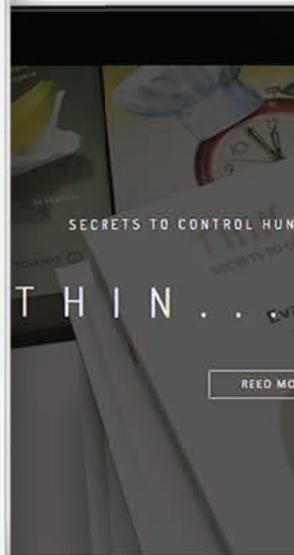




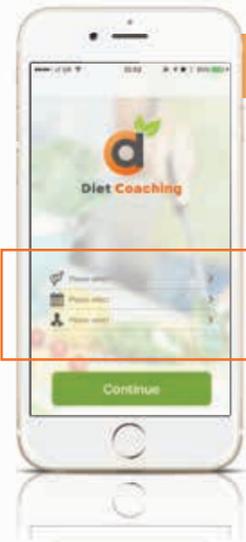
INSTRUCTIONS FOR THE
“DIET COACHING”
APPLICATION



Follow one by one the steps below in order to fully understand the capabilities of the application. As you move the steps forward, more and more tools will be revealed to you about the proper use and the better understanding of the application.

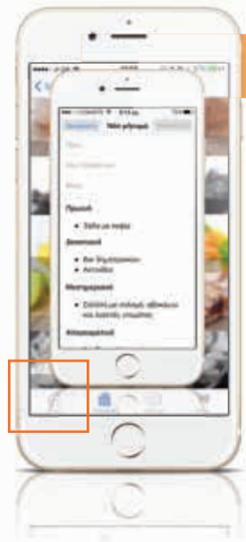
01

To begin using the application, fill in some personal information such as your height, weight, physical activity.



02

Then, press at the bottom of the screen the choice "Today" and the main menu will be opened to create your first daily diet menu. The background is black, but when each meal is correctly completed, it turns colorful.



03 E

As you select one by one the "foods-materials" from each different column, in order to fill your "3ad" according to your preferences, it is possible that the application will propose to you, below the blue bar with the "clock", certain "recipes - proposals", that are available based on the materials you selected. If you like, choose one of the suggested recipes, then press "Save". Then the question "Do you want to overwrite the following foods?" will appear on your screen (Meaning the ones you have already selected before). If you answer positive "Yes" the recipe you selected will appear on your screen. If you answer "No", you can continue based on your previous foods selections from the lists.



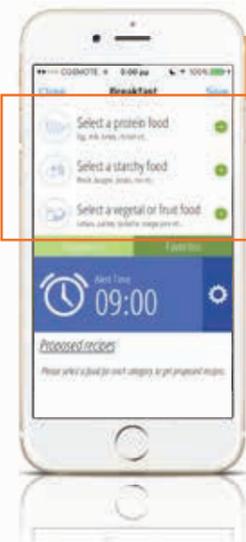
03 F

Once you fulfill your choices, press the word "Save" and you will automatically be redirected to the main menu, where the first bar "Breakfast" is now colored.



03 A

Click the option "Choose your breakfast" and a list of three options will open. By choosing the ingredients properly, you will have complete the first balanced meal of the day. The aim is to create the first 3ad of foods that is needed for a healthy and nutritious breakfast.



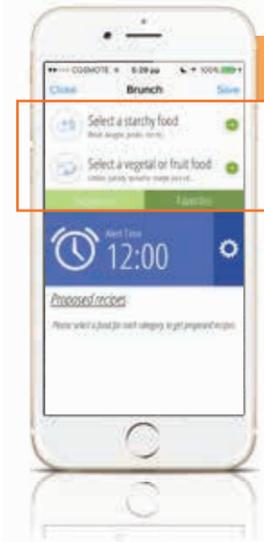
03 B

Click the option "Choose food with protein" and choose any food from the list that will be opened on your screen. You can also type in the search bar at the top of the screen, the food that you may have available, eg if you write the first letters of the word, it will display all available options.



04 A

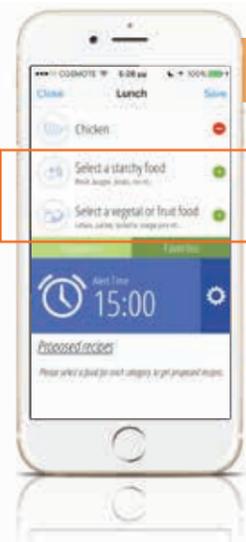
Click the next black bar "Choose your brunch." Here you need to create a "2ad" with a food selection from the "starch" option and a selection from the "fruits / vegetables" option, so that this small intermediate meal/snack keeps your energy at a satisfactory level until the next meal. You have to begin the process by selecting a "food" from the "food starch" option and a "food" from the "fruits / vegetables" option to create the first small intermediate meal/snack for your "brunch". The application is designed in a specific way to propose you every time food choices according to the Mediterranean diet principles.



