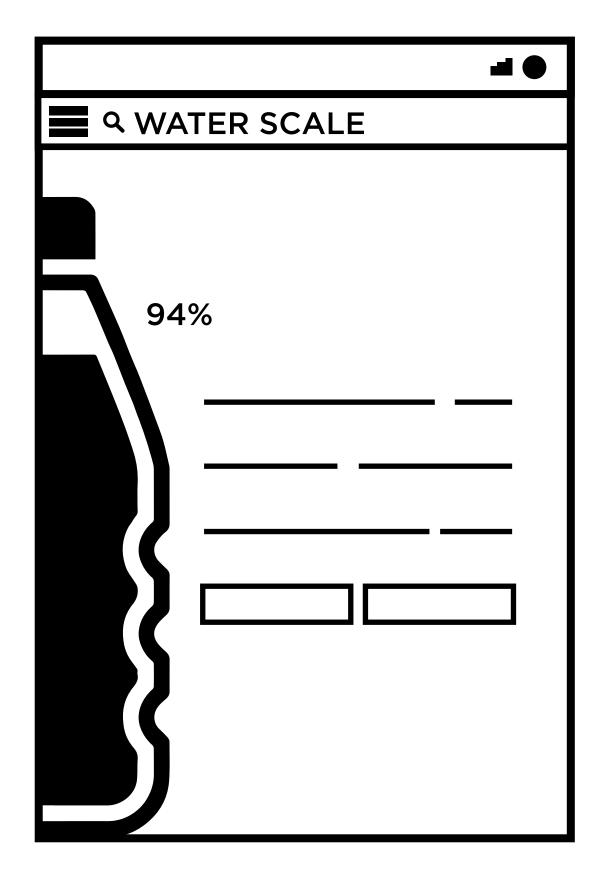


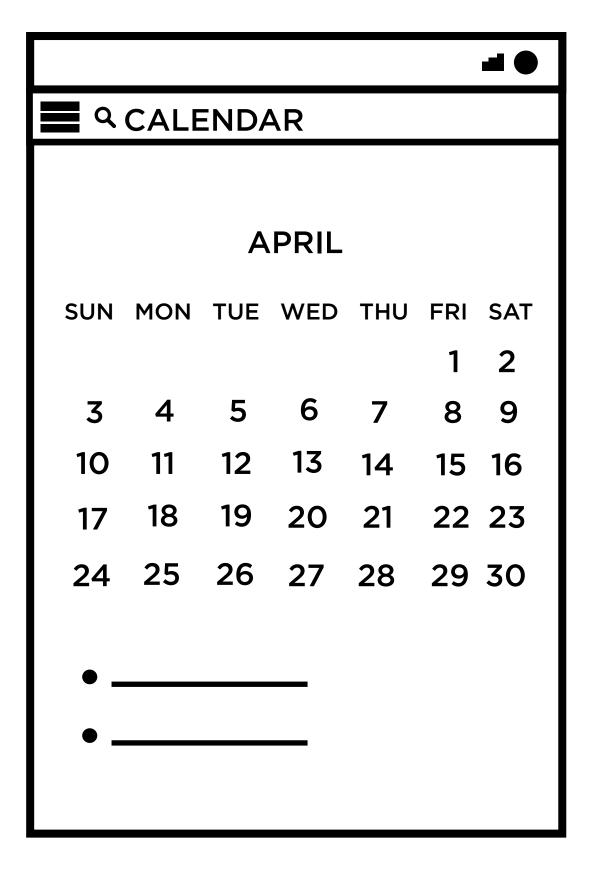


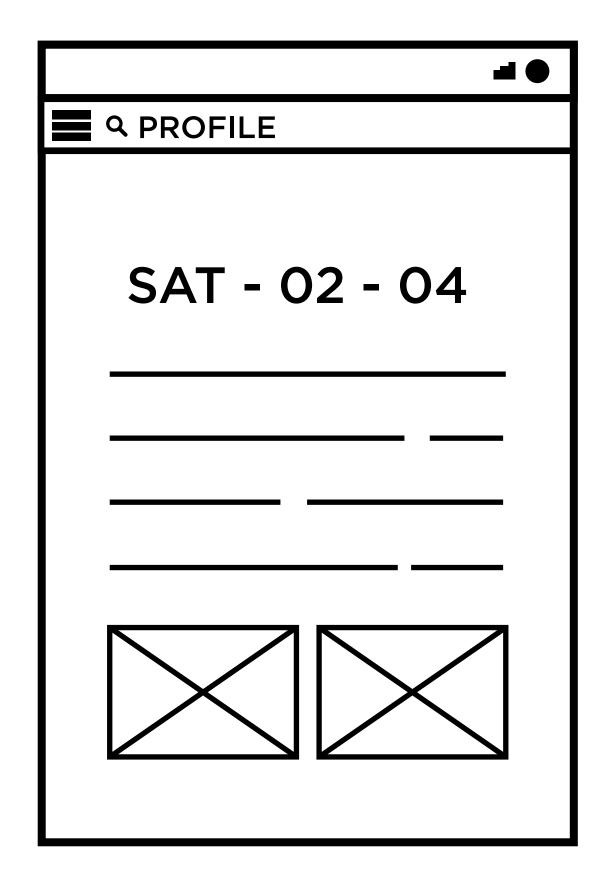
■ Q PROFILE
BROKE DIET
WHEN? HOW? WHY?

