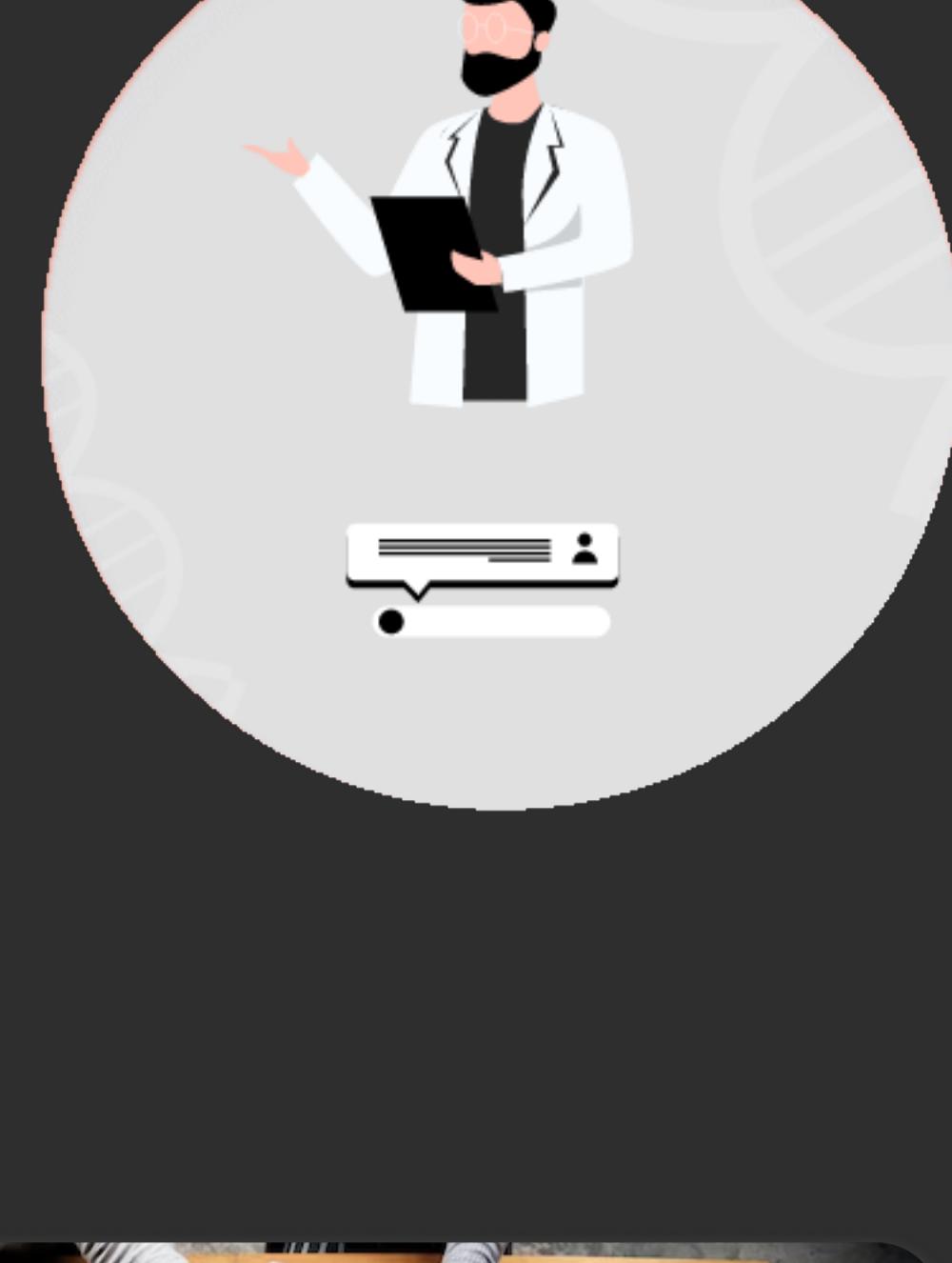


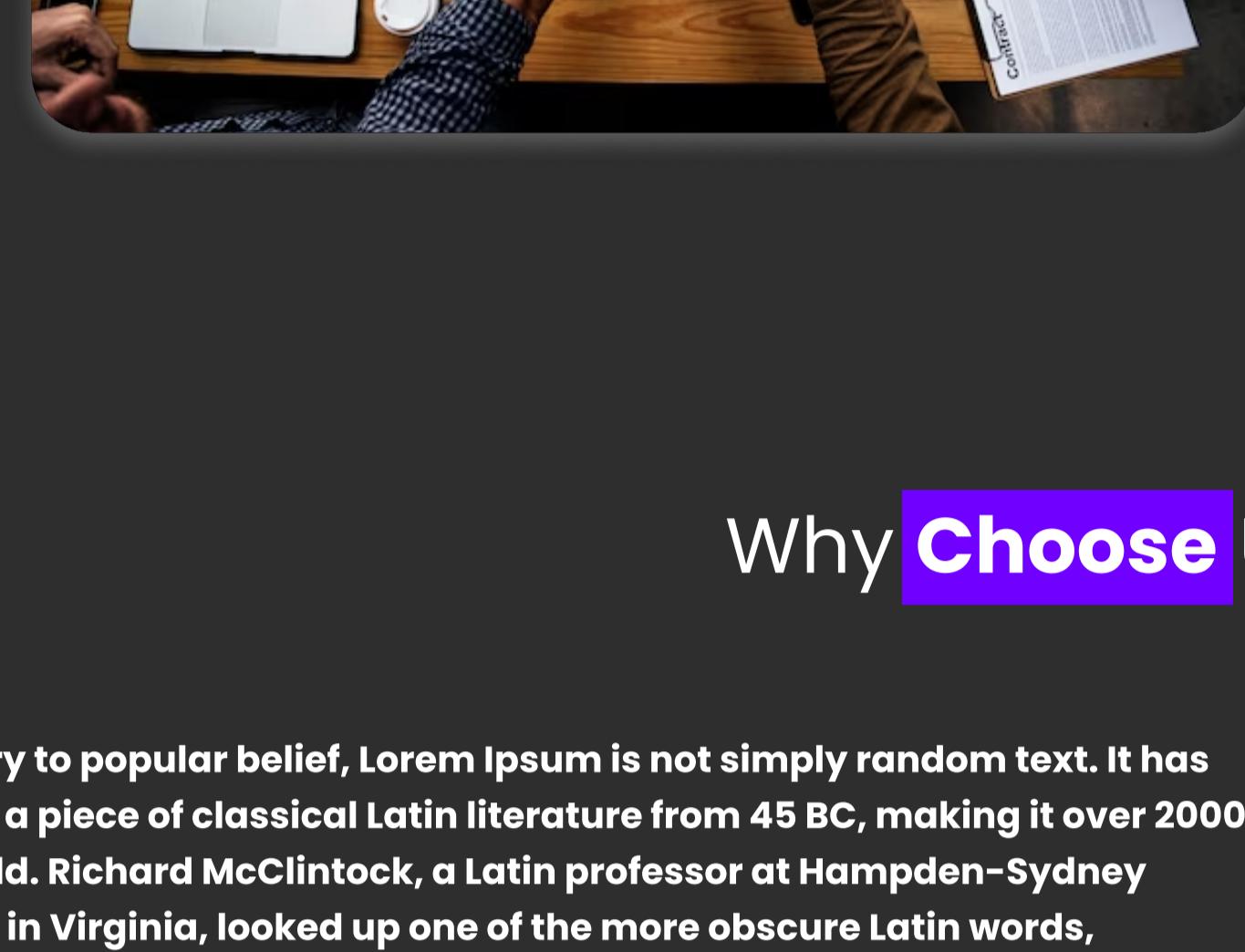
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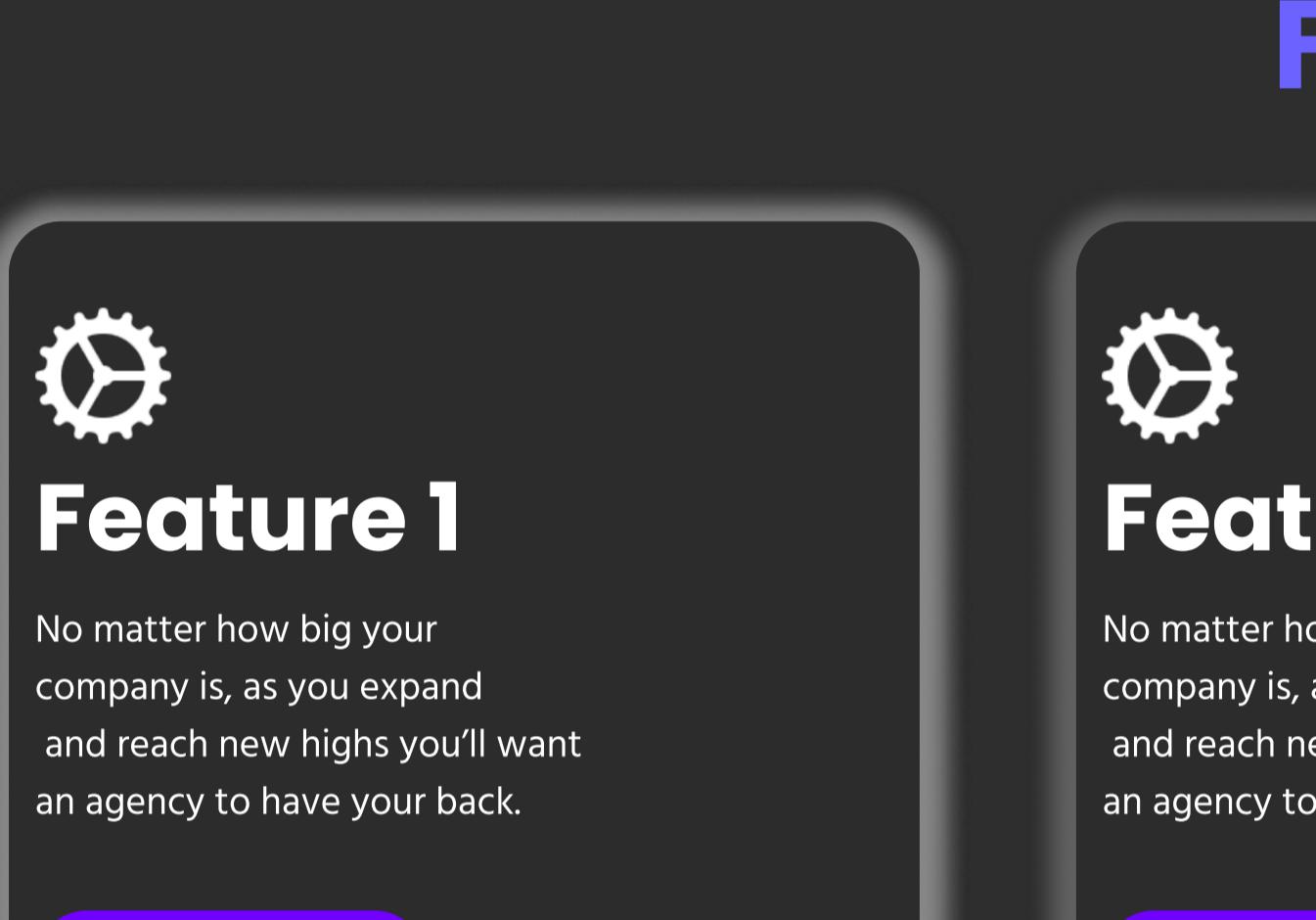
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Contrary to popular belief, Lorem Ipsum is not simply random text. It has roots in a piece of classical Latin literature from 45 BC, making it over 2000 years old. Richard McClintock, a Latin professor at Hampden-Sydney College in Virginia, looked up one of the more obscure Latin words, *consectetur*, from a Lorem Ipsum passage, and going through the cites of the word in classical literature, discovered the undoubtable source. Lorem Ipsum comes from sections 1.10.32 and 1.10.33 of "de Finibus Bonorum et Malorum" (The Extremes of Good and Evil) by Cicero, written in 45 BC. This book is a treatise on the theory of ethics, very popular during the Renaissance. The first line of Lorem Ipsum, "Lorem ipsum dolor sit amet..", comes from a line in section 1.10.32.

