



## NUTRIVERSE

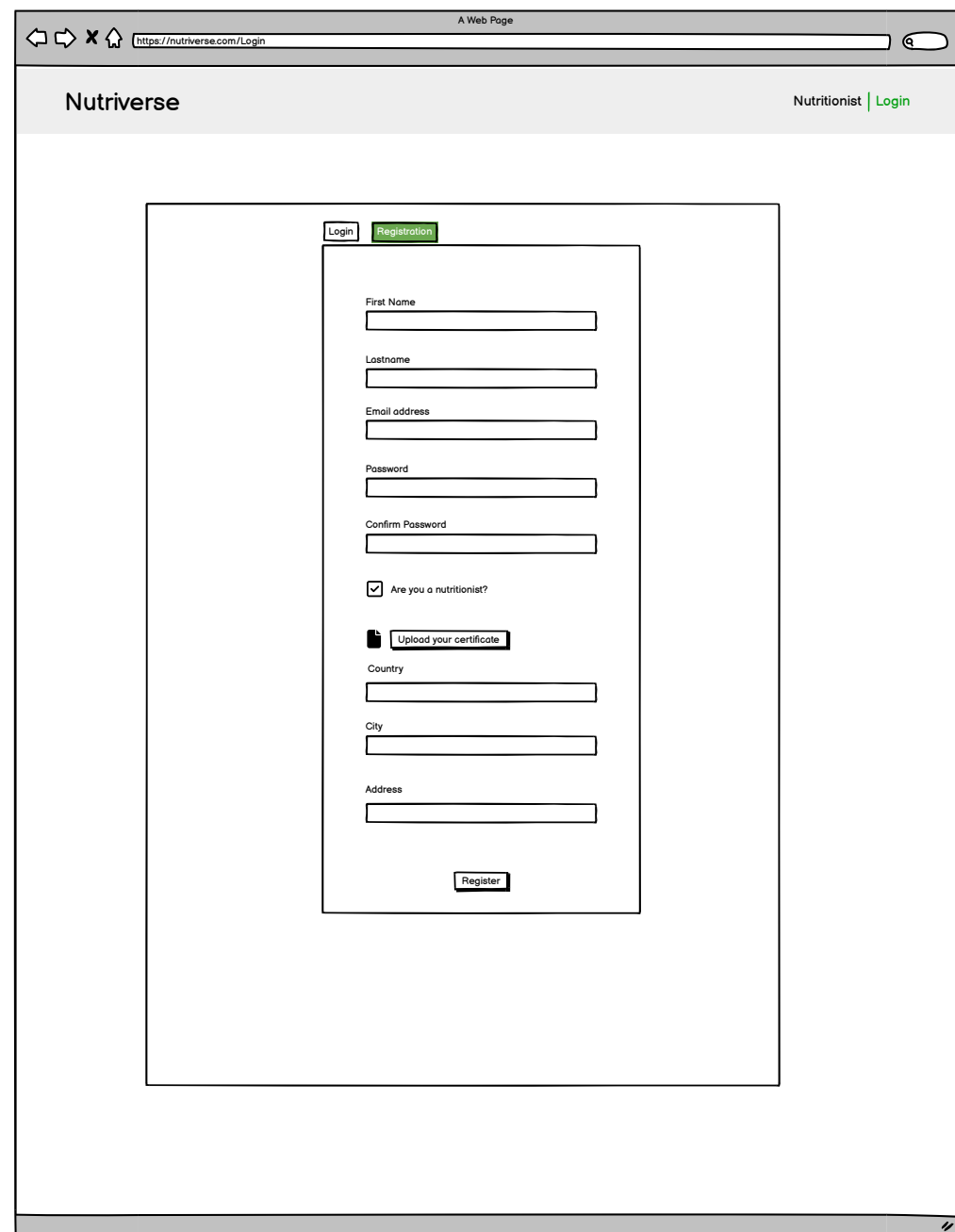
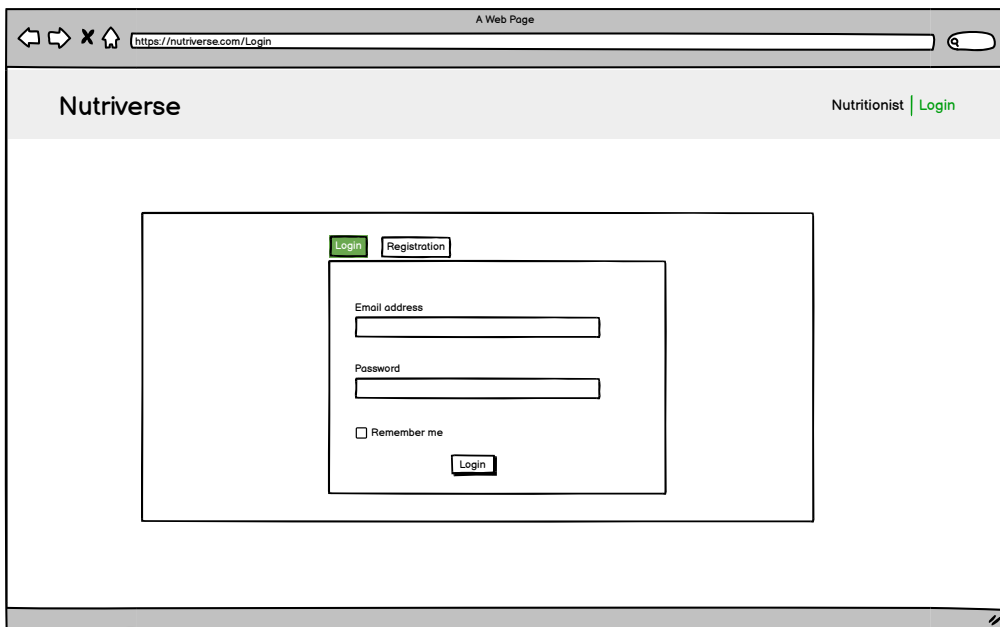
### Nutritionists functionalities :

