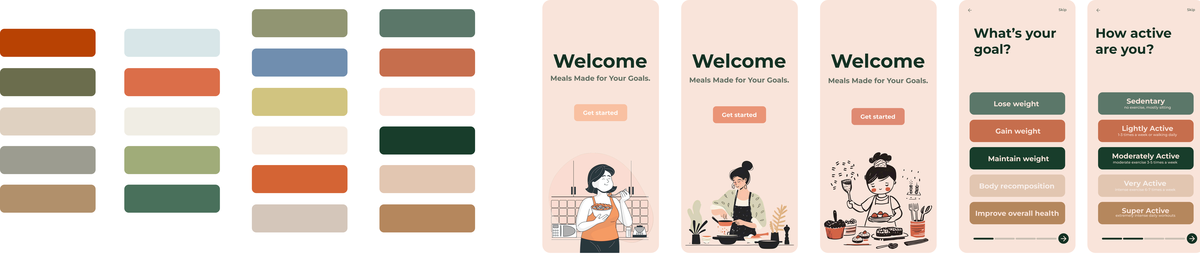
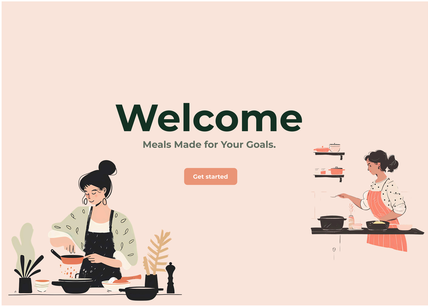
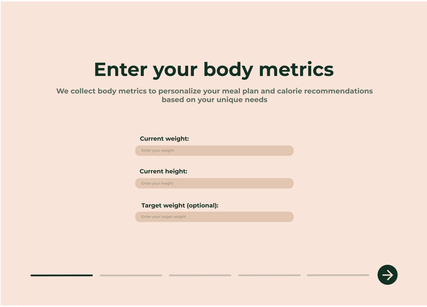
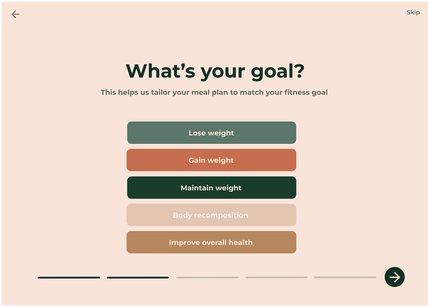
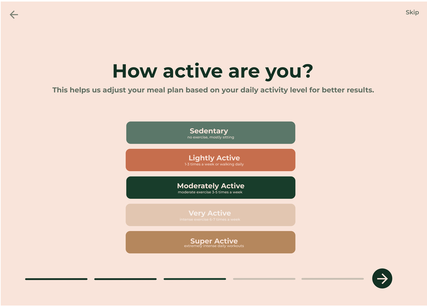
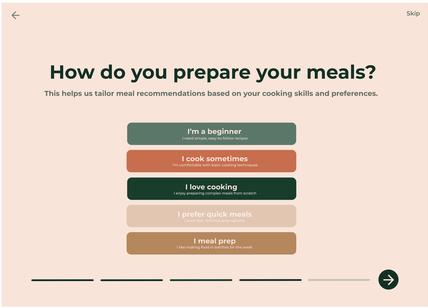

Welcome
Meals Made for Your Goals.
Get started
Welcome
Meals Made for Your Goals.
Get started
Welcome
Meals Made for Your Goals.
Get started
Skip
What's your goal?
Lose weight
Gain weight
Maintain weight
Body recomposition
Improve overall health
How active are you?
Sedentary
no exercise, mostly sitting
Lightly Active
1-3 times a week or walking daily
Moderately Active
moderate exercise 3-5 times a week
Very Active
intense exercise 5-7 times a week
Super Active
extremely intense daily workouts


Welcome
Meals Made for Your Goals.
Get started

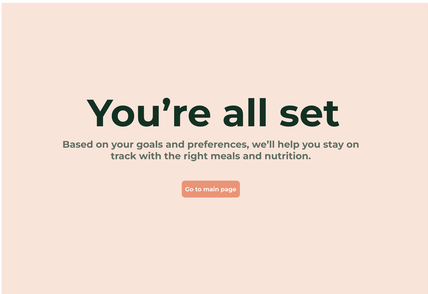

Enter your body metrics
We collect body metrics to personalize your meal plan and calorie recommendations based on your unique needs
Current weight:
Enter your weight
Current height:
Enter your height
Target weight (optional):
Enter your target weight


