

Meal Planner & Wellness Hub

Quick Start Guide

Getting Started

1 Accept Your Invitation

Click the **Accept Invitation** button in your email. The link expires in 7 days.

2 Sign In with Google

Use your Google account to sign in securely. No new password to remember!

3 Explore the App Switchboard

Your central hub to access all features. Tap any app tile to get started.

Your Apps



Meal Planner

Create personalized weekly meal plans based on your dietary preferences and local grocery prices.



Nutrition

Track calories and macros with AI-powered analysis of your meal plans.



AI Coach

Chat with your personal AI health coach. Set goals and track daily habits.



Fitness

Get personalized workout plans based on your fitness level and goals.



Progress

Track streaks, earn badges, and refer friends for rewards.



Health Sync

Connect Apple Health, Fitbit, or Google Fit to import your health data.

Meal Planner: Your First Week

1 Enter Your ZIP Code

We'll find grocery stores near you for price comparisons.

2 Select Your Stores

Choose your primary store and optionally a comparison store.

3 Answer 6 Quick Questions

Tell us about your meal days, cuisines, dietary needs, and household size.

4 Get Your Personalized Plan

Swipe through your weekly meals. Tap any meal for the full recipe!

Pro Tip: Use the heart icon to favorite meals you love. They'll appear more often in future plans!

Fitness: Getting Your Workout Plan

Complete a quick 7-step interview about your fitness level, goals, and preferences to receive a personalized workout plan.

We'll Ask About:

- Current fitness level
- Your goals (strength, cardio, etc.)
- Any physical limitations
- Preferred workout location
- Days per week available
- Session duration
- Equipment access

You'll Get:

- Personalized workout schedule
- Exercise-by-exercise guidance
- Progress tracking
- Exercise substitutions
- Workout history
- Completion streaks

AI Health Coach: Your Personal Guide

Your AI coach has access to your meal plans and nutrition data to give personalized advice.

Chat Features:

- Ask nutrition questions
- Get meal suggestions
- Discuss health goals
- Review your progress

Track Your Journey:

- Set custom health goals
- Track daily habits
- Monitor your health score
- Follow coaching programs

Quick Tips for Success

12610 Generate a new meal plan at the start of each week

12610 Check off completed workouts to build your streak

12610 Use the AI coach when you have health questions

12610 Track at least 3 daily habits for best results

12610 Review your nutrition summary weekly

12610 Share your referral code to earn rewards

Need Help?

Look for the ? icon in any app, or email us at support@asrdigitalservices.com

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Welcome to your health journey!