



Personalized Nutrition planning AI Solution

For DietaryGuidance

Customizable Macro Meal Planner

This AI-powered planner automatically generates a customizable macro meal plan that fits your protein, carb, and fat goals in seconds. To build a plan based on your macros, just fill in your profile to match your specific macronutrient goals and click 'Generate Plan!'. This AI-powered planner automatically generates a customizable macro meal plan that fits your protein, carb, and fat goals in seconds. To build a plan based on your macros, just fill in your profile to match your specific macronutrient goals and click 'Generate Plan!'.

Basic					
Gender	Age		Units		
Male ▾	30		Imperial ▾		
Height		Weight			
5	ft	8.0	in	185.0	lbs
Activity level			Weight goal		
Sedentary ▾			Lose fat ▾		
Weekly variety			Max recipe complexity		
2 ▾			2 ▾		
Daily meals		Diet type		Budget	
breakfast lunch dinner snack ▾		Anything ▾		\$\$\$\$ ▾	

Why is hard to adopt healthy diet?

Diffcult to change behavioral pattern

Mental health issues

Social and Environemnt barries

Lack of cooking skills

Limited access to healthy food





Standard plans



Keto plans



Paleo plans



Vegetarian plans



Vegan plans



Pescetarian plans



1200 is plenty plans



1500 is plenty plans



How It Works

01. Initial Consultation

We start by scheduling an initial consultation, either in person or through a convenient online meeting. During this session, we will discuss your health history, lifestyle, goals, and any specific dietary requirements.

02. Assessing Needs

Our team of experienced nutritionists and dietitians will conduct a thorough assessment of your nutritional needs and create a personalized plan tailored to your unique requirements.

03. Personalized Nutrition Plan

Based on the information gathered, we will develop a personalized nutrition plan that takes into account your dietary preferences, lifestyle, and health goals. This plan will provide you with clear guidelines on what to eat, portion sizes, and meal timing.

04. Meal Planning

To make your journey easier, we will provide you with a variety of delicious and nutritious meal options, along with recipes that align with your personalized nutrition plan.

How It Works

06. Ongoing Support

Throughout your journey, our team of nutrition experts will be there to provide ongoing support, answer your questions, and offer guidance.

07. Progress Tracking

We encourage you to track your progress using our user-friendly mobile app or website tools. You can log your meals, monitor your weight, and track your physical activity

08. Regular Check-in

We will schedule regular check-ins to review your progress, address any concerns, and make any necessary adjustments to your nutrition plan. Our goal is to ensure that you are consistently moving towards your desired outcomes

04. Education & Resources

Along the way, we will provide you with educational resources, such as articles, guides, and videos, to enhance your understanding of nutrition and empower you to make informed choices for a healthier lifestyle.



Meet Our Team of Experts

Our team at Nutritionist is composed of highly skilled professionals who are passionate about helping you achieve your health and wellness goals. With a diverse range of expertise in nutrition, coaching, and support, our team is dedicated to providing you with the guidance and personalized care you need. Get to know the experts behind our success and discover how they can make a positive impact on your journey to better health.

Management Team

Nutritionists and Dietitians

Customer Support

Marketing and Communications

Technology and Development



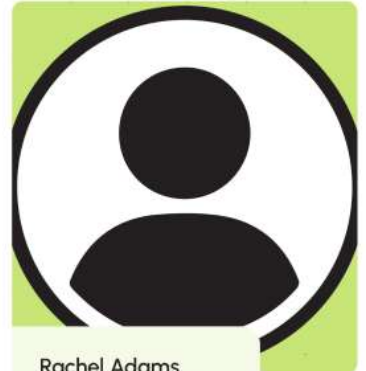
Sarah Mitchell
Founder and CEO



Emily Thompson
Chief Operating Officer



John Davis
Chief Financial Officer



Rachel Adams
Chief Marketing Officer

Features	Free Plan	Free Plan	Free Plan
Personalized Nutrition Plan	✓	✓	✓
Mobile App Access	✓	✓	✓
Email Support	✓	✓	✓
One -on One Video Consultations	×	✓	✓
Recipe Recommendations and Meal Planning	×	✓	✓
Priority Support	×	✓	✓
Educational Resources and Guides	×	✓	✓

Full Name

Enter your Name

Email

Enter your Email

Phone Number

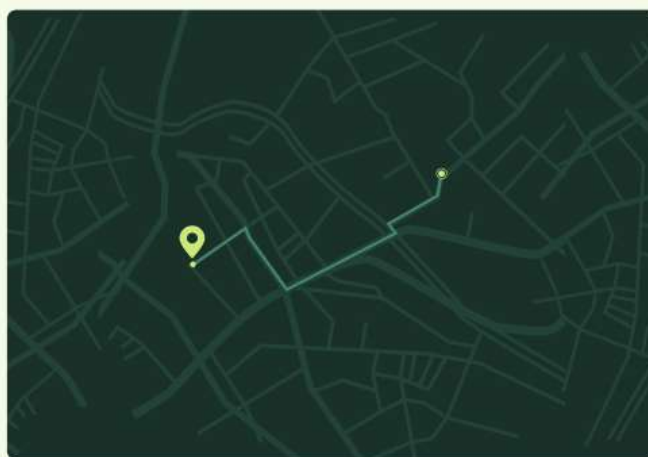
Enter your Number

Message

Enter your Message

Max 250 Chars

Send Message



support@nutritionist.com



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Some Where in the World



Contact Us

We value your feedback, questions, and concerns at Nutritionist. Our dedicated team is here to assist you and provide the support you need on your nutritional journey. Please don't hesitate to reach out to us using any of the following contact methods

- | | |
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