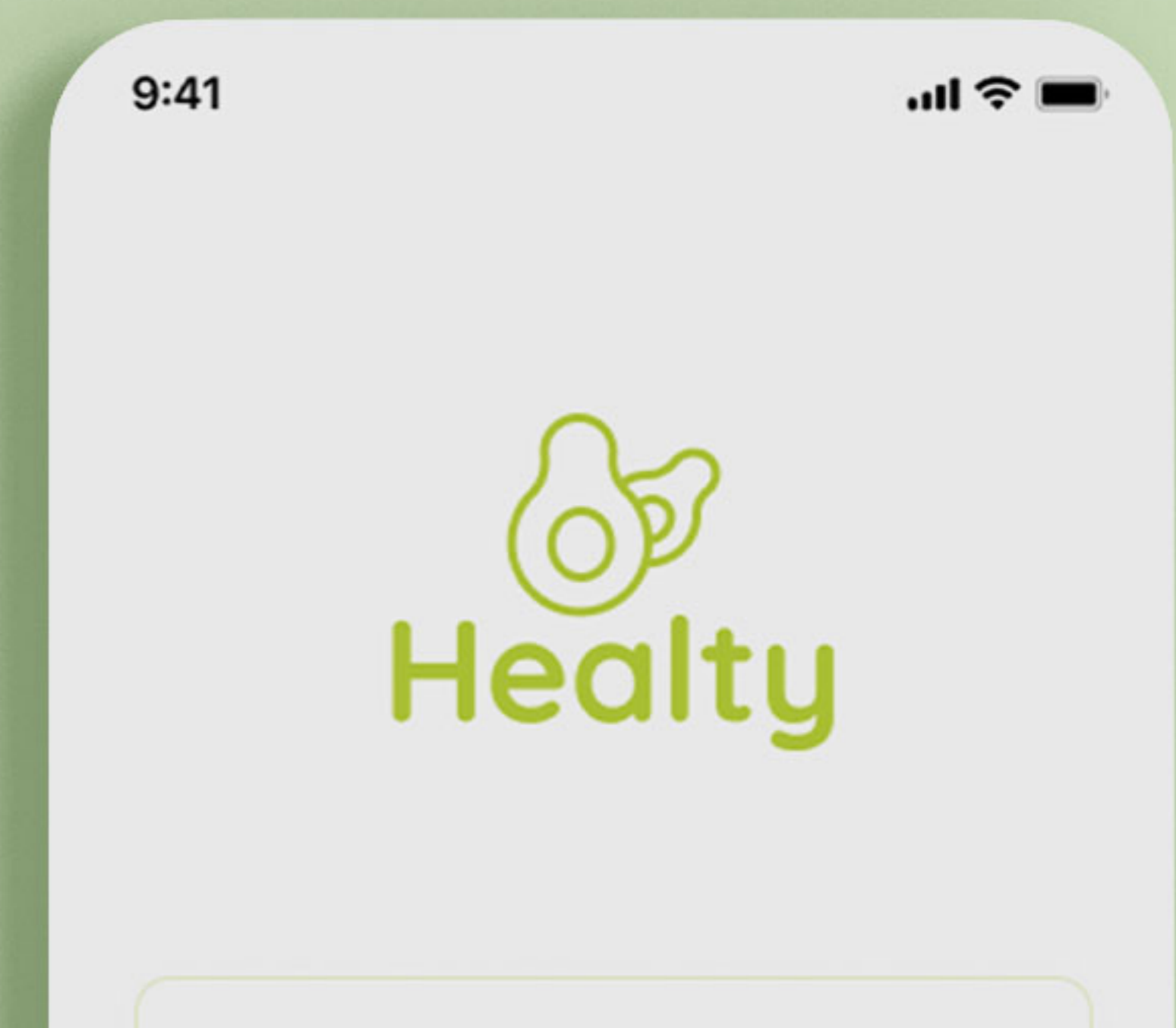
