

myMenu 

# Welcome back, John!

“If you can dream it,  
you can do it!”

- Walt Disney



myCommunity



myMeals



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# myMenu

**Sync with smart watch** 

**Edit** 

<b>First Name</b>	John Allen
<b>Last Name</b>	Smith
<b>Age</b>	32
<b>Gender</b>	Male >
<b>Height</b>	5' 9"
<b>Weight (in lb)</b>	203
<b>Allergies &amp; Dislikes</b>	Eggplant >
<b>Exercise/Activity</b>	Light >
<b>Goal</b>	Weight Loss
<b>Diet type</b>	No specific diet >
<b>Meals per Day</b>	4 Times/Day >



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## Monday

### Breakfast



Scrambled Eggs

### Lunch



Pumpkin soup

### Snack



Yogurt and Berries

### Dinner



Roasted chicken

## Tuesday



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## Pumpkin Soup with toasted croutons



Recipe ingredients

- 4 tablespoons olive oil, divided
- One 4-pound sugar pie pumpkin
- 1 large yellow onion, chopped



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## Why do you dislike this item?

Pumpkin Soup  
with toasted croutons

I don't like this meal category: Soup

Add additional comments.....

I don't like an ingredient.  
(Check all that apply)

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- One 4-pound sugar pie pumpkin
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## Monday

### Breakfast



Scrambled Eggs

### Lunch



Salmon with salad

### Snack



Yogurt and Berries

### Dinner



Roasted chicken

## Tuesday



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