# Menu Planner Tutorial

The Menu Planner is an online application in the Trim Down Club membership area that gives you the ability to create personal menus based on your favorite foods. Simply choose the foods you like and we combine them into meals that are beneficial to your specific dietary needs.

This state-of-the-art application is like having your very own nutritionist help plan your meals! You don't have to leave anything up to the imagination, as this tool helps you to easily plan out what to eat each day.
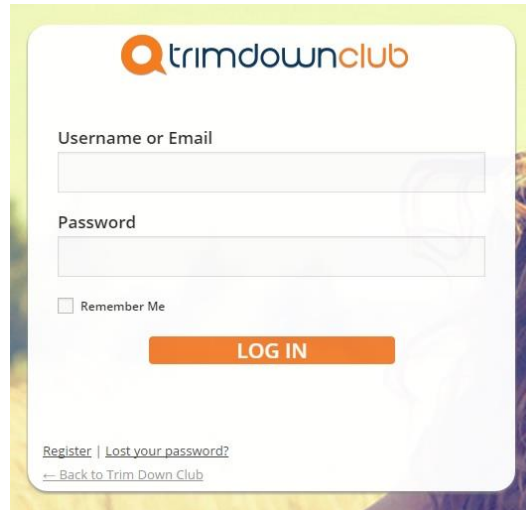
Are you ready to start? Here we go!

1.   Go to http://www.trimdownclub.com/
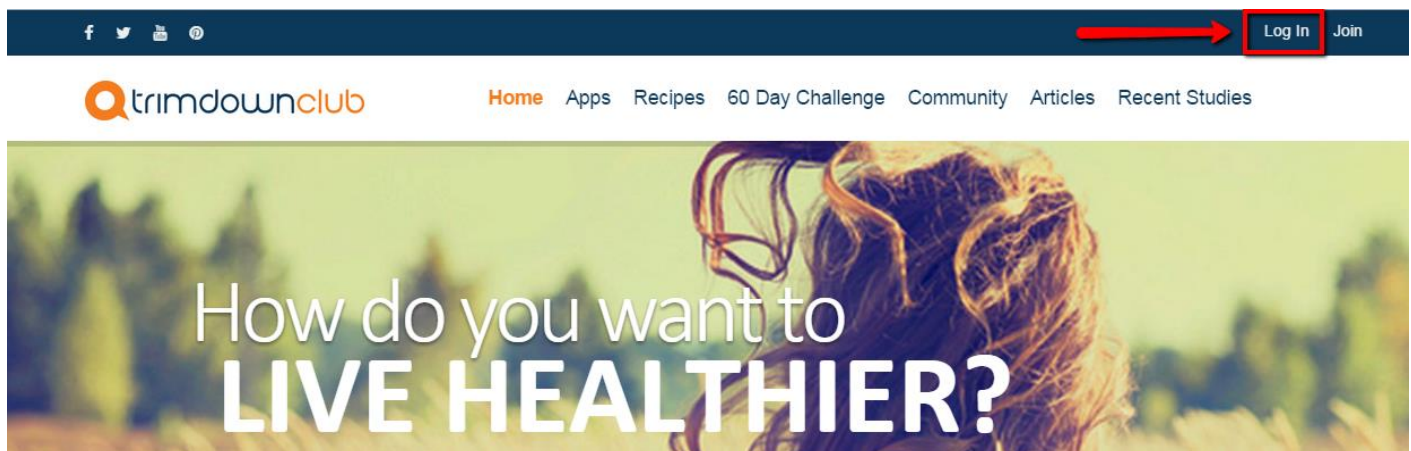
2.   In the top right corner, click Login.

3.   Enter your username or email address and password.

4.   After logging in, access your profile by clicking on your Username at the top of the page.

Your Username will appear here.

5.   At the bottom right corner of your profile, you can choose which dietetic route you would like, according to any special needs or preferences you may have. If you do not have any, you do not need to check anything, and can simply continue to the next step.

At this point, you can also choose the level of variety foods, and the amount of selected recipes you would like in your weekly choices.

Menu Planner Variety is the variety of foods you will see in your weekly menu.

Menu Planner Recipe Variety is the variety of recipes you will see in your weekly menu.

You can also input your body shape and bone size, which will help us in creating your menus based on your dietary needs.

Body Shape

Apple: More fat stored around the waistline.

Pear: More fat stored below the waistline: hips, thighs, or rear.

Hourglass: Fat distributed evenly above and below the waistline.

Bone Size

To determine your bone size, wrap your thumb and index finger around your wrist tightly until you feel bone.

Small bones: If your fingers overlap more than 1 cm (half an inch), you have small bones.

Medium bones: Thumb and finger touch or overlap less than 1 cm (half an inch).

Large bones: Thumb and index finger do not touch.

When you have made your selection, click on **SAVE CHANGES** to continue.

