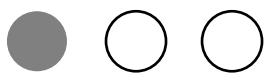


Mama Knows Best



MAMA

Swipe to learn more



Sign Up

Register

Register with Facebook

or

Register with your email

I'd like to know you better

What is your goal?

Eat Healthy	<input type="radio"/>
Save Money	<input type="radio"/>
Gain Weight	<input type="radio"/>
Lose Weight	<input type="radio"/>

I'd like to know you better

How much do you
spend on each meal?

\$



Desire amount



\$5~10

\$10 ~15

I'd like to know you better

What time is your meal?

Breakfast

: AM



Lunch

: PM



Snack

: PM



Dinner

: PM



I'd like to know you better

How much would you
like to gain?

0 lbs



Weight Gain Goal



0 .0 lbs

1 .1 kg

I'd like to know you better

How much would you
like to lose?

0 lbs



Weight Lose Goal



0 .0 lbs

1 .1 kg

I'd like to know you better

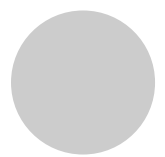
I'd like to know you better

Any nutrition want to
keep on eye on?

Low Sodium



Low Carb



Low Fat



Hight Vitamin



I'd like to know you better

Do you have any kind of food sensitivity?



Sensitivity in



None
Intolerance
Allergic
Vegan

I'd like to know you better

Do you have any kind of food sensitivity?



Sensitivity in



None

Intolerance

- Lactaid

- Gluten

I'd like to know you better

Do you have any kind of food sensitivity?



Sensitivity in



None

Other

(Please Specify)

I'd like to know you better

Height

Weight

D.O.B

mm/dd/year

Gender

NEXT 

I'd like to know you better

What is your weekly goal?

Eat 500~700 Cal each meal
to lose 0.5 weight

Eat 700~900 Cal each meal
to lose 0.2 weight

Successfully Registered!

Let's start!

Search



Near me

Restaurant

Today's Goal

Eat 500 ~700 Cal each meal

Low Sodium

High Vitamine

Student Health Tip

Eat breakfast

“What's good for breakfast?”

Bring healthy snacks

10 healthy snacks

HOME

SETTING

02:01

Monday, March 25

M

From Mama

Hi Honey,
It's already 2pm. Don't forget your lunch.

11:40

Monday, March 25

M

From Mama

Hi Honey,
Are you at Fresh&Co?
Swipe for my suggestions.

Suggestions @ Fresh&Co

Here are under 500 cal
with high protein :

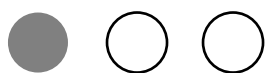
Tap for more info

Chicken Sandwich	\$5.50
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Tuna Avocado Wrap	\$6.00
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Ham & Swiss Cheese	\$6.00
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Swipe for other choice



Chicken Sandwich with Mayo

Calorie : 3 hours of studying
Protein High (40g)

Fat Dont worry

Sodium Drink 1 glass water

Tip:

Orange Juice for vitamins

 BACK