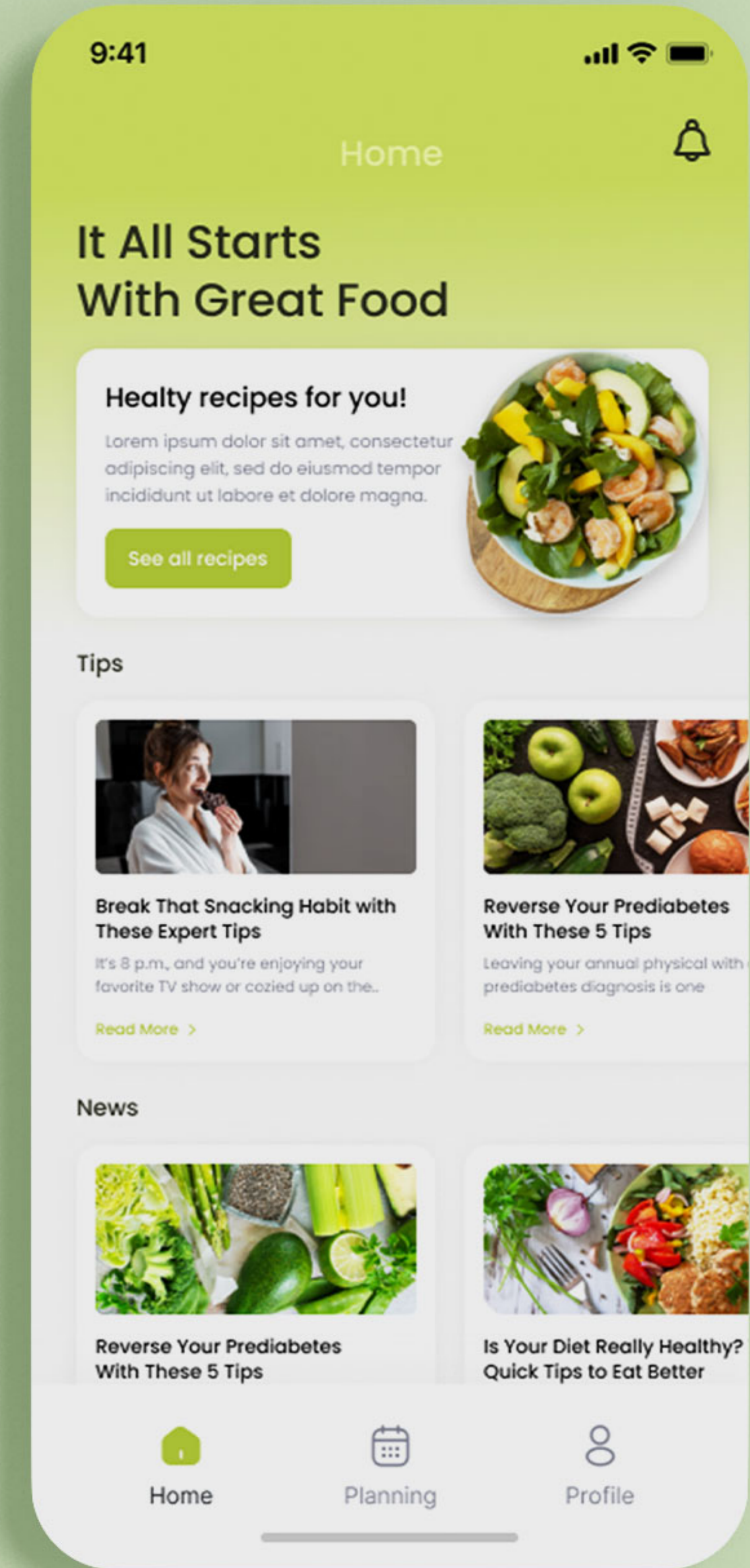
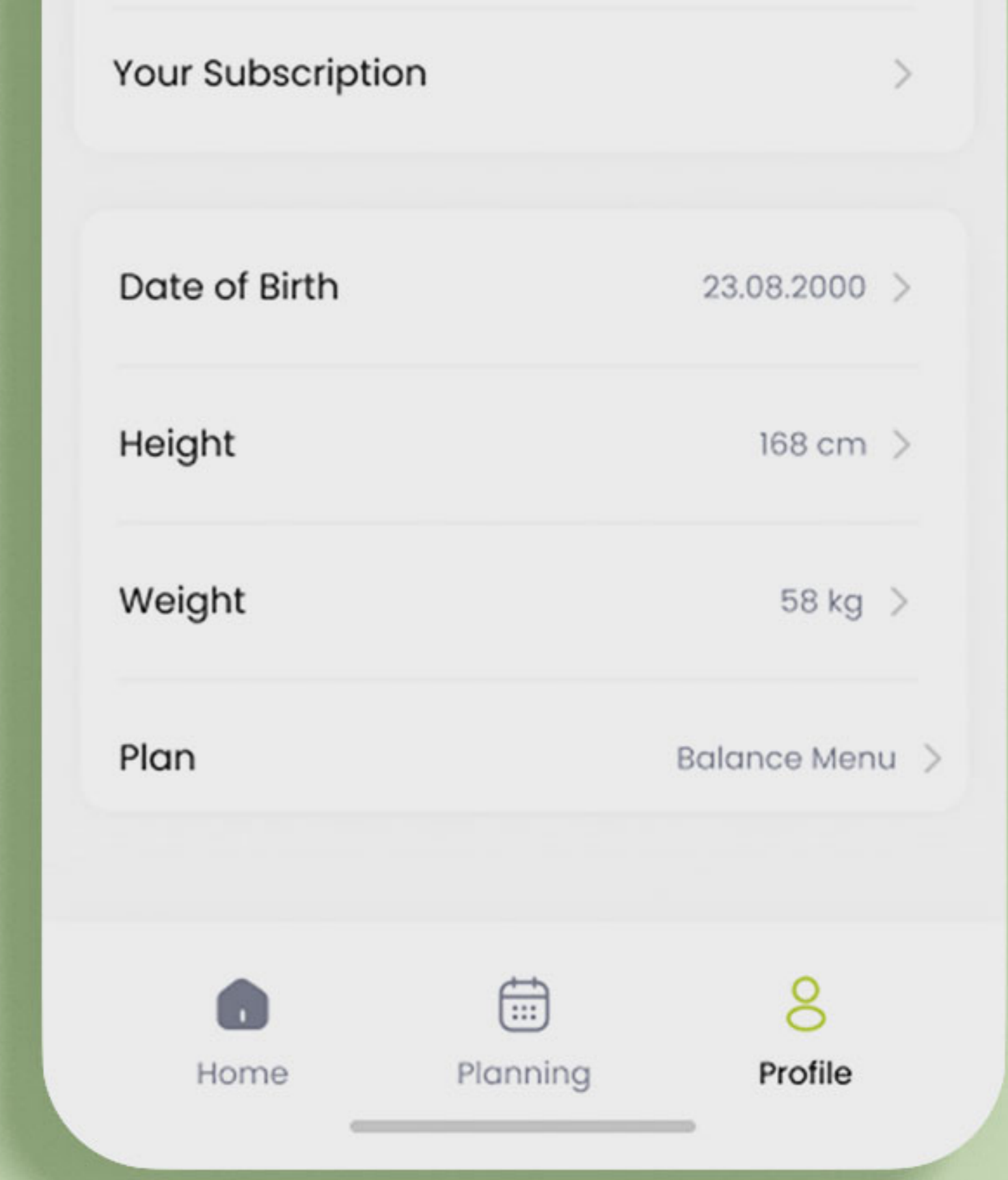
