



Adrian

## MyDietAnalysis

Profiles

Diet

Activity

Reports

My Class



Steven Street

Maintain weight

Active

2,200 Cal

## 1. Find or create food, then add to diet



Search

Quick select

Create food

Create recipe

Select meal to add food

Breakfast

Add to diet

Search by name, brand or description

Limit search to



Select filters

Search results: 10 items

Food	Serving	Cal	Info
<input type="checkbox"/> English muffin, whole wheat, toasted (US)	1 slice	88	

## 2. Add days and refine diet — Day 1



Day 1

+



Add food to other days

Delete

Select days

Add to days

▼ Breakfast

Food	Amount	Unit	Info	Cal
<input type="checkbox"/> Bread, wheat, toasted, with milk	10	slice		658

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**ANONIMO**



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