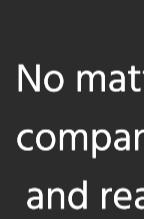
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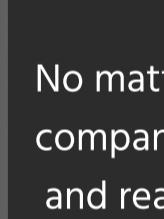
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Features



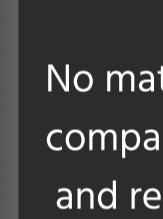
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Put your diet on autopilot



Anything



Paleo



Veg.



Vegan



Ketogenic



Mediterranean

I want to Eat

100 (Input) Calories

in

2 (input)

Meals

Calculate**NutritionWide.**

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How it Works.

How We automate

Your Meal Planning.

(And put you in control of your diet!)

Eat This Much helps you with the two most important

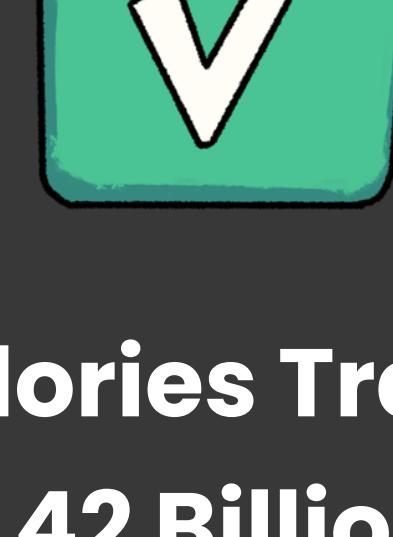
things to make your healthy diet a success:

1. Turn meal planning into an effortless and magical experience ✨
2. Provide an endless supply of delicious recipes specific to your needs 🍽️

Let's see how Eat This Much makes it happen!



People Love Eat This Much



Happy Planners
4 Million+

Meals Generated
210 Million+

Calories Tracked
42 Billion+

Get Started In 4 Easy Steps.

1. Create



Tell us about yourself, your diet preferences, and your goals. We'll create meal plans specific to your needs in seconds! You always have the option to tweak your settings later.



2. Collect



Review your plan to make sure everything looks good, swapping out anything you don't like. Then, use the grocery list to shop for your ingredients. You can get your groceries delivered through Instacart or Amazon Fresh to save more time!

Repeat!

3. Cook

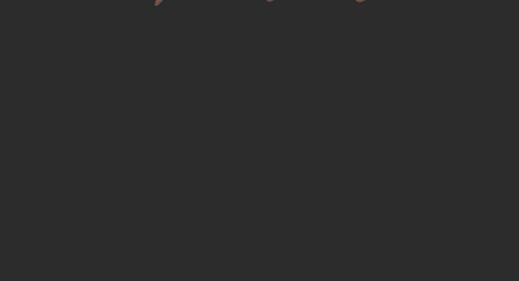


Enjoy making and eating delicious meals without the stress of planning. Not only will you know you're eating better, you'll have more time and energy for other things.



Make adjustments to your preferences, discover new meals, or put your favorites on repeat.

Review nutrition stats, track weight progress, and achieve your goals!



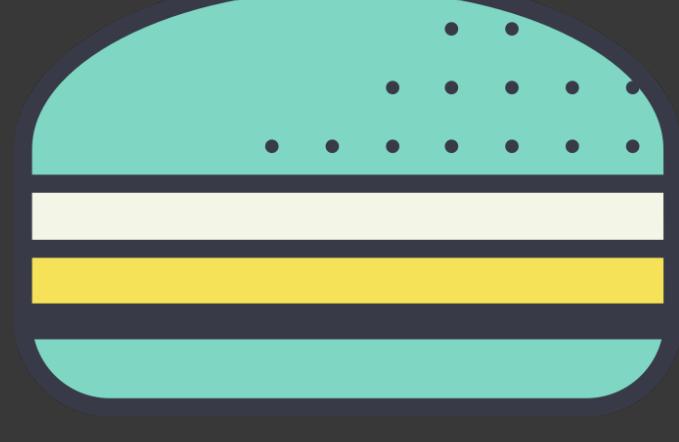
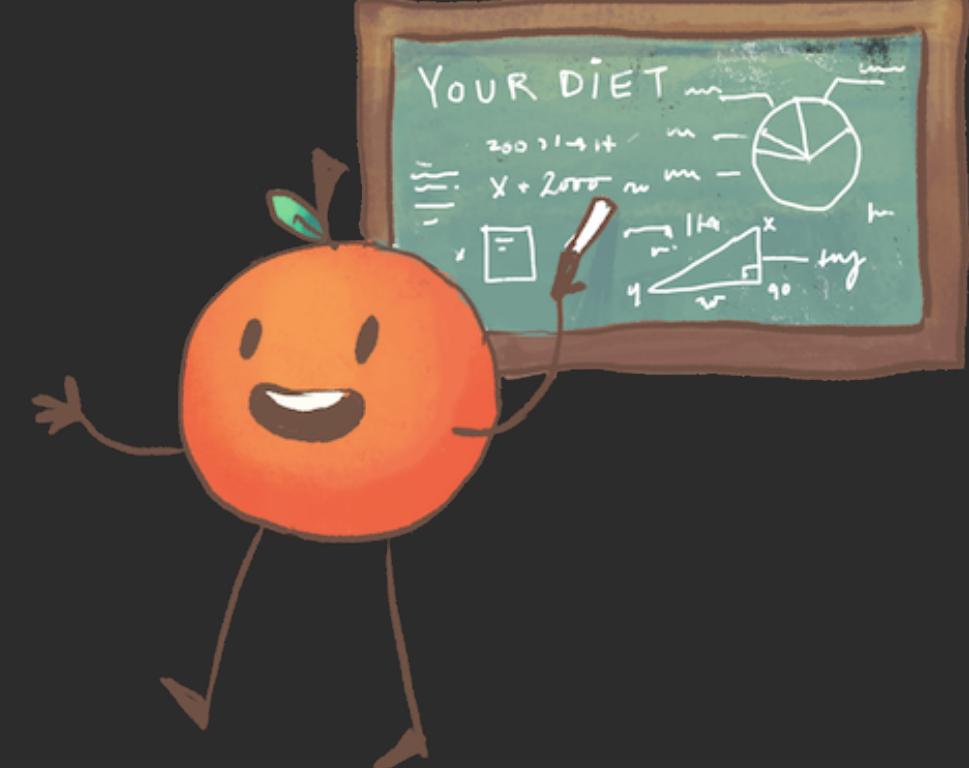
4. Conquer!