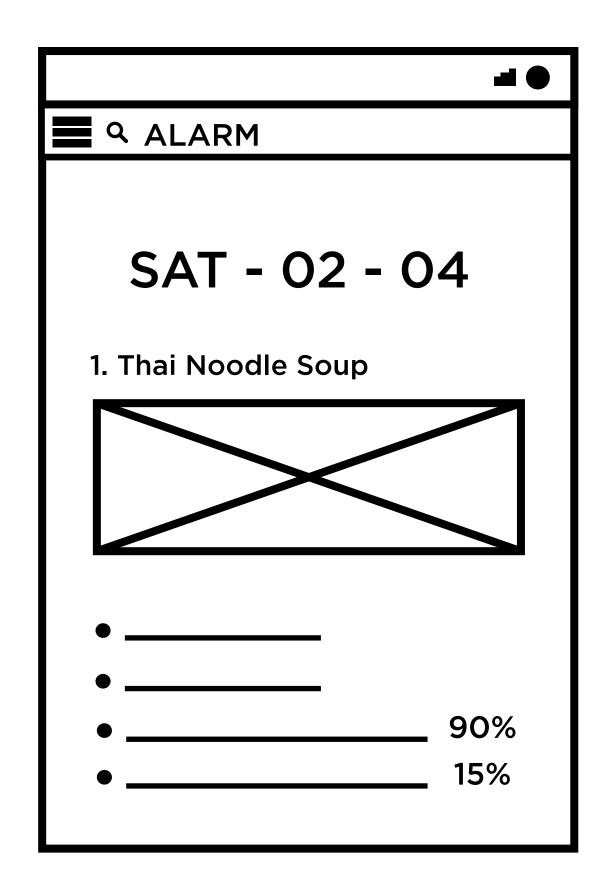


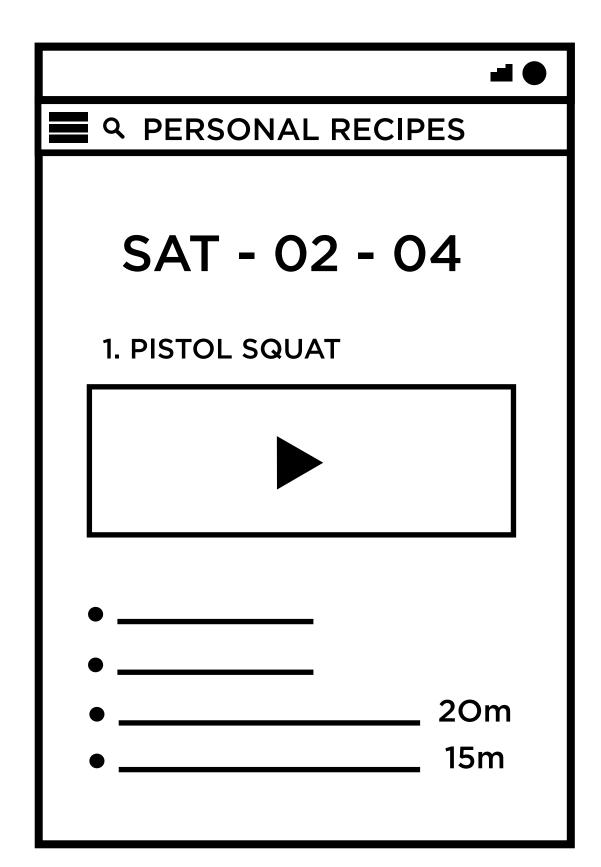


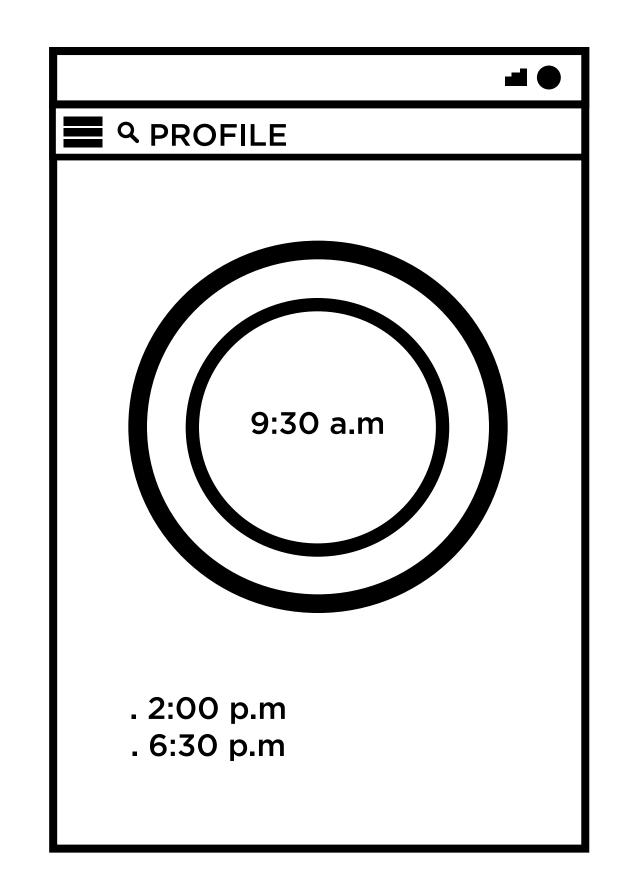