6. In order to move on, go back to the home page and click on the Create a Menu button on your dashboard.
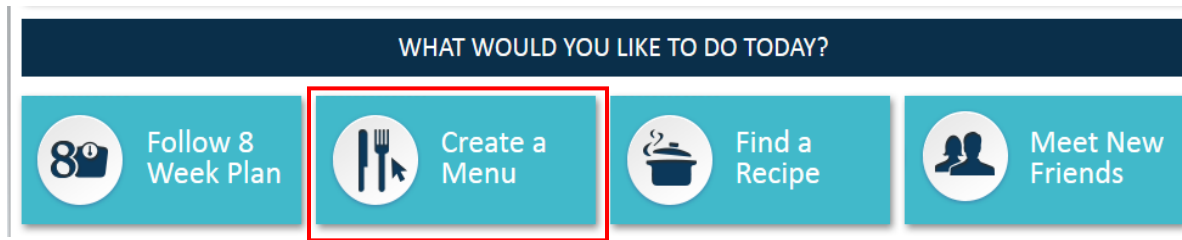
7. On the page that appears, you will see 3 menu creation options: Instant Menu, Favorite Foods and Personal Menu Planner. Each of these options are unique and have different levels of customization. Below is a brief explanation of all 3:

- **Instant Menu:** a quick done-for-you menu based on your dietary needs, using the most popular foods.
- **Favorite Foods:** an easy-to-follow menu based on the foods that you like, to reach your weight loss goals.
- **Personal Menu Planner:** a complete menu with full flexibility. Go through our entire list of foods and build a menu that fits you.

8. Now that you understand the different tools for building a menu. Let's create a menu using the Instant Menu tool. Go ahead and click on "Start Now!" under Instant Menu to get started.

9. 30 seconds and voila! Your new weekly menu will appear with options to help you further customize it. We will get into these options later on, as we discuss the Personal Menu Planner.

Weekly Meal Plan

This unique tool was developed to assist you,
it's just like having your own personal nutritionist right by your side.

Your menu's health level is **90%**

80% and above   70% to 79%   below 70%

| Measurement | Portion mode | Exchange mode | My Food Choices | New menu | Menu History | Grocery List | Print Menu |

Oz Gr

Monday

Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Start walkthrough

To Switch a Food ✎
Move your mouse over a food and click on the pencil icon

Created On: 8/17/2015

Breakfast
1/2 cup of Egg Substitute, Egg White Based, Cooked in Oil
1/2 Bagel, Wheat or Rye
1 serving of "Free" Spread
2 Tbsps of Raisins

Snack #1
1 serving of Vegetables of Your Choice
1/2 ounce of Hazelnuts

Lunch
4 ounces of Fu
1/2 cup of Edamame
1/2 ounce of Pumpkin Seeds
1 cup of Tomato-Stewed Okra & Carrots

Snack #2
1 ounce of Filberts
4 ounces of Vegan Pudding (Non-Soy)

Dinner
2 ounces of Pork, Loin Chop, Lean, pastured
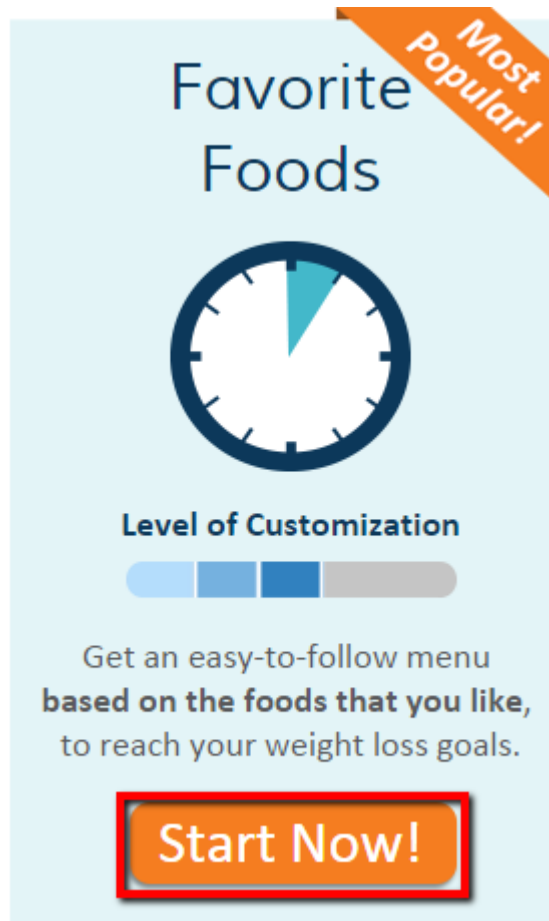1 cup of Pasta, White (Cooked)
1 serving of Vegetables of Your Choice
1 tsp of Oil, Olive

Snack #3
1/2 cup of Lupin Seeds (Cooked)

10. Now that we've finished creating an Instant Menu, let's move on to the Favorite Foods tool. This is by far our most popular tool amongst our members. To get started, return to the Menu Planner page and click on "Start Now!" under Favorite Foods.

11. We are now taken to the Food Groups area, step one of 3 simple steps to creating a menu. Here you will mark the Food Groups that you love, would eat, or dislike. Once you've finished making your selections, simply click on "CONTINUE" to move on to step 2.

12. Based on your selections in Step 1, we've put together a list of foods to help you build a menu. In order to get a menu that suits you, add a heart icon to the right of the foods you would like to add to your menu more frequently or place an x on the foods you don't want in your menu. You can also skip this step, but it is important to know that if you skip this step, your menu will be created based on all of the foods within the list, regardless of your likes and dislikes. Once you've finished going through the list, click on "SAVE & CREATE MENU" to finalize your weekly menu.

