



MEAL PLANNER

Email



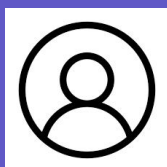
Password



Remember me

Forgot password ?

Login



Email



New Password



Reset Password



Back to login



Home



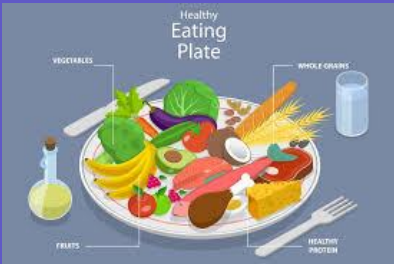
Today's Meal plan



Nutrient Tracker



Nutrient analysis



Food Tips

Review



Today's meal plan

Nutrient Tracker

Nutrient Analysis

Food Tips



“Today’s Meal Plan”

● Breakfast



Pan Cake
4 piece 120 C

Bread Omlette
1 BO 250-300 C

● Lunch



Rice and Sambar
400-500 C 1 Cup

Chapathi
140-240 C 2 C

● Dinner

Veg Noodles
1Cup 121 C

NEXT ➡

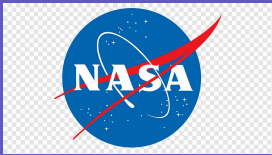


Today’s meal plan

Nutrient Tracker

Nutrient Analysis

Food Tips



“Meal Timing Reminder”



"Eat Breakfast before 9:00 AM - helps kick-start your metabolism and provides energy for the day"



"Eat Lunch before 1:00 PM - keeps your blood sugar level stable and supports energy"



"Eat Dinner before 8:00 PM - Gives your body enough time to digest before sleep"

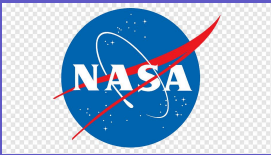


Today's meal plan

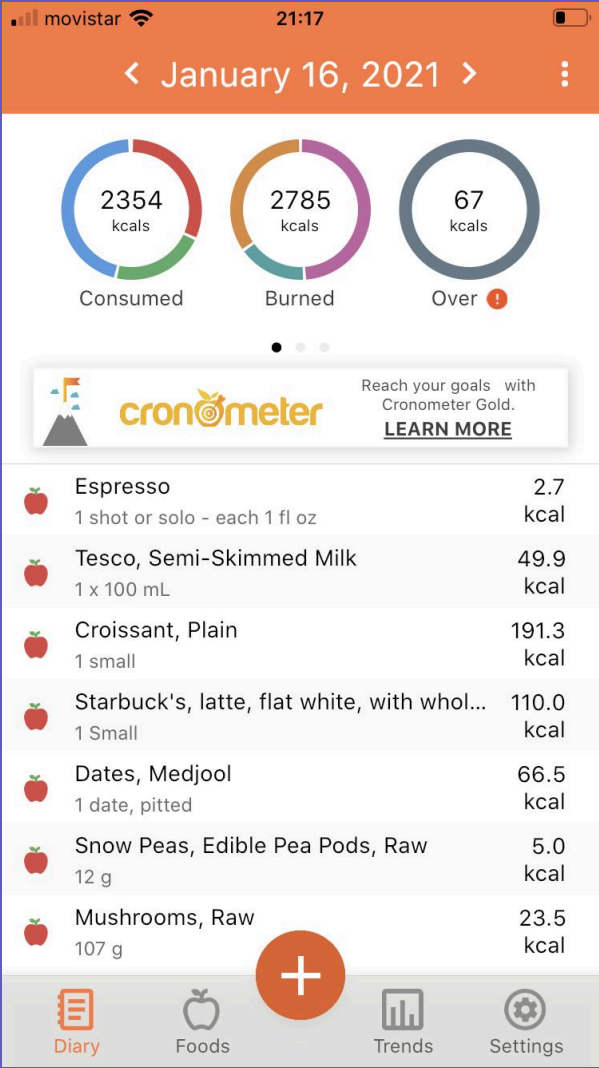
Nutrient Tracker

Nutrient Analysis

Food Tips



“Nutrient Tracker”



Today's meal plan

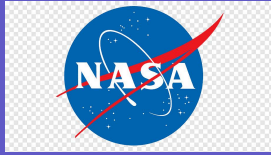
Nutrient Tracker

Nutrient Analysis

Food Tips



MEAL PLANNER



“Nutrient Analysis”



oim

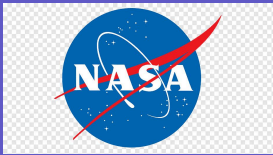


Today's meal plan

Nutrient Tracker

Nutrient Analysis

Food Tips



“Food and Health Track”



Weight Loss



Muscle Gain



Hydration



Eco-friendly eating

BACK



CONTINUE



Today’s meal plan



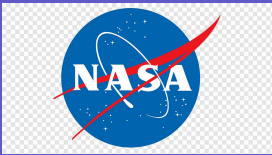
Nutrient Tracker



Nutrient Analysis



Food Tips



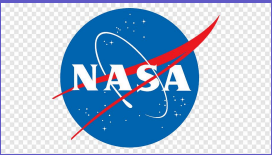
“Review/Feedback”

➔ Your Review

➔ Rating

SKIP

BACK



“Profile”



Add photo

Name



Today's meal plan

Nutrient Tracker

Nutrient Analysis

Food Tips