



# FoodFit Plus

## Welcome to FoodFit Plus

Discover a healthier you with FoodFit Plus. Elevate your nutrition game, track your meals, and achieve your fitness goals with our user-friendly app. Get started today!





# FoodFit Plus

## Sign Up

Username

Email

Password

Confirm Password

**Sign up**

or Sign Up with





# FoodFit Plus

Email

Password

[Forgot Password?](#)

**Sign in**

[Sign in with](#)



**Sign ^ Up**



# Alex Smith



Edit Profile >



View Stats >



Preferences >



Terms & Privacy Policy >



Log Out >





# Edit Profile



Change Profile Picture

Alex  
Smith

Username:

Alex\_Smith



Date Of Birth:

2nd April 19XX

Email:

alex@gmail.com





Today

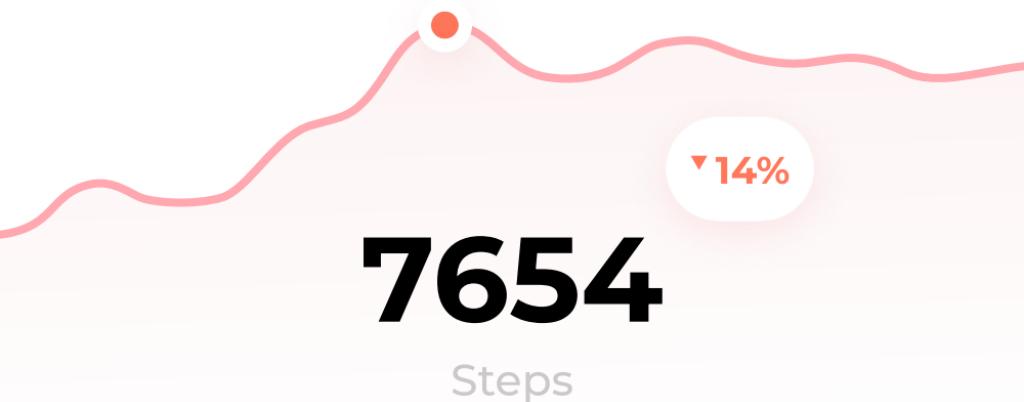
# July 15, 2022

Day

Week

Month

Year



8.42

Distance

1,540

Calories

3:24

Time





# Edit Preferences

## Allergies

Daily Calory Intake

2,000 Cal.



Daily Steps

10,000 steps



Save



Preferences Saved!





# Hello, Alex!

Friday, July 15



Activity

1065 Steps  
left

## Personal Meal Plan

Day 1

July 15

Day 2

July 16

Day 3

July 17

Day 4

July 18

Day 5

July 19

Day 6

July 20

Day 7

July 21



Day 1



**Breakfast**  
700 Cals.

...



**Snack**  
350 Cals.

...



**Lunch**  
1100 Cals.

...



**Dinner**  
850 Cals.

...





Day 1

Friday, July 15

## Personal Meal Plan

Day 1



**Breakfast**

Click here to add a recipe



**Snack**

Click here to add a recipe



**Lunch**

Click here to add a recipe



**Dinner**

Click here to add a recipe

**Save**









**Add Name Here**

**Description**         **Cals.**

Provide A Brief Description

**Ingredients**



**Breakfast**



## Shawarma

### Description

**700 Cals.**

Our Fried Rice Is Made From The Finest Ingredients And Veggies. Every Single Dish Is Made With Fresh Vegetables. Each Plate Is Served With Our Signature Chicken And A Free

### Ingredients



**Breakfast**

...



## Ingredients



Added to Favourites!



# Recipes

Find healthy Recipes



Search



Fried Rice

[View](#)



Jollof Rice

[View](#)



[View](#)



[View](#)





## Recipes

Food delivery & more



Search



Fried Rice

View



Nasi Goreng

View



Nasi Kuning

View



Nasi Uduk

View



No internet connection

Please check your Wi-Fi settings





# Favorites and Personal Recipes



Search



Fried Rice

[View](#)



Jollof Rice

[View](#)



Shawarma

[View](#)



Pasta

P

[View](#)



9:41



FoodFitPlus

now

## Congratulations!

You have completed your step count for today!

FaceTime

Calendar

Photos

Camera

Mail

Clock

Maps

Weather

Reminders

Notes

Stocks

News

Books

App Store

Podcasts

TV

Health

Home

Wallet

Settings

FoodFitPlus

• • •



9:41



9:41

Tuesday, 23 June



FoodFitPlus

now

**Reminder!**

Don't forget to get in some steps! You only have 100 steps remaining to meet your goal!





# Day 2

Saturday, July 16

## Personal Meal Plan

### Health Goals

Daily Calory Intake

2,000 Cal.



Daily Steps

10,000 steps



**Breakfast**  
700 Cals.



**Snack**  
350 Cals.



**Lunch**  
1100 Cals.

Share

Delete

Save



**Dinner**  
850 Cals.

Save





# Day 2

Saturday, July 16

## Personal Meal Plan

### Health Goals

Daily Calory Intake

2,000 Cal.



Daily Steps

10,000 steps



**Breakfast**  
700 Cals.



**Snack**  
350 Cals.



**Lunch**  
1100 Cals.



**Dinner**  
850 Cals.



Share

Delete

Save



Save

Deleted!





# Hello, Alex!

Friday, July 15



Activity  
1065 Steps left

## Personal Meal Plan

Day 1  
July 15

Day 2  
July 16

Day 3  
July 17

Day 4  
July 18

May 2022 ▾

< >

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



Lunch  
1100 Cals.

...



Dinner  
850 Cals.

...





# Day 2

Saturday, July 16

## Personal Meal Plan

### Health Goals

Daily Calory Intake

2,000 Cal.



Daily Steps

10,000 steps



### Unsaved changes

Exit without saving?

Exit

Save

Breakfast

700 Cals.



Snack

350 Cals.



Lunch

Click here to add a recipe



Dinner

850 Cals.



Save