Please Notice The lighter the color of the food name, the healthier it is

FOOD NAME	Favorites	Remove
⌃ **Bread**		
Bagel, Whole-Grain, 3-in / 7.5 cm	♡	✕
Bread, Rye	♥	✕
Bread, 100% Whole-Grain	♡	✕
Bun, Hamburger, Whole-Grain	♡	✕
Muffin, English, 100% Whole Grain	♡	✕
Rice Cake	♡	✕
Roll, 100% Whole Grain	♡	✕
⌃ **Grains**		
Couscous (Cooked)	♡	✕
Quinoa (Cooked)	♡	✕
Rice, Brown (Cooked)	♥	✕
⌃ **Breakfast Meal**		
Cereal Cold, Bran-based	♥	✕
Cereal Cold, Oat-based	♥	✕
Oatmeal (Cooked)	♥	✕
~~Shredded Wheat / Shreddies~~	♡	✕
⌃ **Legumes**		
Beans, Black	♡	✕
Beans, Kidney	♡	✕
Edamame	♡	✕
Lentils	♡	✕
⌃ **Fruits**		
Apple	♡	✕

BACK TO FOOD GROUPS   SAVE & CREATE MENU

13. You are all set! You now have your very own menu based on your favorite foods. Your new weekly menu will appear with options to help you further customize it. We will get into these options later on, as we discuss the Personal Menu Planner.

Weekly Meal Plan

This unique tool was developed to assist you,
it's just like having your own personal nutritionist right by your side.

♡ Your menu's health level is **90%**

♡ 80% and above   ♡ 70% to 79%   ♡ below 70%

Measurement | Portion mode | Exchange mode | My Food Choices | New menu | Menu History | Grocery List | Print Menu

○ Oz ● Gr

Monday	Created On: 8/17/2015
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Breakfast
1/2 cup of Egg Substitute, Egg White Based, Cooked in Oil
1/2 Bagel, Wheat or Rye
1 serving of "Free" Spread
2 Tbsps of Raisins

Snack #1
1 serving of Vegetables of Your Choice
1/2 ounce of Hazelnuts

Lunch
4 ounces of Fu
1/2 cup of Edamame
1/2 ounce of Pumpkin Seeds
1 cup of Tomato-Stewed Okra & Carrots

Snack #2
1 ounce of Filberts
4 ounces of Vegan Pudding (Non-Soy)

Dinner
2 ounces of Pork, Loin Chop, Lean, pastured
1 cup of Pasta, White (Cooked)
1 serving of Vegetables of Your Choice
1 tsp of Oil, Olive

Snack #3
1/2 cup of Lupin Seeds (Cooked)

● Start walkthrough

To Switch a Food ✎
Move your mouse over a food and click on the pencil icon

14. With only one option left to explore, let's build a menu using the Personal Menu Planner tool. This will take more time than the other 2 options, so please set aside a little more time. Go back to the Menu Planner page and click on "Start Now!" under Personal Menu Planner to get started.

Personal Menu Planner

Level of Customization

Take the time to **go through our entire list of foods** and build a menu that fits you.

Start Now!

15.   The main menu planner interface will now open.

Menu Planner

My Food Choices

Below you will see that the Menu Planner is organized by food groups.
For each food group, please select your favorite foods based on the mealtimes listed below.
For help, simply click on **"Start walkthrough"** at the bottom left of the screen and we will go through each step with you.
Click here to download the Menu planner User Guide.
Once you have selected the minimum amount of required foods and all food group boxes are solid blue, click on
"Save & Create Menu".
We will create you a menu based on the perfect combinations to support your weight loss goals. Enjoy!

Please Notice The lighter the color of the food name, the healthier it is

CARBS	PROTEINS	FATS	SWEETS	VEGETABLES	FRUITS	FREE FOODS

Proteins		Breakfast	Lunch	Dinner	Snacks	Favorite
select a total of 8 proteins for each meal from the list below	Beef, Cold Cuts, Lean, Uncured		☀	☾	⭘	♡
Legumes	Beef, Cold Cuts, Regular, Uncured		☀	☾	⭘	♡
Eggs	Beef, Frankfurter, Uncured		☀	☾	⭘	♡
	Beef meat, Lean		☀	☾		♡
Red Meat	Beef, Sausage, Natural, Uncured		☀	☾		♡
Seafood	Bison / Buffalo, Fillet or Steak		☀	☾		♡
Poultry	Bison / Buffalo meat, Ground / Minced		☀	☾		♡
Vegan Substitutes	Breakfast Steak	☀				♡
Recipes	Goat meat		☀	☾		♡
	Kidney, Beef / Pork / Lamb (Cooked)		☀	☾		♡
	Kidney, Game (Cooked)		☀	☾		♡
	Liver, Beef / Pork / Lamb (Cooked)		☀	☾		♡
	Liver, Game (Cooked)		☀	☾		♡
	Mutton (Lamb, Sheep), Lean		☀	☾		♡
	Pork, Cold Cuts, Regular, Uncured		☀	☾	⭘	♡
	Pork, Ham, Lean, Uncured	☀	☀	☾		♡

Start walkthrough   PREV   NEXT

CLEAR ALL FOODS   CLEAR & ADD POPULAR   SAVE   SAVE & CREATE MENU

Are we missing a favorite food? Click here to add it
SWG = sprouted whole grain

16. For a complete step by step guide on how to select foods using the Personal Menu Planner, simply click on "Start walkthrough" which can be found at the top or bottom left of the Menu Planner.

This will generate a series of text balloons to guide you through the features of the Menu Planner.

My Food Choices

For each food group, select as many favorite foods as you can.
Make sure all meal bars are solid blue.