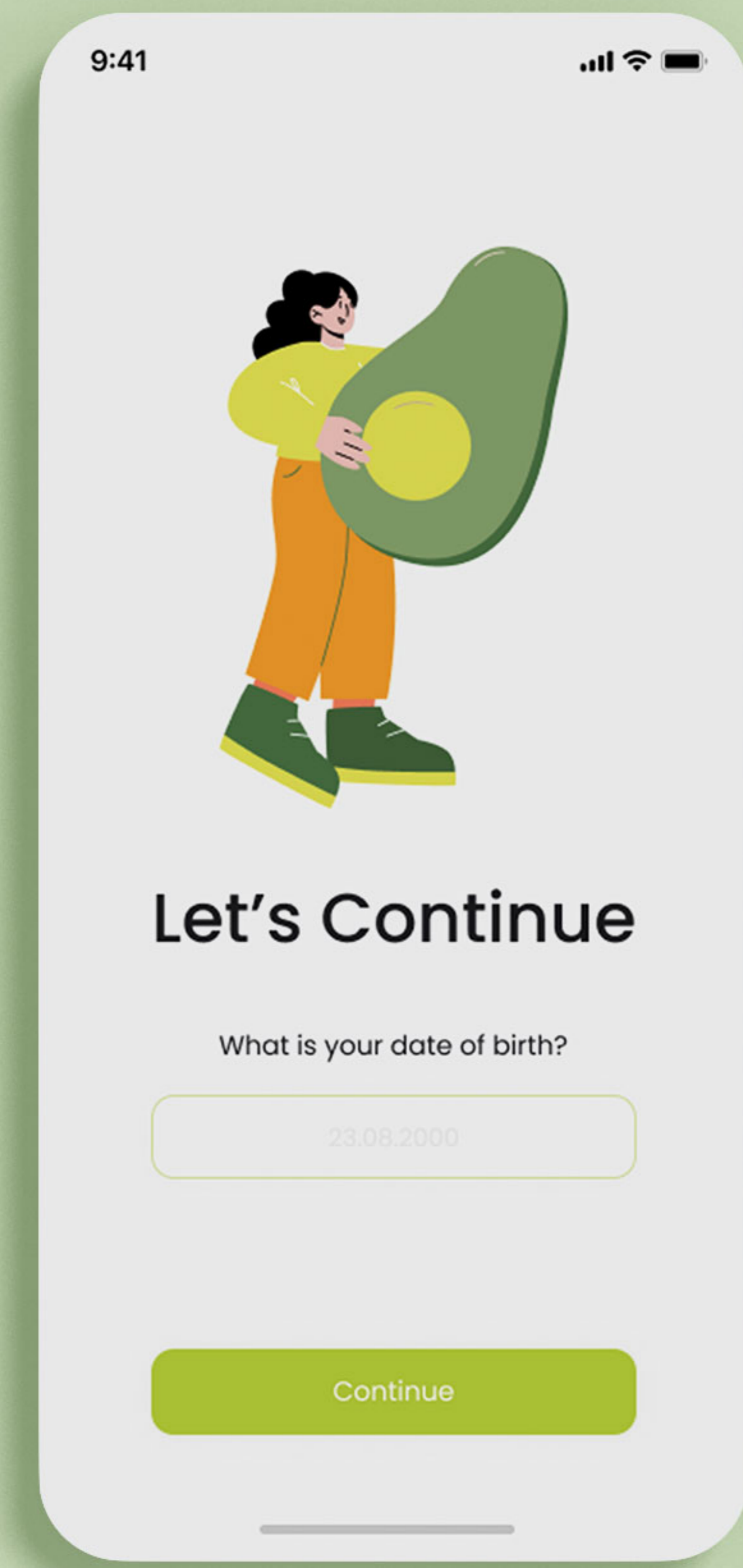