Before proceeding to a food choice with the procedure described above, let's see a different tool...

03 C

Follow the same procedure to complete the two remaining options of the list with a choice for the "food starch" option and a choice for the "fruit / vegetables" option.



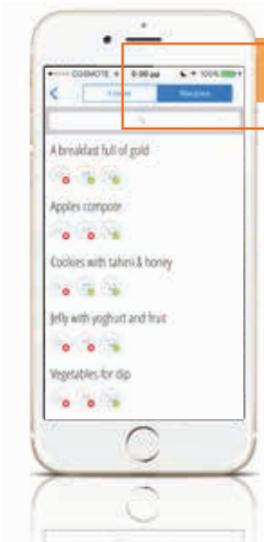
03 D

If any of the chosen options did not satisfy you, pressed the red icon and in the option "Removing Food" chose "Yes" and you can begin again the search for a new selection.



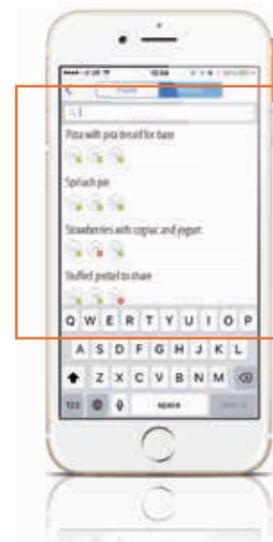
04 B

An alternative planning for your meal is provided to you by utilizing the possibility of selecting any of the stored recipes that are already installed with the app. For example, in the "food starch" option, next to the option "Food" select the option "Recipes".



04 C

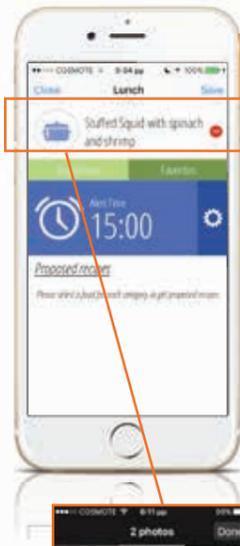
By selecting the option "Recipes", a list of suggestions and complete meal ideas for a comprehensive and tasty "brunch" will be displayed.





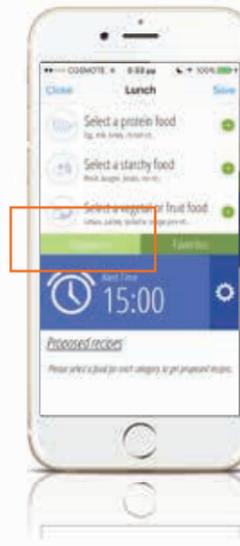
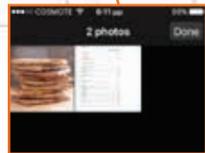
04 D

By choosing any of the proposals, the application either will ask you to continue with the addition of the missing food item to complete the "2ad", either you can complete with the recipe/proposal and after saving your choice the background of the "brunch" bar will be now colored.



04 E

If you have selected a recipe-proposal (in any of the five main meal bars), when you press again the colored "brunch" bar, at the top of the screen an image of a "cooking pot" is now appeared and scrolling down the screen you can read the execution of the recipe-proposal. By clicking the icon with the "camera", the image and the nutritional analysis of the recipe-proposal will appear.



05 C

Under the last option of 3ads of food, you can find the choice "Proposal" and by pressing it, your application makes a proposal for a complete meal. If you press store, the bar "Lunch" will be colored. Pressing once more, the bar opens a menu to see the execution of the recipe and at the end of the page, you will see the photo and the nutritional analysis of the recipe



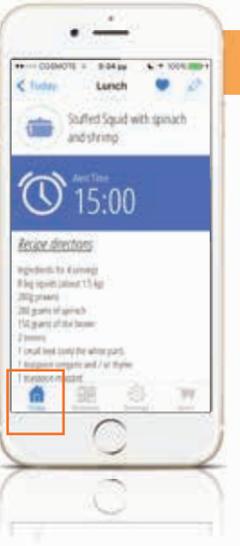
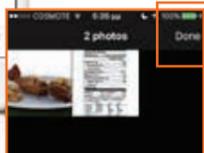
06 A

Complete the next two black bars for the afternoon snack and for the dinner in any way from those described above.



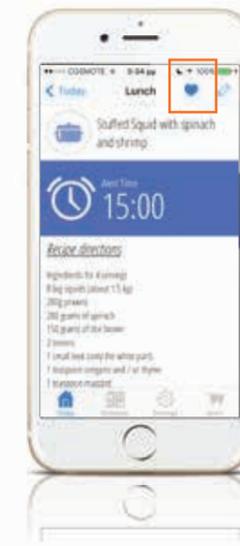
04 F

Clicking on each icon, the image will be magnified. To return to the previous menu, you have to press the «Done» choice at the right top of the screen.



