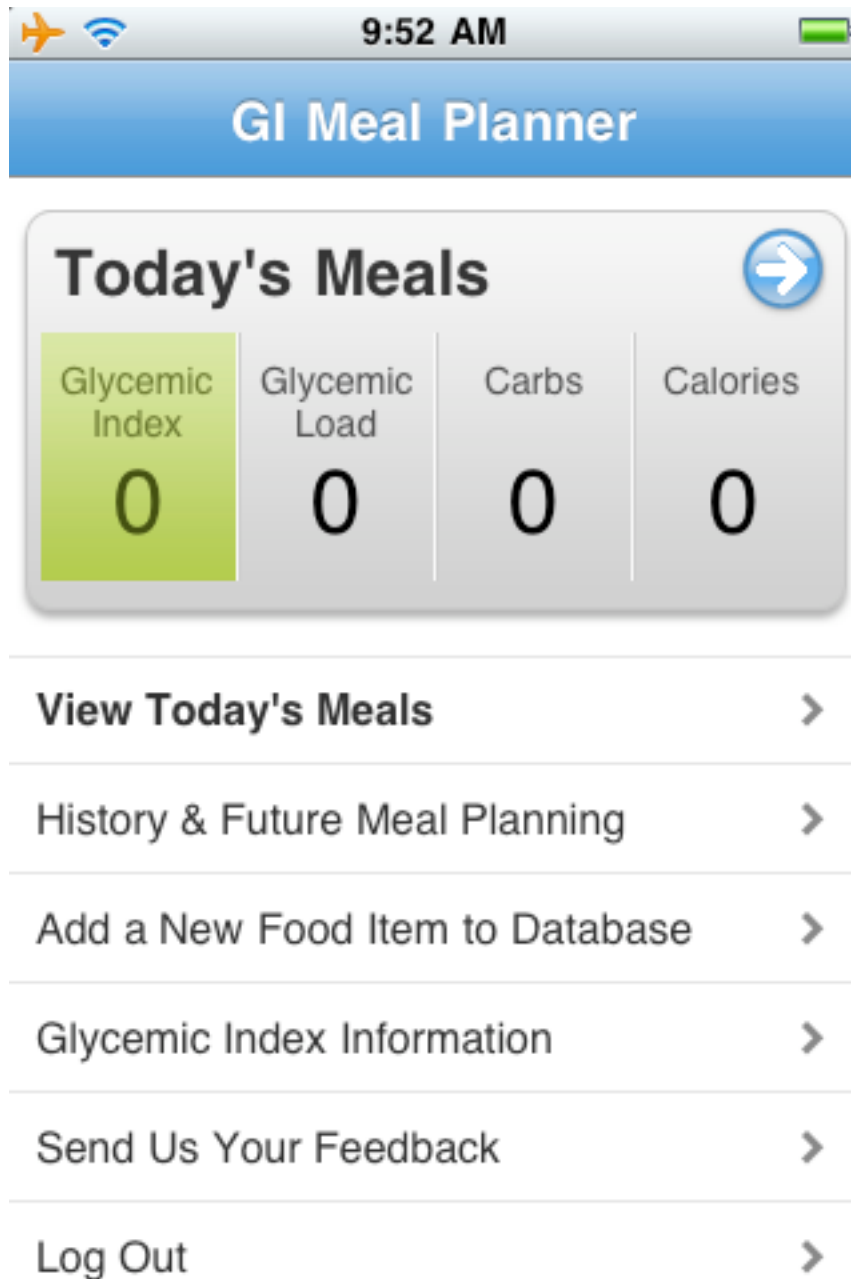


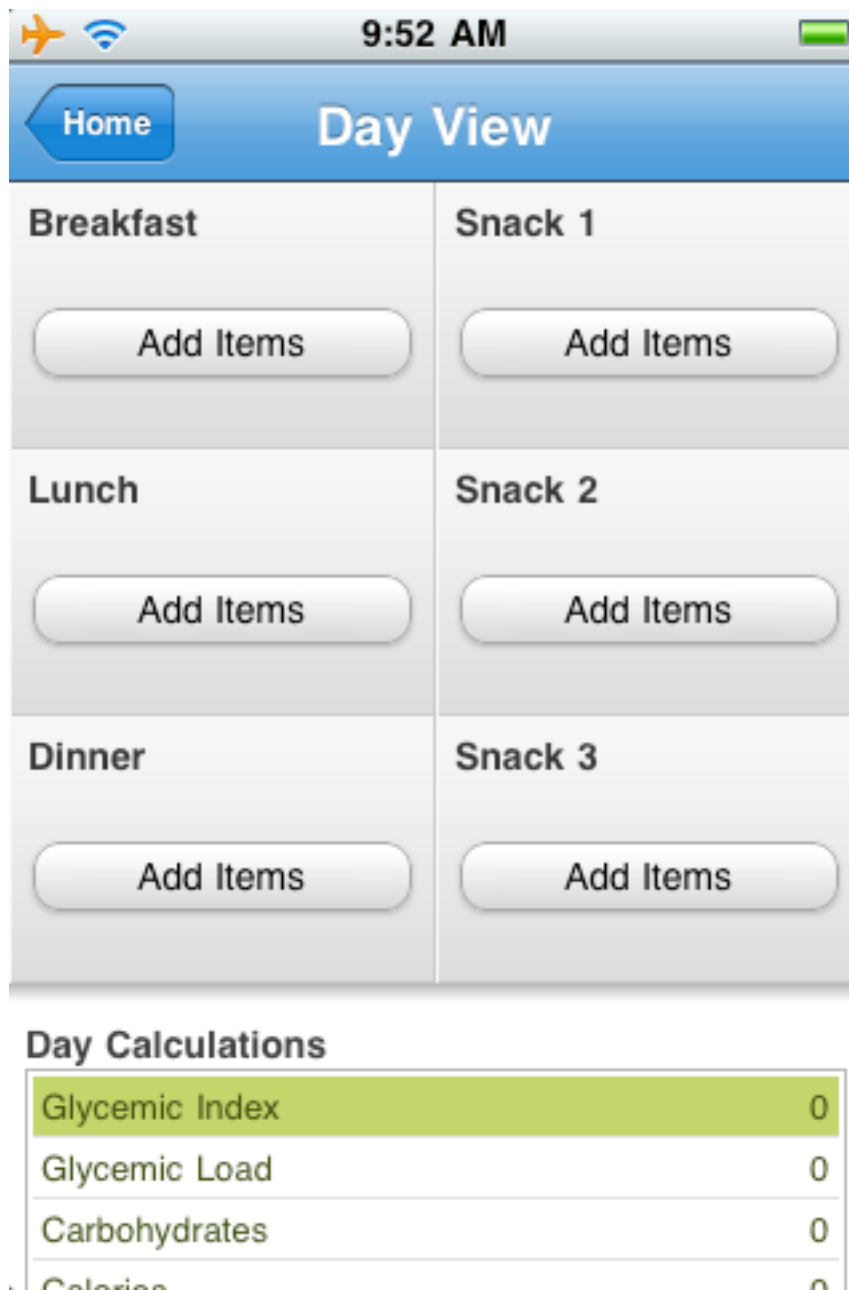
Glycemic Index Meal Planner Product Tour

The **Home** screen provides a summary of the day's meals and food calculations for the entire day. Click **View Today's Meals** to proceed.



Glycemic Index Meal Planner Product Tour

The **Day View** screen displays a summary of all meals for the day. It is built from a **Meal** screen for each meal. Click on Add Items for the meal you wish to build.



Glycemic Index Meal Planner Product Tour

The *Meal* screen is used to build the appropriate meal. Food Items for the meal are selected by either clicking Select Food, selecting a Favorite Meal, or selecting Search Foods to search the entire database for Food Items with the entered text.

