







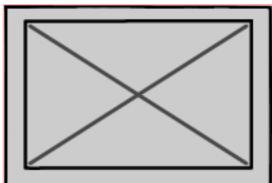
My Profile

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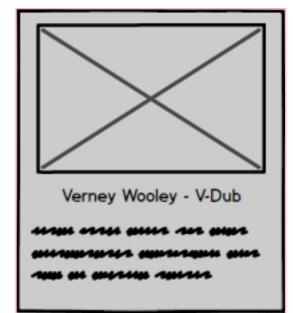
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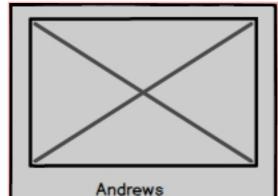
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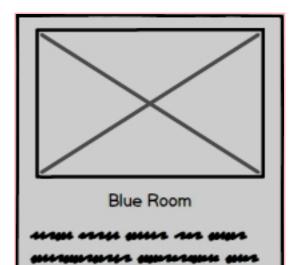
Welcome to MyMeal supported by Brown's nutrition tracker! Search all of Brown's dining options to create a healthy meal that suits you!



Sharpe Refectory -The Ratty



















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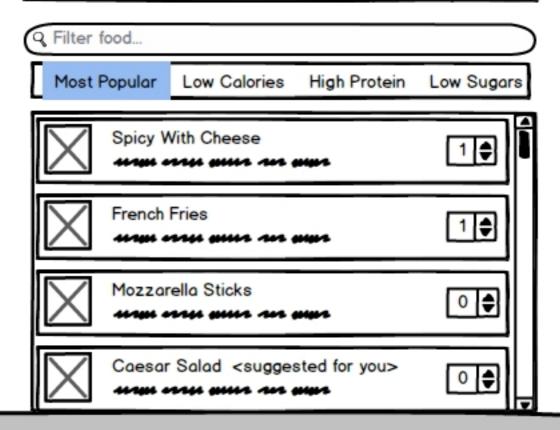


Today's Suggestion

Weekends at Jo's is the perfect time to get a healthy omlette bowl, providing high protein and low fat for a nutritious dinner!

My Current Meal:

Food \$	Calories \$	Protein \$	Carbs \$	Sugar \$
Spicy With Cheese	540	12g	24g	8g
French Fries	210	4 g	1 6g	8g
Soda	180	1g	2g	12g











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MY PROFILE



Zak Wegweiser

zwegweis

Meals

Today: 3

This Week: 8

This Semester: 41

Alergies/Dietary Restrictions:

Automatically filter out foods containing

☐ Meat

Fish

Soy

Gluten Shellfish Wheat

✓ Eggs

☑ Beans ☑ Nuts

Today -

3 meals

1400 Calories

36g Protein

50g Carbs

22g Sugar

	My	Meal	s Thi	s Me	onth	
Sun	Mon	Tues	Weds	Thur	Fri	Sat
Frene	Cheet Shoulders And Triceos Ab Ripper X	Plyometrics	Deck And Hiceps All Physics X	Yoga X	Legs And Back	Kenpo X
Poset	Chest snouaers And inceps Ab Ripper H	Plyometrics	Bash And Bissops Ab Ripper X	Yoga X	Lege And Back	nanpo A
Deet	Creat Ghoulders And Tricaps Ah Rippur Y	Plyametrica	Back And Biosps Ab Hipper X	Vrgs ¥	Laga And Back	Wanpo W
Rest	Your X	Core cynergistics	Kanpo Y	X Stretch	Core Synergistics	Yous X

Diner \$	Food \$	Calories	Protein	Carbs*	Sugar +
The Betty	Omlette	120	12g	4g	2g
The Natty	Omlette Caesar Salad	80	6g	2g	1g
	Poke Bowl	200	10g	8g	6g
Andrews	Apple	20	0g	1g	10g
	Spicy With Cheese	540	12g	24g	8g
Josiah's	FrenchFries	210	4g	16g	8g
	Soda	180	1g	2g	12g









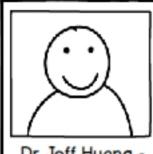
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ABOUT US



Dr. Jeff Huang -Dietary Nutritionist



Zak Wegweiser -UGrad Researcher

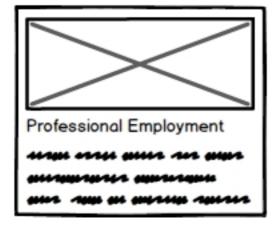


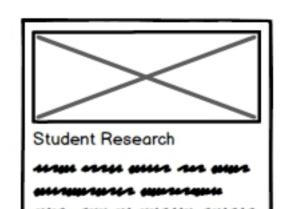
John O'Shea -Head Chef

Our Mission

Core Values

Join Our Team

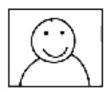












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Using MyMeal with Cafe Bon Appetit

Cafe Bon Appetit is our online menu for all eateries on Brown University's campus. The descriptions given on Cafe Bon Appetit are restaurant style; they provide a description of the meal but not all details of ingredients. If you need to know all ingredients in a meal, MyMeal is where you will find that information.

Any other questions, concerns or feedback? Feel free to contact us at mymeal@brown.edu or 401-MY-MEAL