

Home







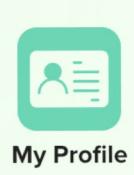












Your Daily Nutritional Allowance (DNA)

Breakfast

Protein 1



🐧 Carbs 1

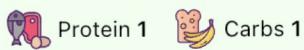
Morning Snack



Protein 0 👺 Carbs 1



Lunch





Afternoon Snack





Dinner



Protein 2 🥝 Carbs 1



Evening Snack



Protein 0 Carbs 0







Daily Diary







Meal Ideas







Recipe Browser