

# Fitness Meal Planner



## At a Glance

*Fitness Meal Planner* simplifies your fitness or bodybuilding meal planning process by automatically calculating your macro needs and builds a meal plan in seconds to complement your workout!

In Short:

- Enter basic info and fitness goals and receive a meal plan
  - Select the number of meals per day between 3 and 8
  - Have at your fingertips what you need to eat and how much of it, always
  - Choose to eat what you like, substitute the rest
  - Tap into our growing collection of diverse fitness meals and their recipes
  - Edit mealtimes and select whether to receive reminders at meal time
  - Get your weekly shopping list according to your meal plan
  - Have your own caloric goal and macro ratios? No Problem, Set it in the advanced section
- The app is currently available for free only in Google Play Store

## How does it work?

After the user enters basic information about himself and his goals, using a mix of known equations such as Mifflin St. Jeor and Harris Benedict to calculate caloric intake and macro breakdown. *Fitness Meal Planner's* backend then takes the data, generates a meal plan built of the best sources for protein, carbs and fats, and updates the amounts to fit those goal values all while standing in strict limits of reasonable meal portions and good combinations between the different food items.

Once the user has a meal plan, using the same algorithm, he can switch between food items customizing the meal to his preference.

## Company Background

- Founded as a side project in early 2015 by Ophir Stern
- Launched to app store with initial minimum viable product at mid 2015

## Fitness Meal Planner Around The Web

Facebook: <https://bit.ly/fmpFacebook>

Twitter: <http://bit.ly/fmpTwitter>

## Download Links

Android: <http://bit.ly/fitnessMealPlannerAndroid>