Skip
What's your goal?
This helps us tailor your meal plan to match your fitness goal
Lose weight
Gain weight
Maintain weight
Body recomposition
Improve overall health

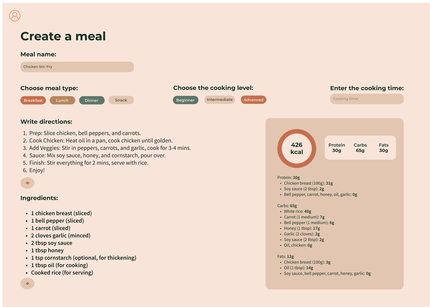

Skip
How active are you?
This helps us adjust your meal plan based on your daily activity level for better results.
Sedentary
no exercise, mostly sitting
Lightly Active
1-3 times a week or walking daily
Moderately Active
moderate exercise 3-5 times a week
Very Active
intense exercise 5-7 times a week
Super Active
extremely intense daily workouts


Skip
How do you prepare your meals?
This helps us tailor meal recommendations based on your cooking skills and preferences.
I'm a beginner
I need simple, step-by-step recipes
I cook sometimes
I'm comfortable with basic cooking techniques
I love cooking
I enjoy preparing complex meals from scratch
I prefer quick meals
Time-saver tips & 15-minute recipes
I meal prep
I like making a few dishes for the week

Skip
Do you have any dietary preferences?
This helps us recommend meals that align with your diet and avoid ingredients you don't eat.
None
Vegetarian
Vegan
Keto
Paleo
Low Carb
High-Protein
Gluten-Free
Dairy-Free
Pescatarian
Other diet:
Enter your diet of choice
Do you have any food allergies or restrictions?
Enter your allergen

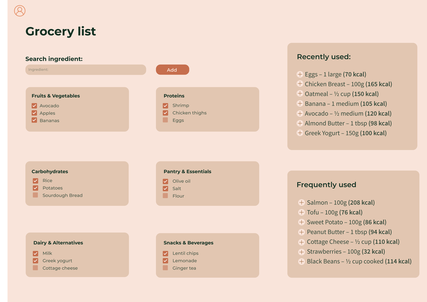

You're all set
Based on your goals and preferences, we'll help you stay on track with the right meals and nutrition.
Go to main page

Today
Calories
Remaining = Goal - Food + Exercise
789 Remaining
Base goal 2000
Food 1211
Exercise 0
Macros
Protein
Carbohydrates
Fiber
Fat
Sugar
Water
60% 1500ml / 2500ml
250ml
500ml
750ml
1000ml
Breakfast 553 kcal
Lunch 421 kcal
Dinner 677 kcal
Snacks 232 kcal
Recent Meals
Avocado toast (79kcal) Vegan Beginner Breakfast 5 minutes
Tuna Salad Bowl (380kcal) Lunch 30 minutes Beginner
Breakfast Wrap (453kcal) Beginner Vegetarian 15 minutes Breakfast
Shrimp & Brown Rice (640kcal) Dinner High-Protein One pan
Grilled Chicken Salad (350kcal) 25 minutes Beginner Lunch
Nut Butter & Banana (272kcal) Snack 5 minutes Vegan