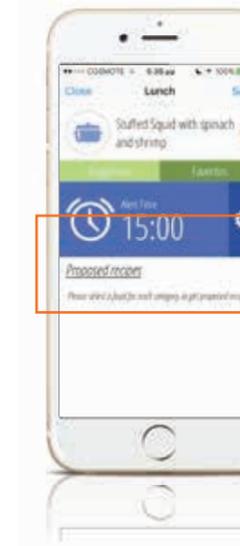
04 G

By choosing "Today", you return to the main menu to complete your daily schedule.



06 B

If would like any of the recipes chosen appear more often in your meals, at the right top of the screen describing the recipe, next to the figure of the "pencil" is the shape of a "heart". By pressing it, the recipe automatically will be available every time you press the symbol of the "heart" in a list of your favorite recipes - ideas.



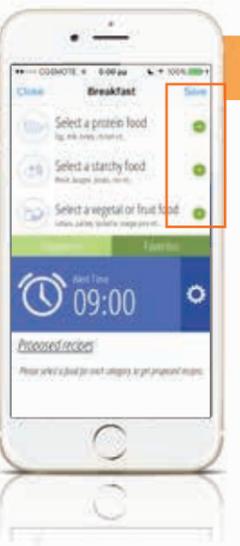
07 A

You can change the times of meals consumption by pressing the "pencil" icon and then clicking on the icon with the "gear" at the right from the stated time of the clock. In «rotator» that opens, you can adjust the desired time of consumption of this meal.



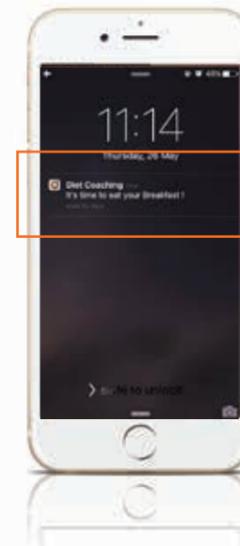
05 A

Press the next black bar "Choose your lunch" to choose a choice for each "food protein," "food starch" and "fruits / vegetables" options to create the lunch that is the main meal of your day.



05 B

You can follow the same procedure, as described for the previous bars or now you can see a new option available - which also applies to all the selection bars to create meals...

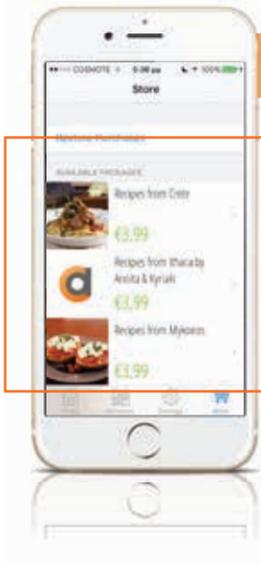


07 B

Having plan your meals, you will receive a reminder to eat your food on time eg if you plan your lunch at 3.00pm, at this time your phone will display a distinctive message "It is time to eat your lunch". You can always deactivate the reminder in the operations of your device settings.

08 A

If you wish to include with even more ideas, suggestions and recipes in your program, adding more variety in your meals, you can choose through the icon “stroller - shop” as many of the available packages you want. The team of dietitians and chefs of the “Diet Coaching” application will enrich the food choices very regularly with new ideas and impressive recipes proposals in packages that give each day a delicious flavor and color.



08 B

If not daily, quite regularly go to the settings by clicking on the base of your screen on the blue icon with the “gear” and choose “Check for Updates”, because all of us, who inspired and continues to inspire ideas for the application “Diet Coaching”, we are constantly making small additions that they may cannot be noticed by you, but we want the tastiest and the most nutritious result at the moment of creation or implementation of an idea or a recipe as well as to be as enjoyable as possible.



09

Completing the process of creating of your daily meals, as the bars of the meals become colored, you can send your diet to your dietitian. The way we do this is simply by clicking on the icon with the arrow at the right top of your screen. By pressing the choice, the ability to send an email will open to you immediately. Send your email after noting on the email: The recipient address of your therapist and the Subject: The name and the date of the diet you designed.



10

You can view an educational video on YouTube

You can also visit the site of www.diet-coaching.gr



HIT TO WATCH THE VIDEO

<https://goo.gl/EvNGLz>

If you have any questions about the operation of the “Diet Coaching” application, you can send an email with your concerns and your contact information to info@diet-coaching.gr or to the messenger of our page on Facebook: dietcoachingseries

On our Facebook page and you can upload your own ideas for healthy meals quickly and easily and to share with us and with our friends. It is our pleasure and honor to share the information in the application and with your friends through your personal page, allowing two comments for all of us who work daily to improve the health of others and our loved ones.

Now the proper diet will be daily in your hand.

*Yours sincerely,
for the group of Diet Coaching*

Evangelos Zoumpaneas



www.diet-coaching.gr
youtube: <https://goo.gl/Cwp1g3>
facebook: dietcoachingseries
email: info@diet-coaching.gr