- create food plans
- keep track of the progress
- chat with the clients
- manage the agenda

### Clients functionalities :

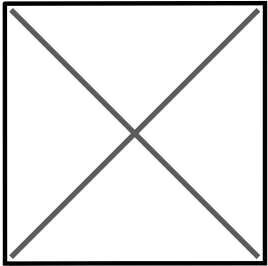
- see food plans
- see progress
- chat with the nutritionist
- book a check-up







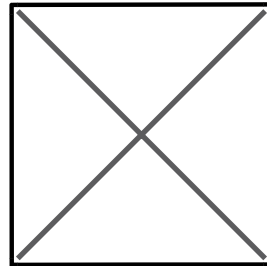
Mario Rossi



Edit profile

Appointments

## Edit Profile



Name and Surname

Mario Rossi

Email

mariorossi@email.com

New password

\*\*\*\*\*

Confirm new password

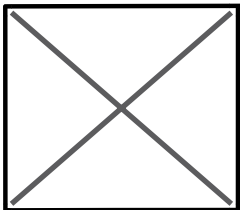
\*\*\*\*\*

Save

**Client section**



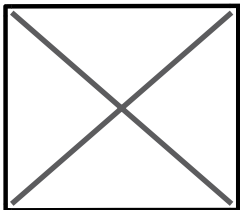
Q Rome



Name  
Address

Book

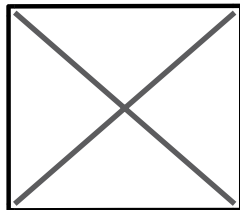
Contact



Name  
Address

Book

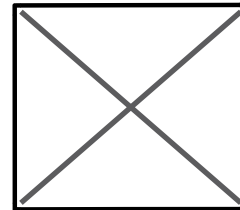
Contact



Name  
Address

Book

Contact



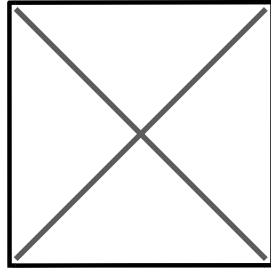
Name  
Address

Book

Contact



# Nutriverse

[Recipes](#) | [Nutritionists](#) | [Progress](#) | [MyFoodPlan](#) | [Mario Rossi](#) | [Logout](#)

Nutritionist

**Andrea Bianchi**

andreabianchi@gmail.com

Via Ariosto 22, Roma, Italia

[Contact](#)

Write a review

Leave a comment about your  
experience with this nutritionist

Rate the nutritionist



## Take an appointment

Select a Date ×

◀ [May 2011](#) ▶

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

[Select Today](#)



## Foodplan

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## Breakfast

Milk

250 ml

Biscuits

4

## Snack 1

Orange

1

## Lunch

Pasta

50 gr

Salmon

100 gr

Zucchini

200 gr

## Snack 2

Yogurt

250 ml

## Dinner

Bread

50 gr

Chicken

200 gr

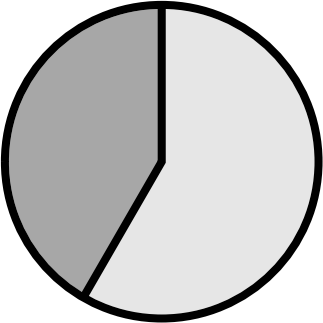
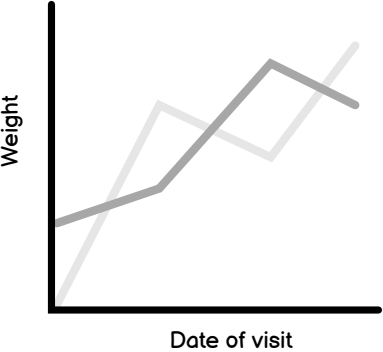
Salad

