



# ONLINE MEAL PLANNING & WEIGHT MANAGEMENT



Online meal planning is a convenient way to manage your personal nutrition and weight goals

### Personal Profile

[View Web Tutorial](#)

**My Goals - Weight Loss**

Start Weight: 165.00 lbs.  
Goal Weight: 135.00 lbs.  
Most Recent Weight: 165.00 lbs.

**Am I on track to meet my goals?**

Start Date: 10/10/2011  
Goal Date: 05/07/2012  
Last Weigh: 10/10/2011

**Log Meals**  
Track Calories Consumed

**Log Exercise**  
Track Calories Burned

**Daily Caloric Intake Target:** 1422

**Weigh In**  
Enter & Track Your Weight

**My Meals**  
Edit Recommended Meals

[View Recommended Meal Plans](#)

Notice: This program or products are not intended to replace the expert advice of a medical practitioner and are not designed to treat diseases of any kind. Users of the program or products assume all risk. The publishers of this application, its owners, distributors, licensors and any related parties, assume no liability or risk of any kind.

### Log Meals

Breakfast | **Snack 1** | Lunch | Snack 2 | Dinner | Snack 3

| Food  | Srvgs | Measure | Cals    | Prot  | Carbs  | Fats  |  |
|---|-------|---------|---------|-------|--------|-------|--|
| Banana - med 8"                                       | 1.00  | each    | 105.00  | 1.20  | 26.70  | 0.60  | <a href="#">Edit</a><br><a href="#">Exchange</a><br><a href="#">Delete</a> |
| Cornst. Nature's Path Gluten-free Organic Corn Flakes | 1.00  | 3/4 cup | 110.00  | 2.00  | 24.00  | 1.00  | <a href="#">Edit</a><br><a href="#">Exchange</a><br><a href="#">Delete</a> |
| Milk - skim, no fat                                   | 1.00  | cup     | 80.00   | 8.40  | 11.90  | 0.40  | <a href="#">Edit</a><br><a href="#">Exchange</a><br><a href="#">Delete</a> |
| <b>Totals for Meal</b>                                |       |         | 301.00  | 11.60 | 62.60  | 2.00  |  |
| <b>Totals for Day</b>                                 |       |         | 1499.48 | 87.70 | 201.73 | 33.80 |  |

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### Set & Track Goals

This screen shows changes in your body weight and body fat over time in relation to your weight goals.

| Tracking            | Date       | % Body Fat | Weight      | Fat Mass | Lean Mass |
|---------------------|------------|------------|-------------|----------|-----------|
| Display Start Date: | 10/10/2011 | NA         | 165.00 lbs. | NA       | NA        |
| Most Recent:        | 10/10/2011 | NA         | 165.00 lbs. | NA       | NA        |
| Difference:         |            | NA         | 0.00 lbs.   | NA       | NA        |

Goal Start Date: 10/10/2011  
Goal Start Wt.: 165.00 lbs.  
Goal Date: 05/07/2012  
Goal Wt.: 135.00 lbs.

Data View: 90 Days | From start date | [Preview & Print](#)

### Meal & Grocery Planning

**Date Sensitive Reports**

Please make sure your pop-up blocker is turned OFF to view reports, or hold CTRL key while clicking on the Preview Report button.

- Logged Meals - Nutrient Summary
- Logged Meals - History
- Calorie Tracking
- Meal Details
- Exercise Log

[Preview Report](#) [Email Report](#)

**Planned Meals Reports**

Saved Meal Names

- 1700 Calories Organic Low Carb - Day 01
- 1700 Calories Organic Low Carb - Day 02
- 1700 Calories Organic Low Carb - Day 03
- 1700 Calories Organic Low Carb - Day 04
- 1700 Calories Organic Low Carb - Day 05
- 1700 Calories Organic Low Carb - Day 06
- 1700 Calories Organic Low Carb - Day 07
- 1700 Calories Stable Blood Sugar - Day 01

Multi-selected days by holding down CTRL key on your keyboard

[Preview Meal Planner Report](#) [Email Meal Planner Report](#)

[Preview Grocery List](#) [Email Grocery List](#)

1. Set weight loss or nutritional goals and track changes
2. Log what you eat with time saving tools including meal favorites & copy/paste. Plus add your own custom foods.
3. Plan meals and grocery lists based off your goals from over 40 menus designed by Registered Dietitians with special menus including: Gluten Free, Lactose Intolerant, Organic Low Carb, Vegan, Vegetarian, Heart Healthy, Performance Training, Low Glycemic and more.
4. Use it on-the-go: iPhone app available in December 2011

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