♡♡♡ The lighter the color of the food name, the healthier it is

CARBS	PROTEINS	FATS	SWEETS	VEGETABLES	FRUITS	FREE FOODS

Carbs
select a total of 6 Carbs for each meal from the list below

	Breakfast	Lunch	Dinner	Snacks
Bread				
Grains	100% Whole Grain English Muffin			
Breakfast Meal	100% Whole Grain Roll			
Legumes	100% Whole Grain Tortilla/Wrap (small)			
Desserts and Sweets	100% Whole Grain Wrap (medium)			
Salads/Vegetables	Barley Bread			
Dairy	Brown Rice Bread			
Miscellaneous	Chapati/Roti, Whole Grain, Gluten-Free			
Starchy Vegetables	Chapati/Roti, Whole Wheat			
Soup	Crumpet, Wholemeal			
Spreads/Sauces	Flatbread/Focaccia, Whole Grain, Plain or Herbed/Wholemeal			
Vegan Substitutes	Gluten-Free Whole Grain Bread			
Pizza, Pasta, Focacce	Granary Bread			
Recipes	Naan, Whole Grain, Gluten-Free			
	Naan, Whole Wheat			

Go over the entire list of foods, and select as many favorite foods for each meal.

skip walkthrough   next

○ Start walkthrough

We encourage you to stick around as the directions below can also help guide you through the menu-building process.

17. Near the top of the page, you will see seven different food group buttons near the top.

My Food Choices

For each food group, select as many favorite foods as you can.
Make sure all meal bars are solid blue.

The lighter the color of the food name, the healthier it is

CARBS   PROTEINS   FATS   SWEETS   VEGETABLES   FRUITS   FREE FOODS
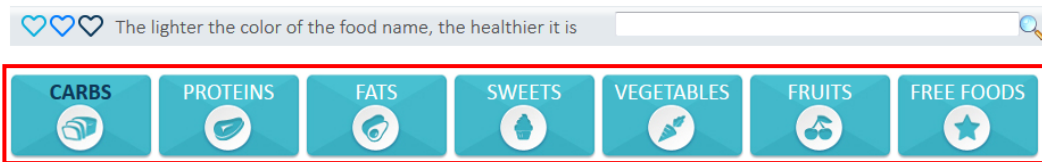
- The first three – **carbs** (carbohydrates), **proteins**, and **fats** – serve as the main all-inclusive groups
- The second three, also included in carbs – **sweets**, **vegetables**, and **fruits** – get special attention:

➢ Sweets, because they are generally a combination of at least two food groups (carbs and fats)

➢ Vegetables and fruits, because their unique contribution to good health warrants emphasis on a variety in the menu

- The last category is free foods, which you can eat without any limitations.

Jump from tab to tab by clicking on the one you want to view.

18. When you click on a food group button, the food subgroups appear to the left below.

My Food Choices

Below you will see that the Menu Planner is organized by food groups.
For each food group, please select your favorite foods based on the mealtimes listed below.
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Once you have selected the minimum amount of required foods and all food group boxes are solid blue, click on "Save & Create Menu".
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CARBS	PROTEINS	FATS	SWEETS	VEGETABLES	FRUITS	FREE FOODS

Carbs		Breakfast	Lunch	Dinner	Snacks	Favorite
select a total of 6 Carbs for each meal from the list below	Bagel, Whole-Grain, 3-in / 7.5 cm	☀	☀	☾	○	♡
Bread	Bagel, Wheat or Rye	☀	☀	☾	○	♡
Grains	Bagel, SWG, 3-in / 7.5 cm	☀	☀	☾	○	♡
Breakfast Meal	Bagel, White, 3-in / 7.5 cm	☀	☀	☾	○	♡
Legumes	Baguette, Whole-Grain	☀	☀	☾	○	♡
Salads/Vegetables	Baguette, White	☀	☀	☾	○	♡
Miscellaneous	Bread, SWG	☀	☀	☾	🍎	♡
Starchy Vegetables	Bread, Brown Rice	☀	☀	☾	🍎	♡
Soup	Bread, Spelt	☀	☀	☾	○	♡
Beverages	Bread, Pumpernickel	☀	☀	☾	○	♡
Spreads/Sauces	Bread, Rye	☀	☀	☾	○	♡
Vegan Substitutes	Bread, Whole-Grain, Gluten-Free	☀	☀	☾	🍎	♡
Pizza, Pasta, Focacce	Bread, Oat	☀	☀	☾	○	♡
Recipes	Bread, Barley	☀	☀	☾	○	♡
	Bread, Potato	☀	☀	☾	○	♡
	Bread, Whole-Grain/Wholemeal					

Start walkthrough

PREV	NEXT

CLEAR ALL FOODS	CLEAR & ADD POPULAR	SAVE	SAVE & CREATE MENU

⚠ Are we missing a favorite food? Click here to add it
SWG = sprouted whole grain

19. To the right of the subgroup column is the master list of foods for the entire category. The foods in the selected subcategory appear from the top down.

My Food Choices

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CARBS	PROTEINS	FATS	SWEETS	VEGETABLES	FRUITS	FREE FOODS

Carbs		Breakfast	Lunch	Dinner	Snacks	Favorite
select a total of 6 Carbs for each meal from the list below	Bagel, Whole-Grain, 3-in / 7.5 cm	☼	☀	☾	○	♡
Bread	Bagel, Wheat or Rye	☼	☀	☾	○	♡
	Bagel, SWG, 3-in / 7.5 cm	☼	☀	☾	○	♡
Grains	Bagel, White, 3-in / 7.5 cm	☀	☀	☾	○	♡
Breakfast Meal	Baguette, Whole-Grain	☼	☀	☾	○	♡
Legumes	Baguette, White	☀	☀	☾	○	♡
Salads/Vegetables	Bread, SWG	☀	☀	☾	●	♡
Miscellaneous	Bread, Brown Rice	☼	☀	☾	●	♡
Starchy Vegetables	Bread, Spelt	☼	☀	☾	○	♡
Soup	Bread, Pumpernickel	☼	☀	☾	○	♡
Beverages	Bread, Rye	☼	☀	☾	○	♡
Spreads/Sauces	Bread, Whole-Grain, Gluten-Free	☀	☀	☾	●	♡
Vegan Substitutes	Bread, Oat	☼	☀	☾	○	♡
Pizza, Pasta, Focacce	Bread, Barley	☼	☀	☾	○	♡
Recipes	Bread, Potato	☼	☀	☾	○	♡
	Bread, Whole-Grain/Wholemeal					