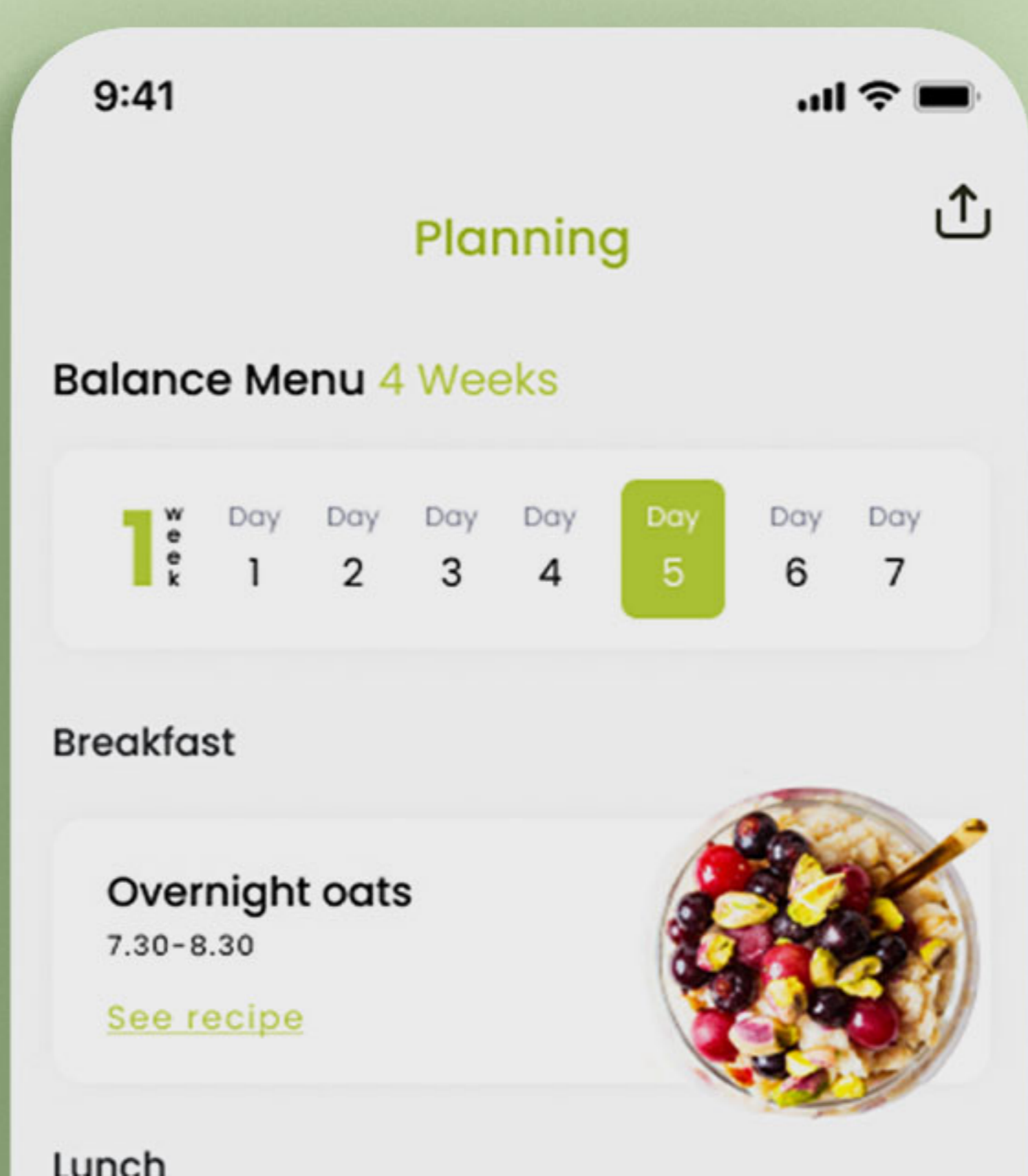
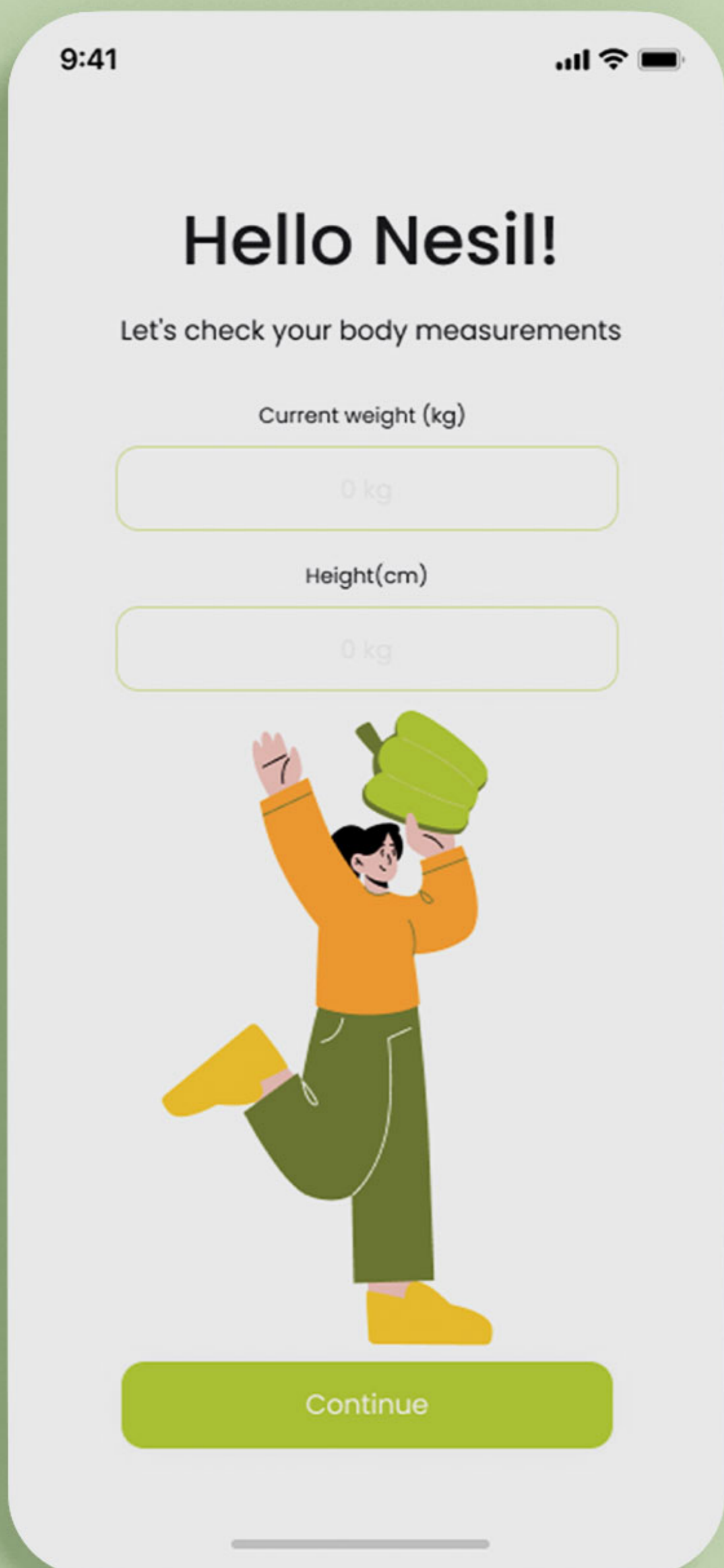
