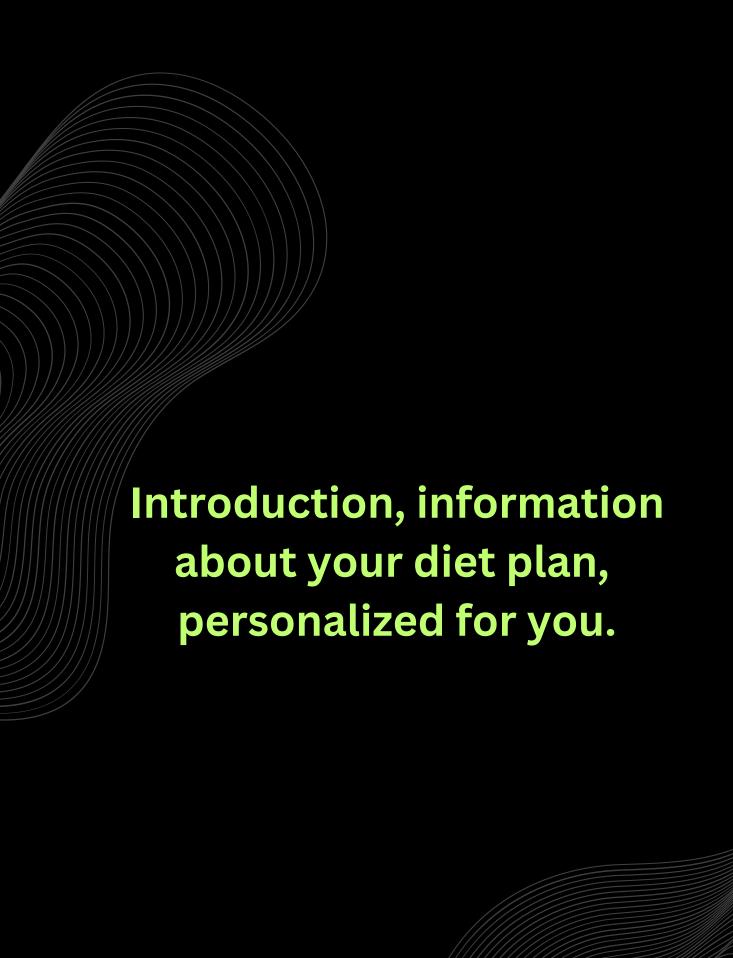


Nutrition Plan User Info and Statistics



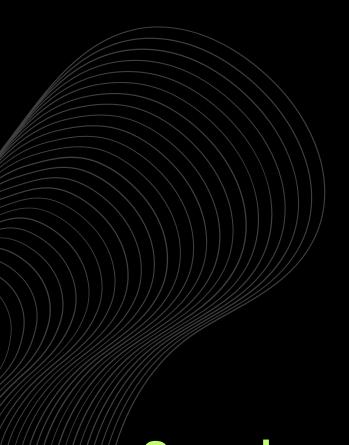












Sample weekly diet plan Helping you decide how to plan your meals.

Key Points:

- 1) 30 Meals recommended, giving you a flexible meal plan.
- 2) Sample Diet plan given, helping you choose your meals throughout the day.
- 3) Calorie and macros intake mentioned and personalized for you, giving you an idea of how much you should eat.
- 4) If you are not satisfied with the diet plan we made for you, you can contact us for re-evaluation.
- 5) Location and Budget oriented diets, keeping in mind, what's available to you.

Good Luck, Eat Healthy!!