Start walkthrough

PREV   NEXT

CLEAR ALL FOODS   CLEAR & ADD POPULAR   SAVE   SAVE & CREATE MENU

20. Because the food list contains all items in the larger category, it continues through the next subcategory – which you will see will then be automatically selected as you continue to scroll down.
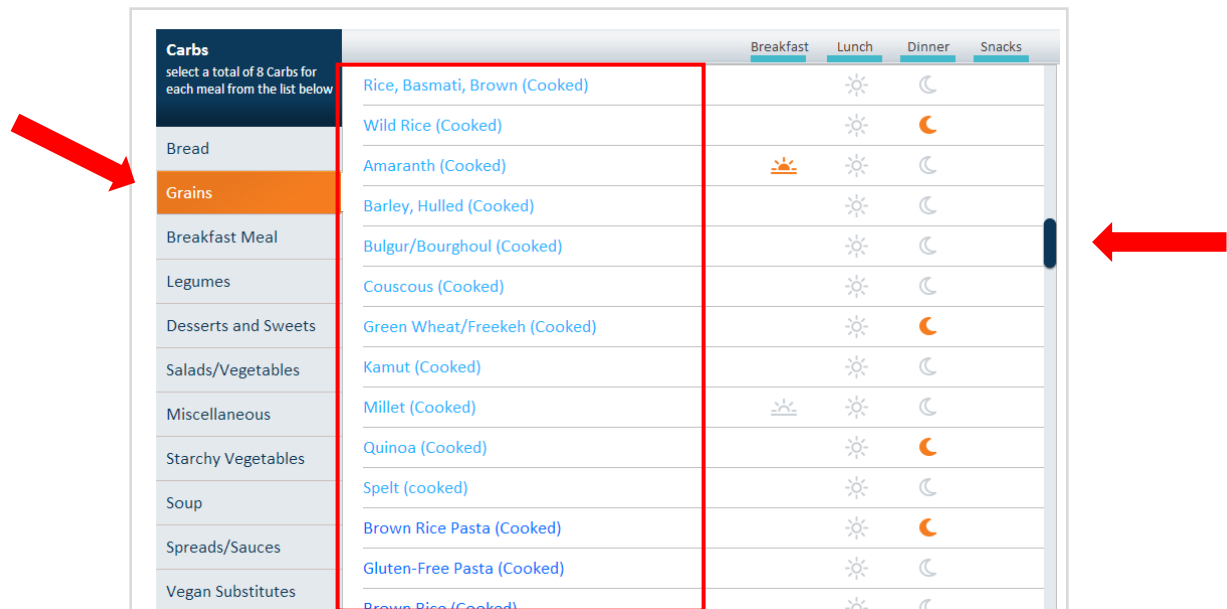
21. To the right of the food list are the meal categories: **Breakfast**, **Lunch**, **Dinner**, **Snacks**. Underneath each meal at which the food is intended, you will see symbols. Simply click on the symbols of foods you'd like to add to your menu. Also, please note that there is a special button called **Favorite.** Mark a food as favorite to frequently include it in your menu.
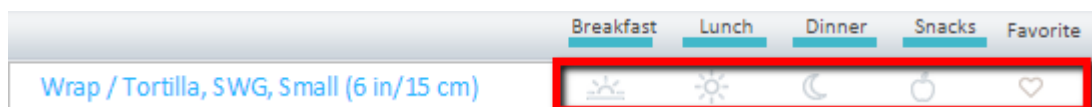
22. Let's start by selecting foods. Under each food group you'll need to select a minimum amount of items for each meal. **For example**: at least **6 Carb** items, **8 Protein** items and **5 Fat** items, **2 sweet** items, and **6 fruits**. You will not need to select from Vegetables and Free Foods, as these items can be added freely to your menu. Please note that it is important to select as much different foods as possible, as this will help give your menu greater variety and combinations.

23. We've made it easy to know which choices are healthier than others. As noted at the top of the page, the lighter the text color, the healthier the food will be.

For instance, foods in dark blue color text are the least recommended, but are still available to help you transition to healthier choices. Medium blue foods are healthier than the dark blue foods, and the lightest blue foods are the healthiest out of all the groups. We recommend you stick to them as much as you can.

24. You'll find many quick and easy recipes in the subcategory list, at the bottom. Each is marked with a pot icon.

25. Click on the recipe name or icon to open the full recipe in a new window.

If you have a busy schedule and prefer a time-saving menu, we recommend selecting more of the non-recipe items on the foods list, or selecting quicker recipes – such as those with "simple," "homemade," "classic," or "basic" in the name.