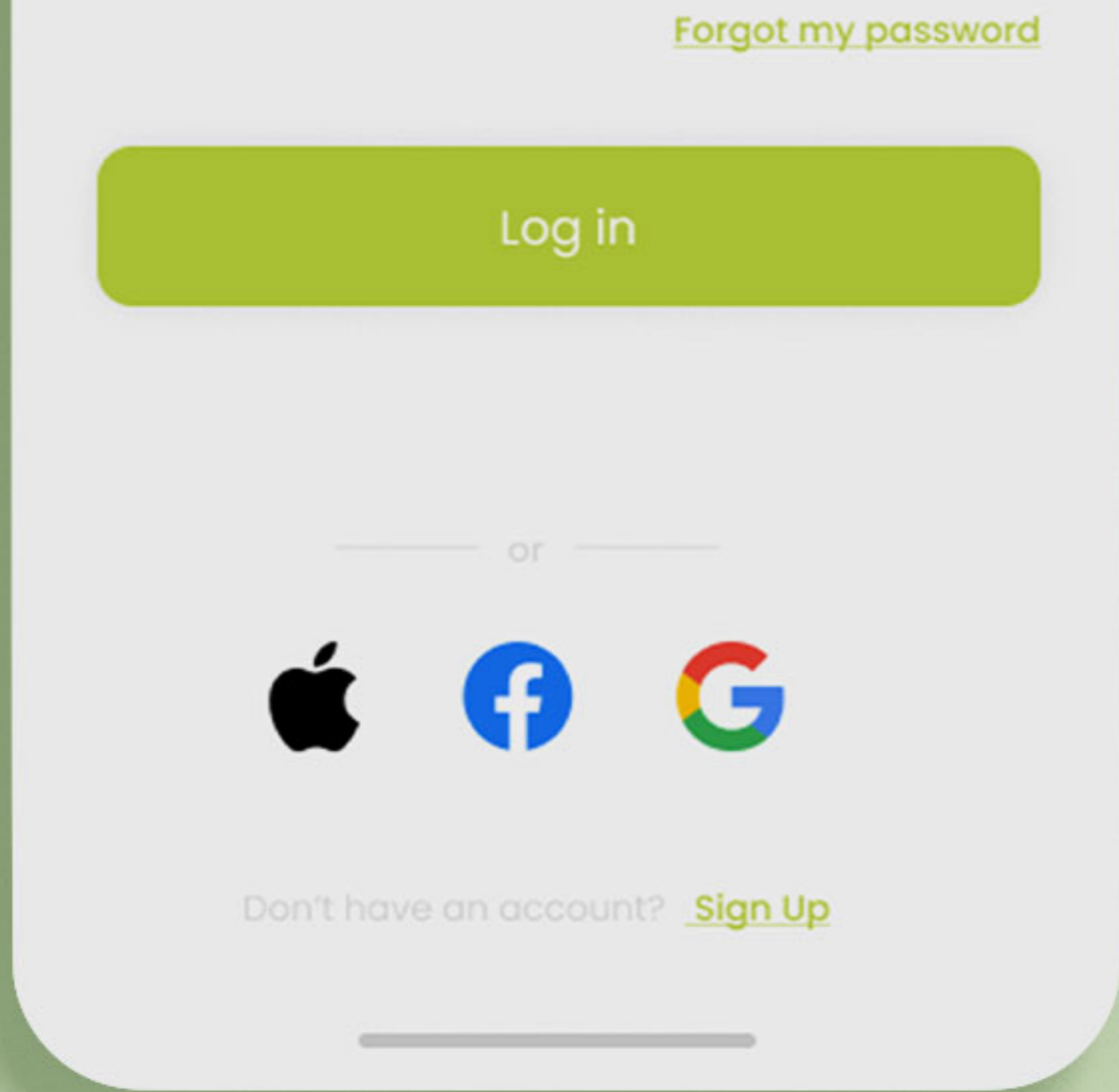
