

Meal Picker

SIGN IN

Email

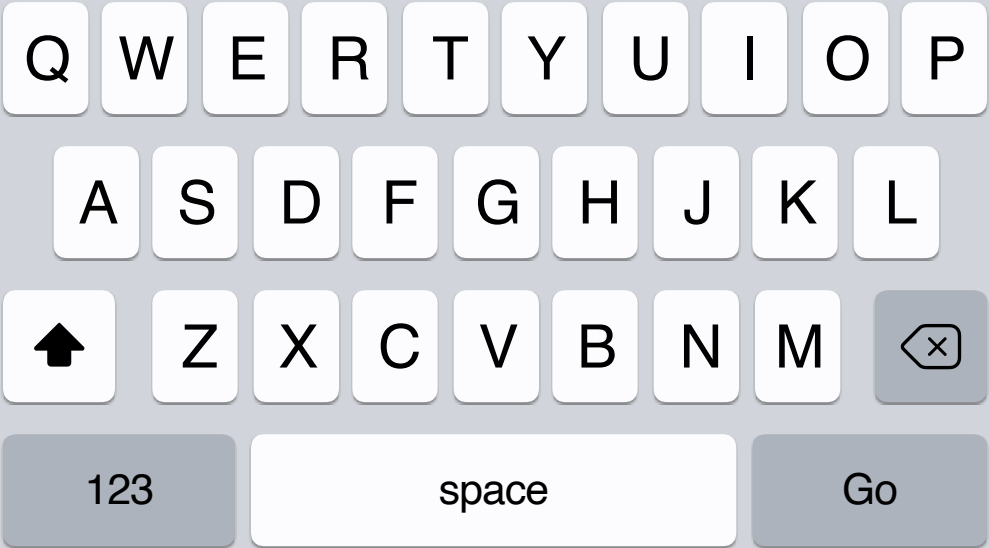
Password

Forgot Username
or Password?

SIGN IN

New to Lunch Picker?

CREATE PROFILE



Meal Picker

REGISTER

Name

Email

Password

Choose macros or calories. You can change this setting later in your profile.



Use Macros



Use Calories

SUBMIT



Meal Picker

REGISTRATION SUCCESSFUL

Check your email to verify
your account!

Icon or Image
(something fun)

Icon

Home

Icon

Food

Icon

Data

Icon

Profile

Meal Picker

ACCOUNT VERIFIED

Enter your macros!

Carbs

Fat

Protein

SUBMIT

1

2
ABC

3
DEF

4
GHI

5
JKL

6
MNO

7
PQRS

8
TUV

9
WXYZ

0



Meal Picker

FAVORITE INGREDIENTS

Find your favorite foods!

Search for a food

- ☐ Raw Almond Butter
1 tbsp
- ☐ Honeycrisp Apple
1 medium apple
- ☐ Avocado
1 medium
- ☒ Red Wine
1oz



Meal Picker

MEAL OPTIONS

Nutrients Remaining

| | | |
|-----------|---------|-------------|
| 160 | 38 | 70 |
| Carbs (g) | Fat (g) | Protein (g) |



Breakfast

25.5g • Fat 16.8g • Protein 20g

Whole Wheat English Muffin
Trader Joes, 1 muffin

Large Egg Nw
Dutch Farms, 1egg (50g)

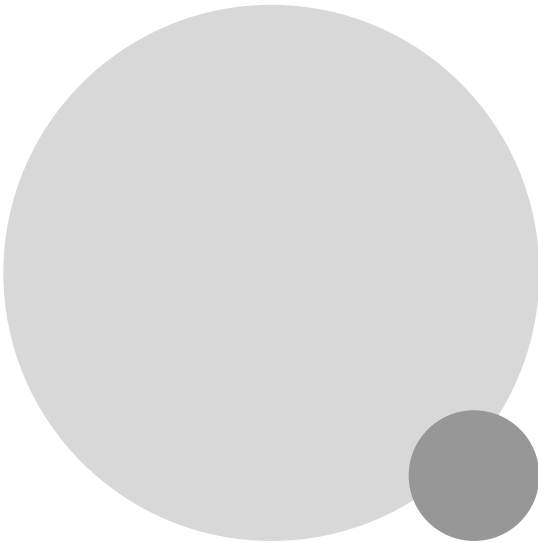
Natural Choice Honey Deli Ham
Hormel, 2 slices

Colby Jack Slice
Sargento, 1 slice

Hellman’s Light
Mayo, 15 grams

Meal Picker

PROFILE



Heidi Holden

Name

Email

Password

☐ Use Macros

☒ Use Calories

UPDATE