26. To select foods for each meal, simply click the meal symbol to the right of each choice.
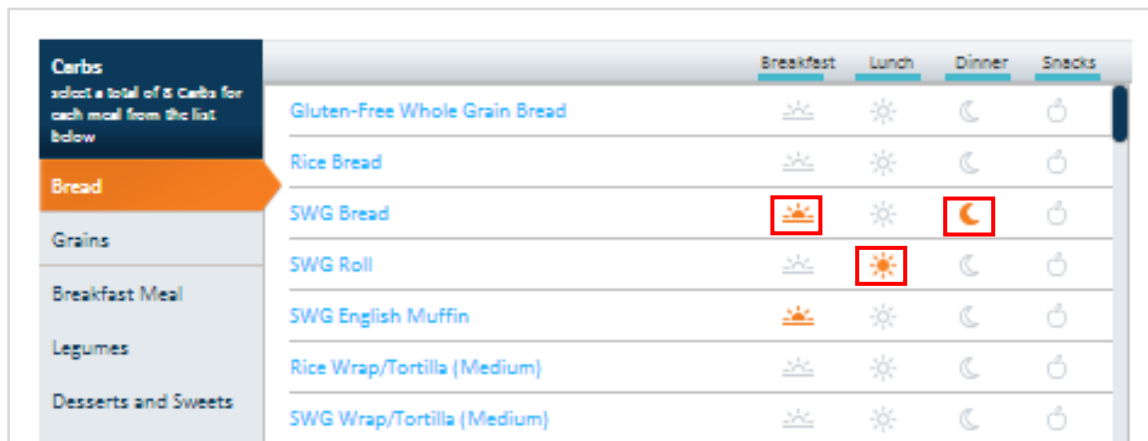
Note: The more items you select the richer your weekly menu will be, so feel free to choose as many food choices as you can from each category.

If you made a mistake or change your mind, you can always click on the box you ticked to de-select items.

27. We've gathered hundreds of delicious food ideas that suit any taste, so if you don't find anything you like in one category, simply click the next one to find other tasty options.

28. If you are looking for a specific food, you can type it into the search bar, located near the top of the page.
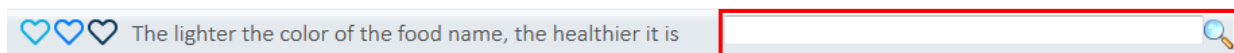
29. If you still can't find the food you want, at the bottom of the food list, find the following question: "Are we missing a favorite food?" – then click on "Click here to add it".
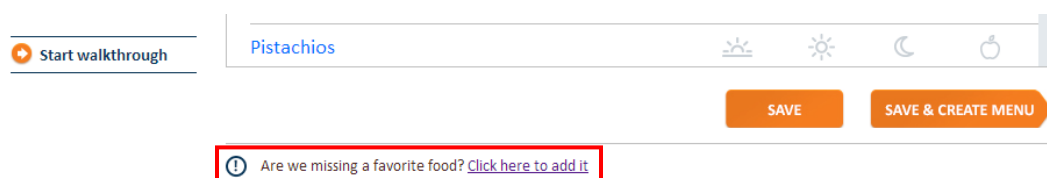
30. When the "Foods to Add" window opens, read the instructions carefully. If you still have a food you would like to submit for consideration to be added to the Menu Planner food lists, enter it along with your Name and contact information, as well as the security code.

Click "Send". The suggestion will be reviewed, and if it meets the program's criteria, it will be added in the next upgrade cycle of the Menu Planner.

31. After choosing the minimum items required per category, the "Save and Create Menu" button at the bottom right hand corner of the page will turn orange, signifying it is available. Click on this button to generate a week-long set of daily menus, composed according to your food selections for each meal.

32. The weekly menu will then appear, generated according to your personal parameters and with the right combination of proteins and carbs to help you reach your weight loss goals.

33. At the bottom of the Menu Planner page you will find answers to frequently asked questions and also an area where you name, comment, and grade your menu.

Q & A

+ This is too much food for me!

+ I don't like these foods. / Why are there foods in my menu that I didn't choose?

+ What are "Free Foods"? Can I add herbs, spices, and/or vegetables? What about beverages?

+ I don't have enough time to cook. Can I still use the Menu Planner?

+ How do I plan a budget for my menu?

+ Where can I get more tips about eating healthy?

+ How do I get the most out of the Menu Planner?

+ Still have unanswered questions?

Menu properties

Menu Name:

Your comments about this menu:

Your grade to this menu: (1-5)

☆☆☆☆☆

UPDATE

34. Near the top of the menu page is your score, indicating how healthy your menu is based on the health level of the foods you've chosen. The higher the percentage, the better! We recommend you try keeping your menu's health level at least at 80%. To increase the health level, simply replace some of the foods with healthier alternatives – foods with lighter blue text.

Menu Planner

Weekly Meal Plan
This unique tool was developed to assist you,
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♡ Your menu's health level is 84%

♡ 80% and above ♡   70% to 79% ♡

35. Your day will be divided into 3 traditionally-sized meals and 3 smaller meals l "snacks". It's what we call the "constant energy flow" diet. Eating 6 meals a day will ensure balanced levels of hormones in your body throughout the day – which will control your hunger and your need to snack on unhealthy foods or binge toward the end of the day, when you are likely to be the least physically active.

36. At the top of the menu, you will see a toolbar with icons, with titles above each.

Measurement: Click on "Oz" for US measurements, or "Gr" for metric measurements.

Portion mode: When the icon is orange, portions of foods are listed in selected measurements, and you will have the ability to review and substitute foods.