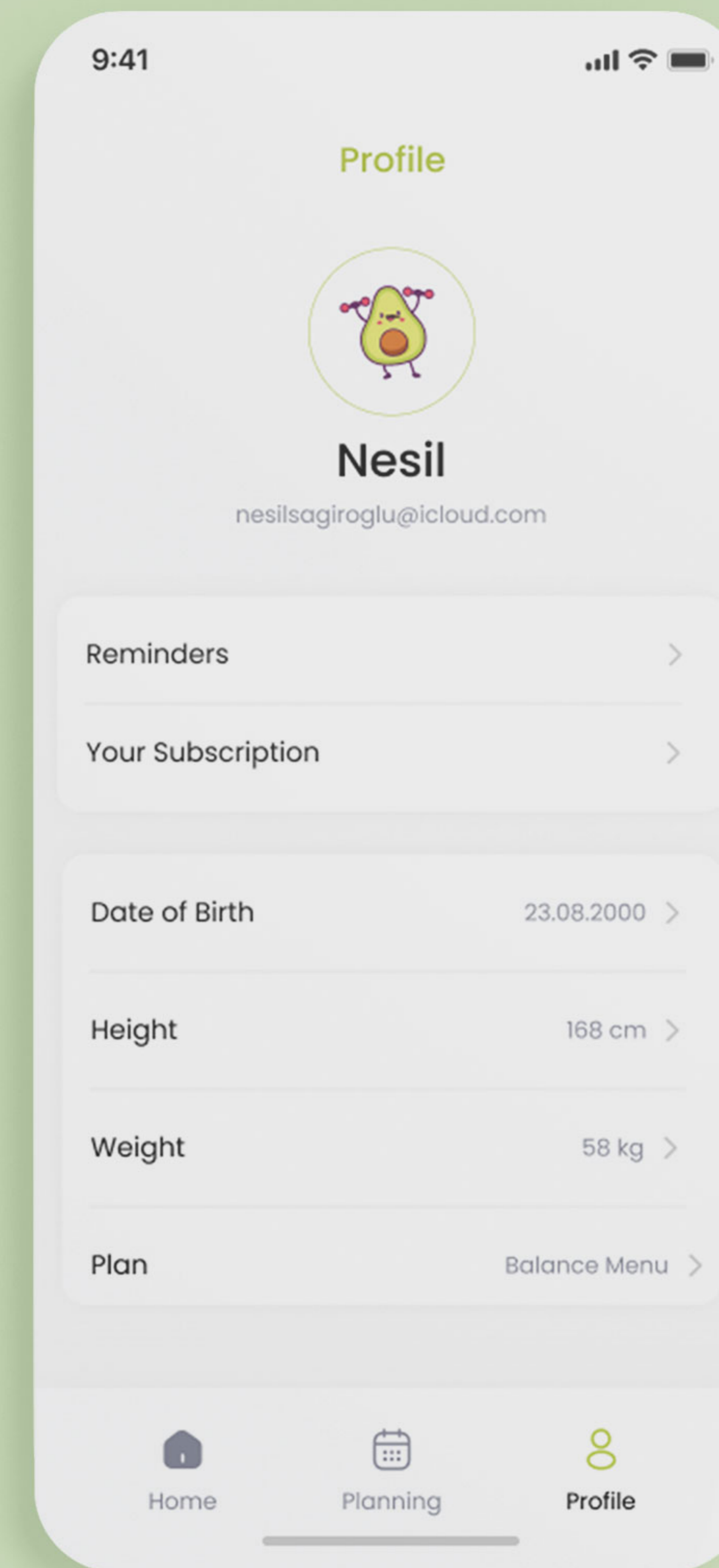
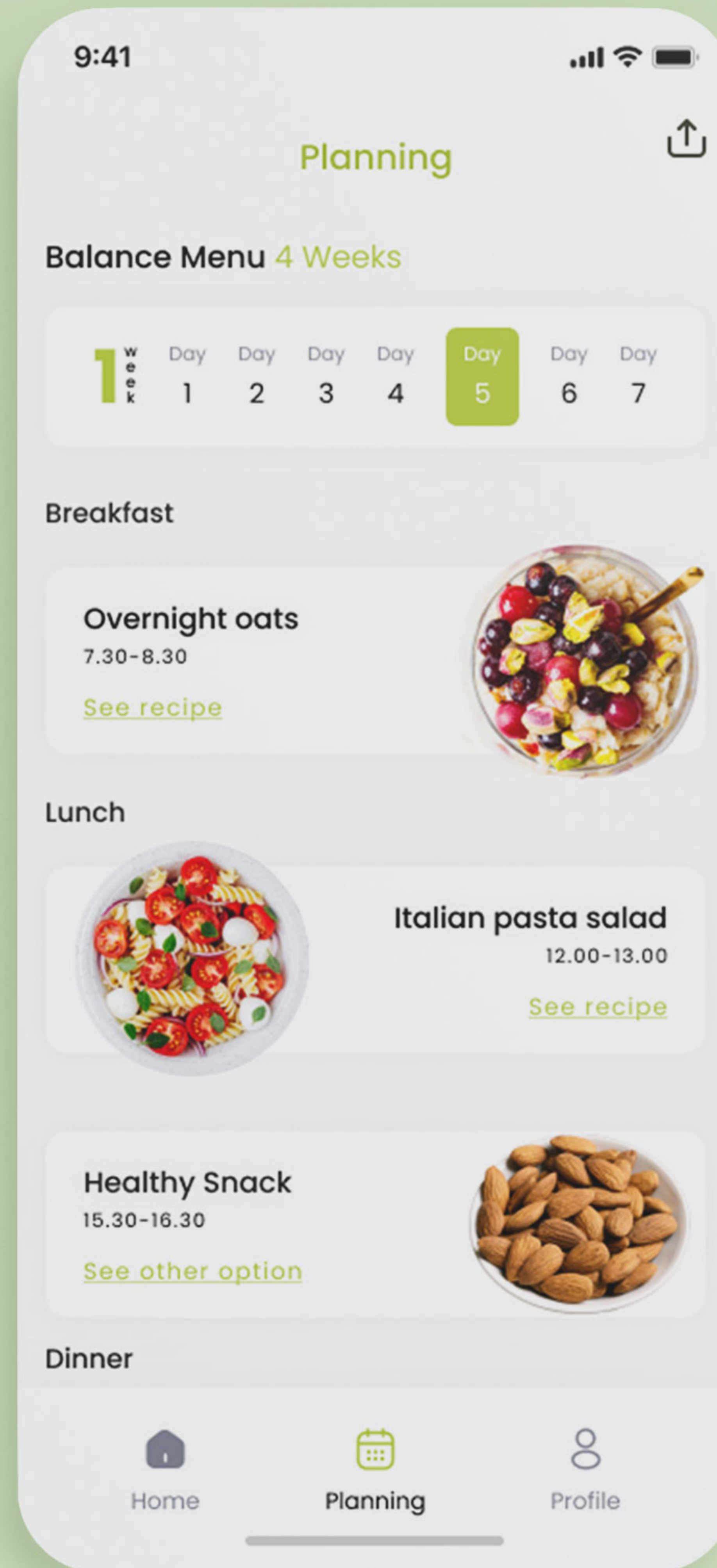