Create a meal
Meal name:
Chicken Stir-Fry
Choose meal type:
Breakfast Lunch Dinner Snack
Choose the cooking level:
Beginner Intermediate Advanced
Enter the cooking time:
Cooking time
Write directions:
1. Prep: Slice chicken, bell peppers, and carrots.
2. Cook Chicken: Heat oil in a pan, cook chicken until golden.
3. Add Veggies: Stir in peppers, carrots, and garlic, cook for 3-4 mins.
4. Sauce: Mix soy sauce, honey, and cornstarch, pour over.
5. Finish: Stir everything for 2 mins, serve with rice.
6. Enjoy!
Ingredients:
1 chicken breast (sliced)
1 bell pepper (sliced)
1 carrot (sliced)
2 cloves garlic (minced)
2 tbsp soy sauce
1 tbsp honey
1 tsp cornstarch (optional, for thickening)
1 tbsp oil (for cooking)
Cooked rice (for serving)
426 kcal
Protein 30g
Carbs 65g
Fats 30g
Protein: 30g
Chicken breast (100g): 31g
Soy sauce (2 tbsp): 2g
Bell pepper, carrot, honey, oil, garlic: 0g
Carbs: 65g
White rice: 45g
Carrot (1 medium): 7g
Bell pepper (1 medium): 6g
Honey (1 tbsp): 17g
Garlic (2 cloves): 2g
Soy sauce (2 tbsp): 2g
Oil, chicken: 0g
Fats: 12g
Chicken breast (100g): 3g
Oil (1 tbsp): 14g
Soy sauce, bell pepper, carrot, honey, garlic: 0g

Add food
Search ingredient:
Ingredient
Meal:
Breakfast Lunch Dinner Snack
Number of servings:
0 servings
Select serving size:
Select serving size
100g
1g
1 piece
1 cup
1 slice
Add food
Recently used:
Eggs – 1 large (70 kcal)
Chicken Breast – 100g (165 kcal)
Oatmeal – ½ cup (150 kcal)
Banana – 1 medium (105 kcal)
Avocado – ½ medium (120 kcal)
Almond Butter – 1 tbsp (98 kcal)
Greek Yogurt – 150g (100 kcal)
Added food:
Eggs – 1 large (70 kcal)
Chicken Breast – 100g (165 kcal)
Oatmeal – ½ cup (150 kcal)
Banana – 1 medium (105 kcal)
Avocado – ½ medium (120 kcal)
Almond Butter – 1 tbsp (98 kcal)
Greek Yogurt – 150g (100 kcal)
Macros
Protein
Carbohydrates
Fiber
Fat
Sugar
Frequently used
Salmon – 100g (208 kcal)
Tofu – 100g (76 kcal)
Sweet Potato – 100g (86 kcal)
Quinoa – ½ cup cooked (111 kcal)
Peanut Butter – 1 tbsp (94 kcal)
Cottage Cheese – ½ cup (110 kcal)
Strawberries – 100g (32 kcal)
Whole Wheat Bread – 1 slice (70 kcal)
Black Beans – ½ cup cooked (114 kcal)

Meal list
Breakfast
Lunch
Dinner
Snack
Tomato and Feta Baked Eggs
Lentil Pancake Tacos
Rice With Salmon and Broccoli
All Fruit Strawberry Thyme Scones
Double Apple Baked Oatmeal
Sausage and Egg Sandwiches
Sheet Pan Roasted Chicken
Hashbrap Omelet on Homebrown
Sweet Potato Breakfast Burritos
Creamy Kale Pasta
Cheesy Mushroom Chop
Hermesan Stuffed Poulets
Recent meals:
Grilled Chicken Salad (350 kcal)
Vegetable Stir-Fry with Tofu (400 kcal)
Lentil Soup (250 kcal)
Veggie Omelette (300 kcal)
Chickpea and Spinach Curry (368 kcal)
Turkey and Avocado Wrap (421 kcal)
Baked Cod with Asparagus (334 kcal)
Butternut Squash Soup (224 kcal)
Favorite meals:
Cabbage and Carrot Slaw (128 kcal)
Eggplant Parmesan (Baked) (356 kcal)
Mango and Black Bean Salad (223 kcal)
Moroccan Chickpea Stew (311 kcal)
Roasted Cauliflower Tacos (368 kcal)
Vegetable Paella (410 kcal)
Grilled Pineapple Chicken (382 kcal)
Stuffed Zucchini Boats (270 kcal)


Grocery list
Search ingredient:
Ingredient
Add
Fruits & Vegetables
Avocado
Apples
Bananas
Proteins
Shrimp
Chicken thighs
Eggs
Carbohydrates
Rice
Potatoes
Sourdough Bread
Pantry & Essentials
Olive oil
Salt
Flour
Dairy & Alternatives
Milk
Greek yogurt
Cottage cheese
Snacks & Beverages
Lentil chips
Lemonade
Ginger tea
Recently used:
Eggs – 1 large (70 kcal)
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Oatmeal – ½ cup (150 kcal)
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