To the left of the portions and foods, you will find the days of the week. Click through them or use the PREVIOUS DAY and NEXT DAY buttons below to view each day's meals.
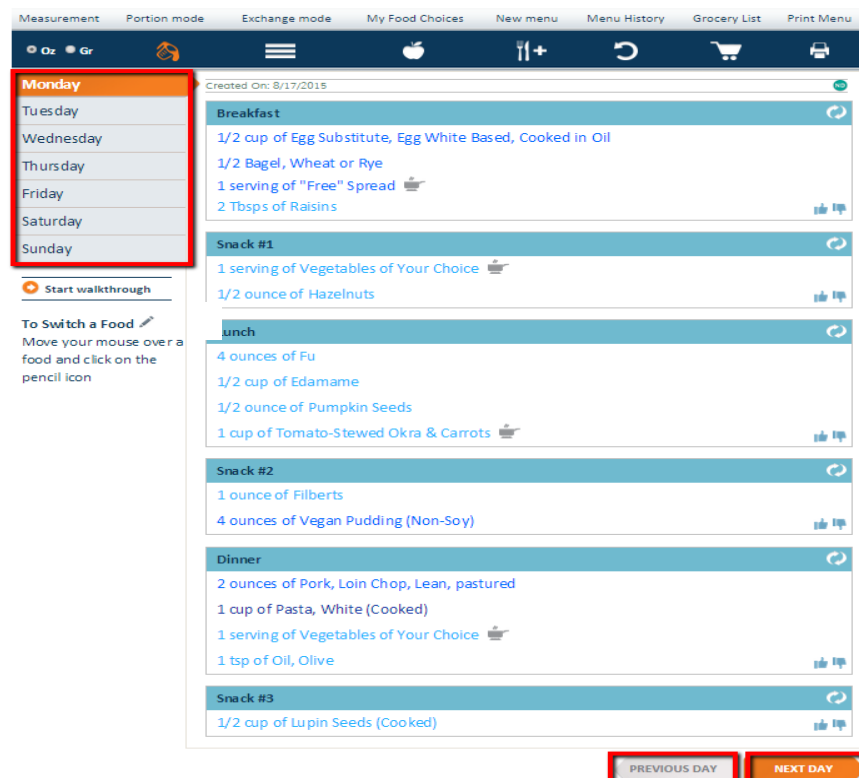
If your menu does not suit you, we encourage you to provide us with feedback by using the symbols (thumbs up and thumbs down) below:

The beauty of the Menu Planner is that you always have full flexibility. You can favour specific foods so that they appear in your menus more often, remove foods from your future menus, and even change individual foods and meals.

In order to favour a meal so that it appears more frequently in your future menus, simply click on the 'Heart' icon to the right of the food. And, if you are looking to remove a food from your current and future menu/s, simply click on the 'Remove' icon. You will be able to find all of your Favorite Foods and Removed Foods at the bottom left of the Menu.

To swap individual foods, simply click on the food (or the Pencil Icon to the right of the food) you would like to change. A list of possible exchanges matching the general nutritional value of that food will appear – some are based on your choices, and others are listed to give you additional options. Click on what you would like to include in your menu instead, and click "**DONE – SWITCH FOOD**".
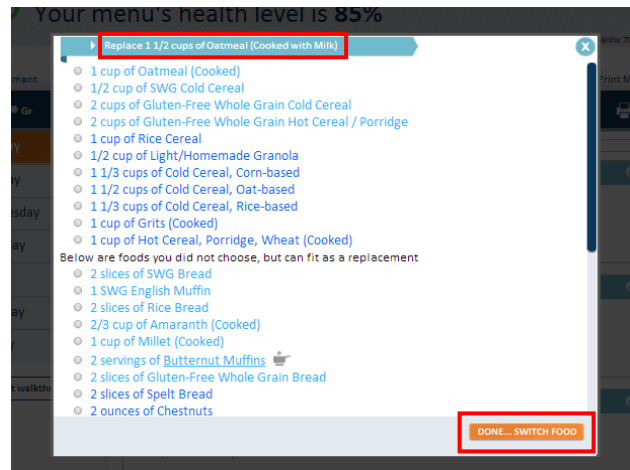
You also have the option of building your own menu "from scratch".

To do this, click on the circular arrow icon in the top right corner of the particular meal.
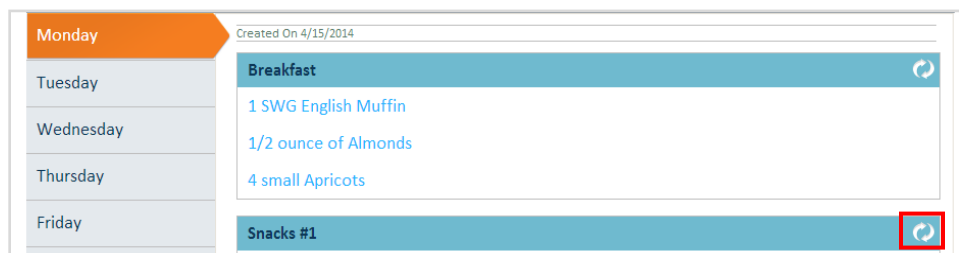
A "self-service" menu-building window will then appear, with directions to walk you through the process.

Exchange mode: When the icon is orange, foods are listed as exchanges. They help serve as an example if you eventually decide to build your own menus based on the Trim Down Club principles and food lists.

➢ Each "**carb**" exchange provides approximately 15 g or less carbohydrate

➢ Each "**protein**" exchange provides approximately 7 g protein

➢ Each "**fat**" exchange provides approximately 5 g fat

➢ Each "**fruit**" exchange provides approximately 15 g carbohydrates

➢ Each "**veg**" (vegetable) exchange provides approximately 7 g carbohydrates

➢ Each "**sweet treat**" provides approximately 15-22 g carbohydrates and 4-5 g fat

You can view full lists of exchanges for various foods by clicking here.

My Food Choices: Click on this to bring you back to the application section in which you initially began selecting your foods for the menu in step #9.

New menu: Click on this and we will provide you with an entirely different menu plan.