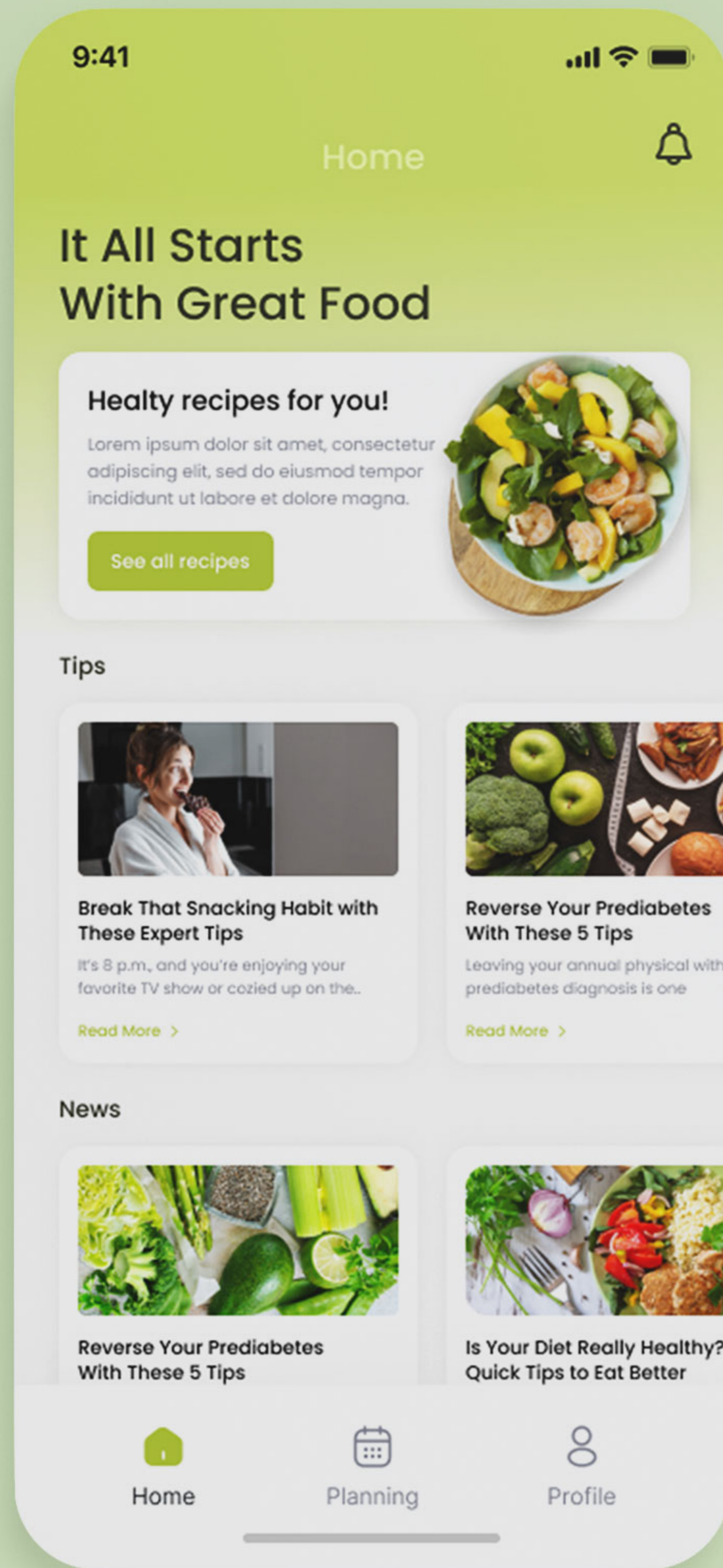