Supported Diets

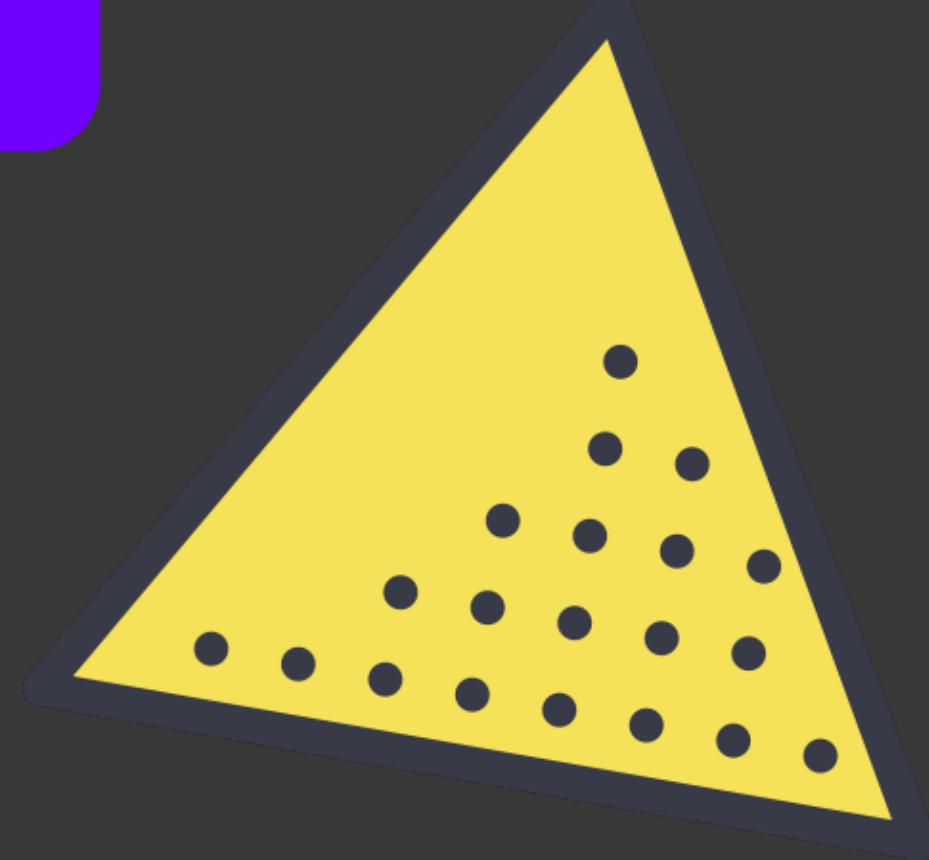
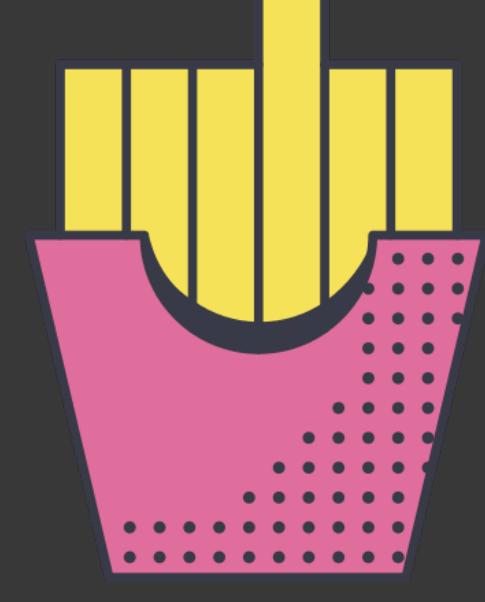
The Types of Diets We Support

Eat This Much supports almost any type of diet you can think of. Our goal is to help you eat the way you want, and in the right amounts, NOT to tell you the "right" way to eat.

