

Nutrition Tracker

Maximize your journey by using the Nutrition Tracker to turn every meal into a learning opportunity to eat and live in a healthier way.

Experience a smarter way to reach your goals, combining powerful AI tracking with deep insights into every bite. You can find this feature at the top of your home screen, within the **'Today's Progress'** section.

★ **Meal Score:** Get a goal-based score (up to 100%) for every meal, ranging from Optimal to Needs Attention.

📊 **Processing Insights:** Track how processed your meals are with our new transparent scoring.

📈 **Daily Meal Score:** Monitor your consistency with an automated daily average of everything you eat.

💡 **Smart Tips:** Receive AI advice on pairing nutrients, boosting absorption, and making healthy swaps.

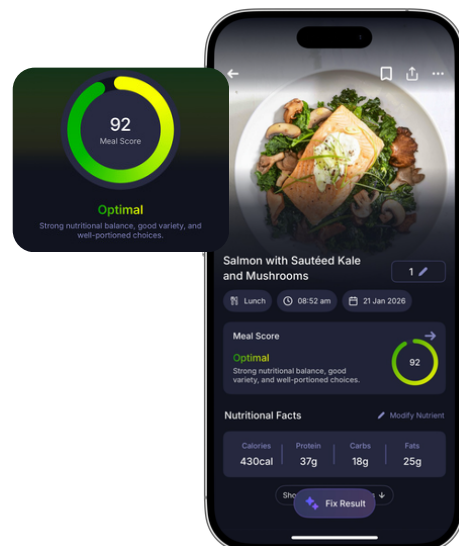
🍽️ **Meal Type Selection:** Categorize logs as Breakfast, Lunch, Dinner, Snack, Beverage, or Supplement.

📱 **Social Sharing:** Easily share your meals and health scores with friends and family on social media.

[Log a meal](#)

[Watch quick video!](#)

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WELLNESS COACH

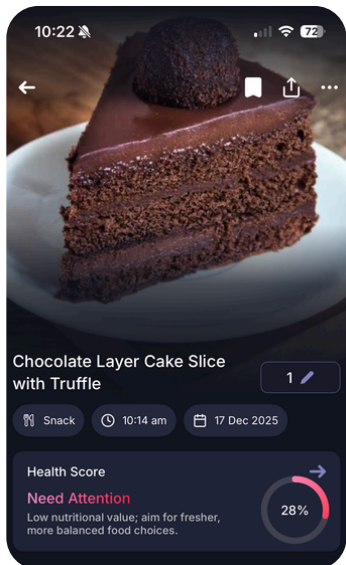


Get Started in 3 Simple Steps:

1. Set Up Personalized Goals: Answer a few questions to see exactly how many macros and micros you need daily to reach your targets. You can even include GLP-1 usage or blood test results for a deeper, personalized plan.

2. Log Your Meals: Snap a photo, upload from your library, or scan a barcode. Then, select your meal type, choose from Breakfast, Lunch, Dinner, Snack, Beverage, or even Supplements, for the most accurate tracking.

3. Get AI Analysis & Insights: Our AI instantly analyzes your meal, giving it a Meal Score from Optimal (100) down to Low Nutritional Value. You'll see a breakdown of your nutrients, tips on how to improve your meal, and a score showing how processed the food is.



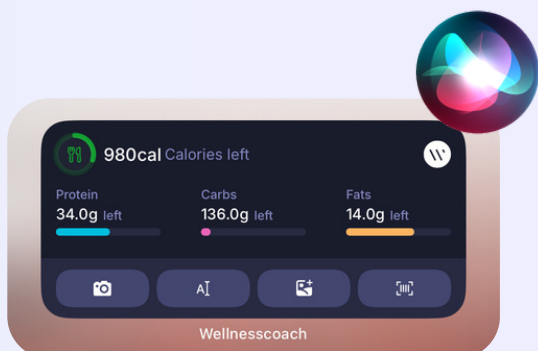
[Click For Full Guide](#)

[Click to log a meal!](#)

Plus you can also:

- ✓ Set personalized meal reminders
- ✓ Save your favorite meals
- ✓ Customize serving sizes

- ✓ Update results easily
- ✓ Scroll through meal history
- ✓ Track over 20 macro and micronutrients



To make tracking even more effortless, you can use iOS or Android shortcuts

like the Action Button, Lock Screen widgets, or Siri, to open the Nutrition camera instantly. [Learn more about setting up these shortcuts here.](#)