Healthy





Healthy

nesilsagiroglu@icloud.com

[Forgot my password](#)

Log in

or

Don't have an account? [Sign Up](#)

Hello Nesil!

Let's check your body measurements

Current weight (kg)

0 kg


Height(cm)

0 kg



Continue

9:41



Let's Continue

What is your date of birth?

23.08.2000

Continue

9:41

Choose Your Menu

Balance Menu Keto-Karb30 Menu

Vegetarian Balance Diabetes Menu



9:41

Home

It All Starts With Great Food

Healthy recipes for you!

See all recipes

Tips

Break That Snacking Habit with These Expert Tips

Reverse Your Prediabetes With These 5 Tips

News

Reverse Your Prediabetes With These 5 Tips

Is Your Diet Really Healthy? Quick Tips to Eat Better

Home Planning Profile

9:41

Planning

Balance Menu 4 Weeks

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							

Breakfast

Overnight oats
7.30-8.30
[See recipe](#)

Lunch

Italian pasta salad
12.00-13.00
[See recipe](#)

Healthy Snack
15.30-16.30
[See other option](#)

Dinner

Home Planning Profile

9:41

Profile

Nesil
nesilsagiroglu@icloud.com

Reminders >

Your Subscription >

Date of Birth 23.08.2000 >

Height 168 cm >

Weight 58 kg >

Plan Balance Menu >

Home Planning Profile