We support a handful of preset diet types to configure the settings for you and make it quicker to get started. Here, we break down some basics about each diet type, but don't let these limit your imagination.



- keto diet
- vegan Diet
- Pelo Diet
- Mediterranean Diet
- Low Carb Diet
- Low Fat Diet
- High Protein Diet
- Gluten Free Diet
- Other Diet Types
- Premade Meal Plan Example.



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Comments

When visitors leave comments on the site we collect the data shown in the comments form, and also the visitor's IP address and browser user agent string to help spam detection.

An anonymized string created from your email address (also called a hash) may be provided to the Gravatar service to see if you are using it. The Gravatar service privacy policy is available here: <https://infojobhelp.com/privacy-policy/>. After approval of your comment, your profile picture is visible to the public in the context of your comment.

Media

If you upload images to the website, you should avoid uploading images with embedded location data (EXIF GPS) included. Visitors to the website can download and extract any location data from images on the website.

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While using our Site, we may ask you to provide us with certain personally identifiable information that can be used to contact or identify you. Personally identifiable information may include, but is not limited to, your name, email address, postal address, and phone number ("Personal Information").

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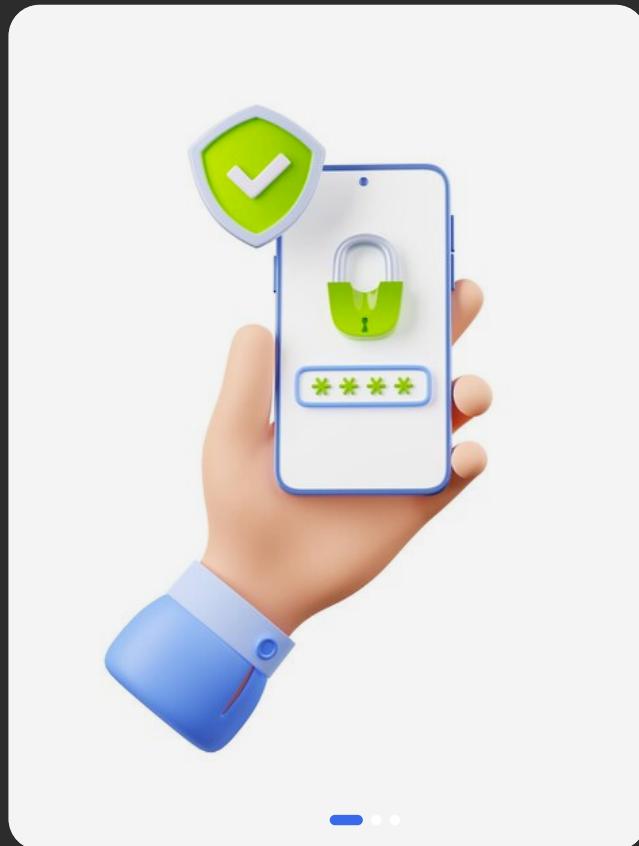
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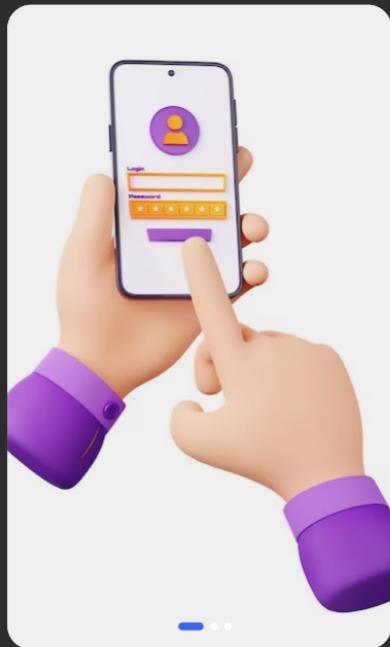
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Last Name

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Email

john.doe@gmail.com

Phone Number

john.doe@gmail.com

Password

.....



Confirm Password

.....



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