1

[Search recipes](#)



MyProgress



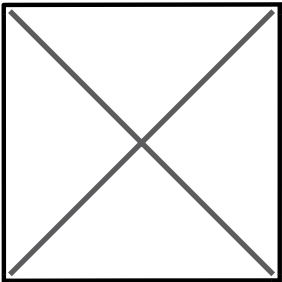
- ☐ body fat
- ☐ lean mass

Date of visit	Weigth	Waist	Hips	Right Tight	Left Tight	Cheast
16-May-2023	40	38	28	28	30	40
20-May-2023	39	36	27	27	29	39
23-May-2023	39	36	27	27	29	39





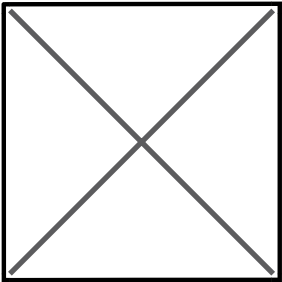
Search for a recipe subjection



Recipe Name #1

- ingredient 1
- ingredient 2
- ingredient 3

Calories	--- cal
Fats	--- g
Proteins	--- g
Cholesterol	--- mg
Sugars	--- g



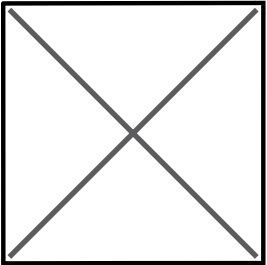
Recipe Name #2

- ingredient 1
- ingredient 2
- ingredient 3

Calories	--- cal
Fats	--- g
Proteins	--- g
Cholesterol	--- mg
Sugars	--- g



Mario Rossi



Edit profile

Appointments

## Appointments

Nutritionist: Andrea Bianchi  
When: 01/01/2024

Where: Corso Italia, 1. Rome (Italy)

Cancel appointment

Nutritionist: Nicola Verdi  
When: 01/06/2024

Where: Via Roma, 2 Milan (Italy)

Cancel appointment



Insert your review ...



Add review

## Other people's reviews

Reviewer Name

such a good nutritionists, always available for questions and very kind



Reviewer Name

very professional



# Nutritionist section



## My clients

name

surname

email

Update progress

Create new foodplan

name

surname

email

Update progress

Create new foodplan

name

surname

email

Update progress

Create new foodplan

name

surname

email

Update progress

Create new foodplan





## Foodplan Mario Rossi

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast

Milk

250 ml



Biscuits

4



Snack 1

Orange

1



Lunch

Pasta

50 gr



Salmon

100 gr



Zucchini

200 gr



Snack 2

Yogurt

250 ml



Dinner



Nutritional values Monday

Save foodplan



Foodplan Mario Rossi

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast

Snack 1

Lunch

Snack 2

Dinner

Milk

250 ml

Search for an ingredient to insert



Carrot

Cauliflower

Cabbage

Quantity:



Add ingredient



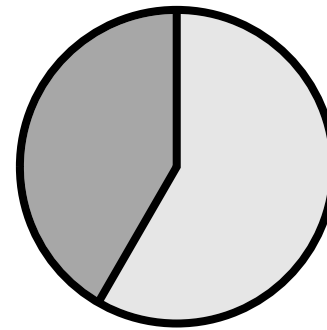
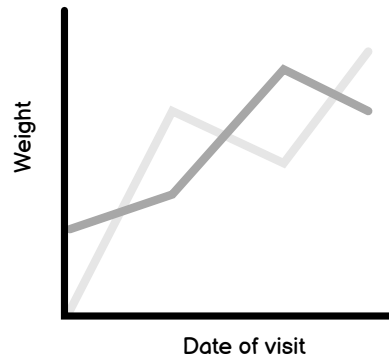
Nutritional values Monday

Save foodplan





## Progress of Mario Rossi



body fat

lean mass

Date of visit	Weigth	Waist	Hips	Right Tight	Left Tight	Cheast
16-May-2023	40	38	28	28	30	40
20-May-2023	39	36	27	27	29	39
23-May-2023	39	36	27	27	29	39

Select a date ▼

[Add new measurment](#)





2024  
Tue, Jul 02

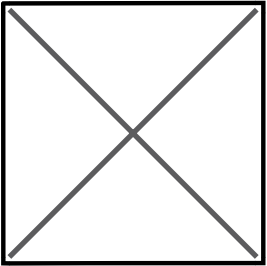
JULY 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

[CANCEL](#) [OK](#)





Mario Rossi

[Edit profile](#)[Reviews](#)

## Appointments

Reviewer Name

such a good nutritionists, always available for questions and very kind



Reviewer Name

very professional