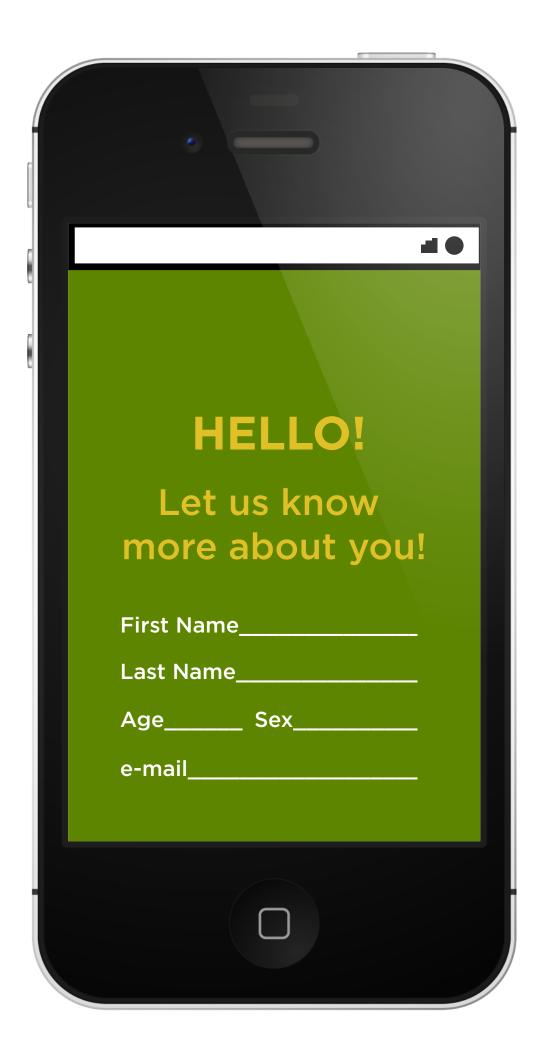




FINAL DESIGN







CountryCityStateWeidthHeight Waist SizeBody HeightBody FatFat to loseMuscle to gain