Menu History: Click on this to see previously generated menus.
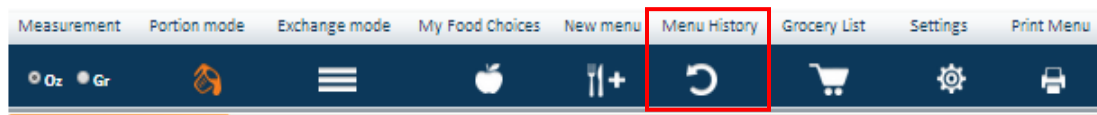
A new window will open with the **Menu** number and **Creation Date** you created it. To open a menu, click on "**View**".

Grocery List: Click on this to generate a shopping list for your menu, based on your choices.

A "Grocery list options" window will appear, in which you can select which days you would like the grocery list to cover. After selecting the day range, click on "**CREATE GROCERY LIST**".
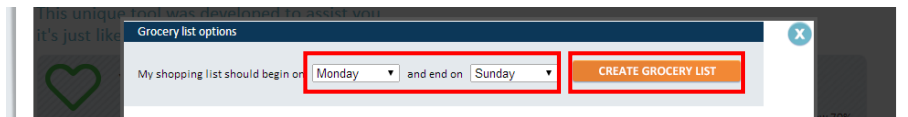
The list will appear, divided by food groups. You can print it by clicking on "**Print this grocery list**".
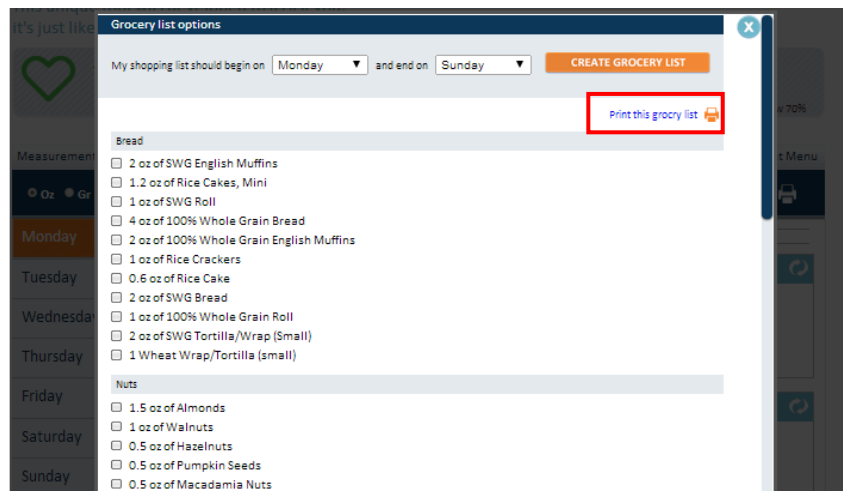
Print Menu: When you are satisfied with your menus – see all previous steps and onward (below) before printing! – click on this…
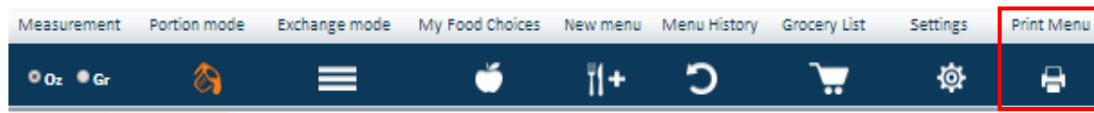
…to generate a printer-friendly version of the entire weeks' worth of menus with some helpful tips…

You can print the menu to take with you wherever you go, or to post in plain sight as a regular reminder!

37. In addition to the link through the icon bar in the Menu Planner application, your past menus will be available through the My Menus application in the Apps section of the website.

My Menus

38. If at any time you wish to change the dietary route for your menu planning, return to your profile, repeat step #5, and then return to the Menu Planner application.

Tips

- Choose as many foods as possible the first time you try the Menu Planner. This will help you create the right menu for you quickly and give you more options (most likely the very first time).
- It is strongly recommended to try the Menu Planner several times.
  Each time, you should eliminate the food choices that will not work for you until you feel you've reached the best menu you will be able to easily follow!
- Not sure about your food choices? You can also try the "Instant Menu" tool for a quick done-for-you menu based on your specific dietary needs, using the most popular foods.

Does this mean the Menu Planner meals are all I can eat?

No. The Menu Planner gives you the best choices for a healthy diet from the foods you choose. The foods listed serve as a basic starting point – you can either eat them as is, or you can prepare them according to the healthy principles encouraged in the Trim Down Club Program Guide.

You can also use the 14-Day Meal Plan as a basic weekly menu and/or the Trim Down Club Cookbook to replace one meal with another.

Online Tool Box

In addition to the Personal Menu Planner and Digital Guides, the Program offers online access to articles, recent studies, and recipes, all reflecting the most up-to-date information in the field of nutrition and health.

As a member of the Trim Down Club, you will also find a tool box for weight loss success, which includes:

- **My Journal**
  With this tool, you can keep log of everything you eat and how you feel with your new food choices.

  This tool can help you track your favorite foods and how they worked for you.

- **My Progress**
  Keep track of your progress and gain access to a host of "inspirational metrics" that will help keep you motivated until you reach your weight loss goals!

  Then, it will be the right place to continue tracking your progress and visually see how you maintain your weight over time.

- **Online Forum**
  Speak and interact with others as you all journey together towards attaining your respective weight loss goals. This is an invaluable source of support where you can ask questions and share successes and pitfalls, and on which you can count 24 hours a day, 365 days a year! Support really matters, and this forum will always be there for you.