Day Lunch

Select Food Favorite Meals Search Foods

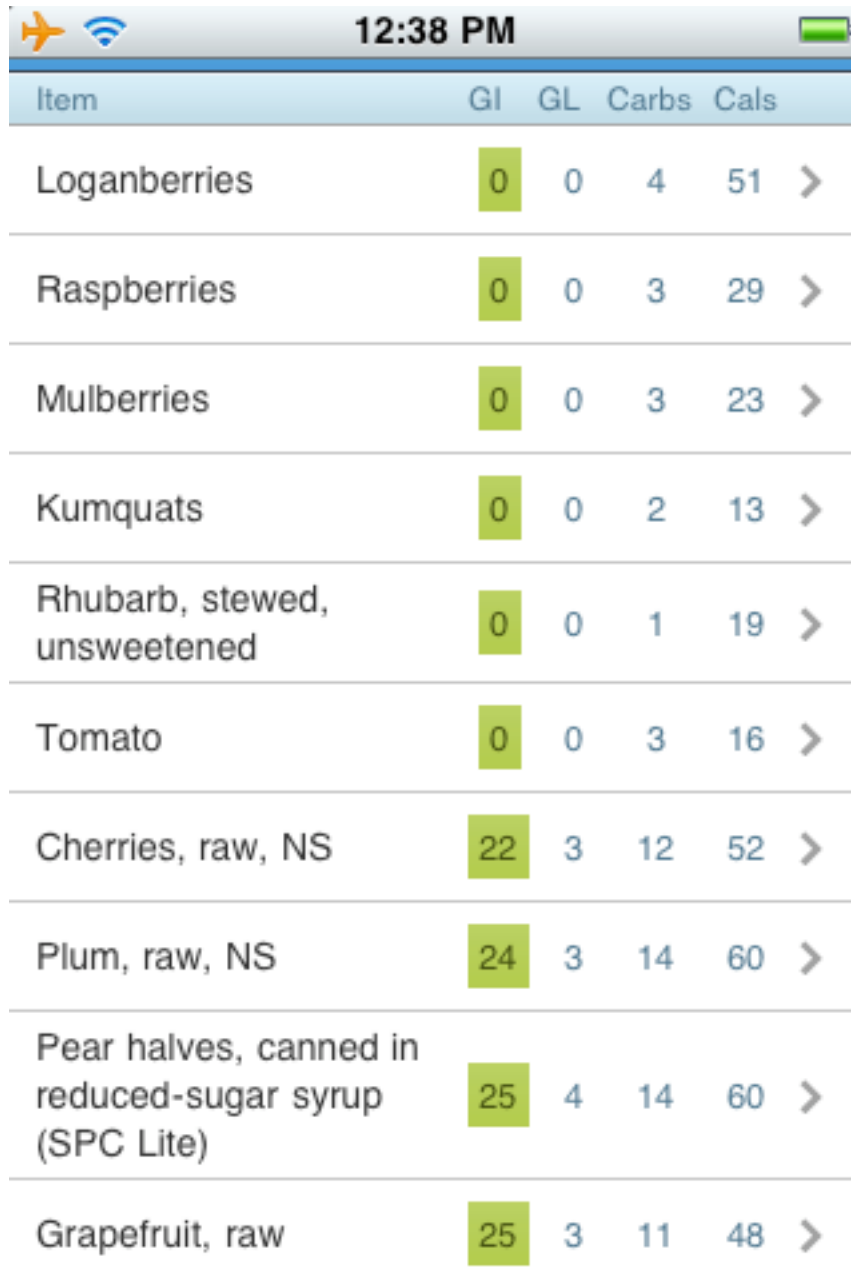
Item	GI	GL	Carbs	Cals
------	----	----	-------	------

Meal Calculations

Glycemic Index	0	
Glycemic Load	0	
Carbohydrates	0	
Calories	0	
Carbs: 0%	Fat: 0%	Protein: 0%
Fat	0	
Saturated Fat: 0%		
Protein	0	

Glycemic Index Meal Planner Product Tour

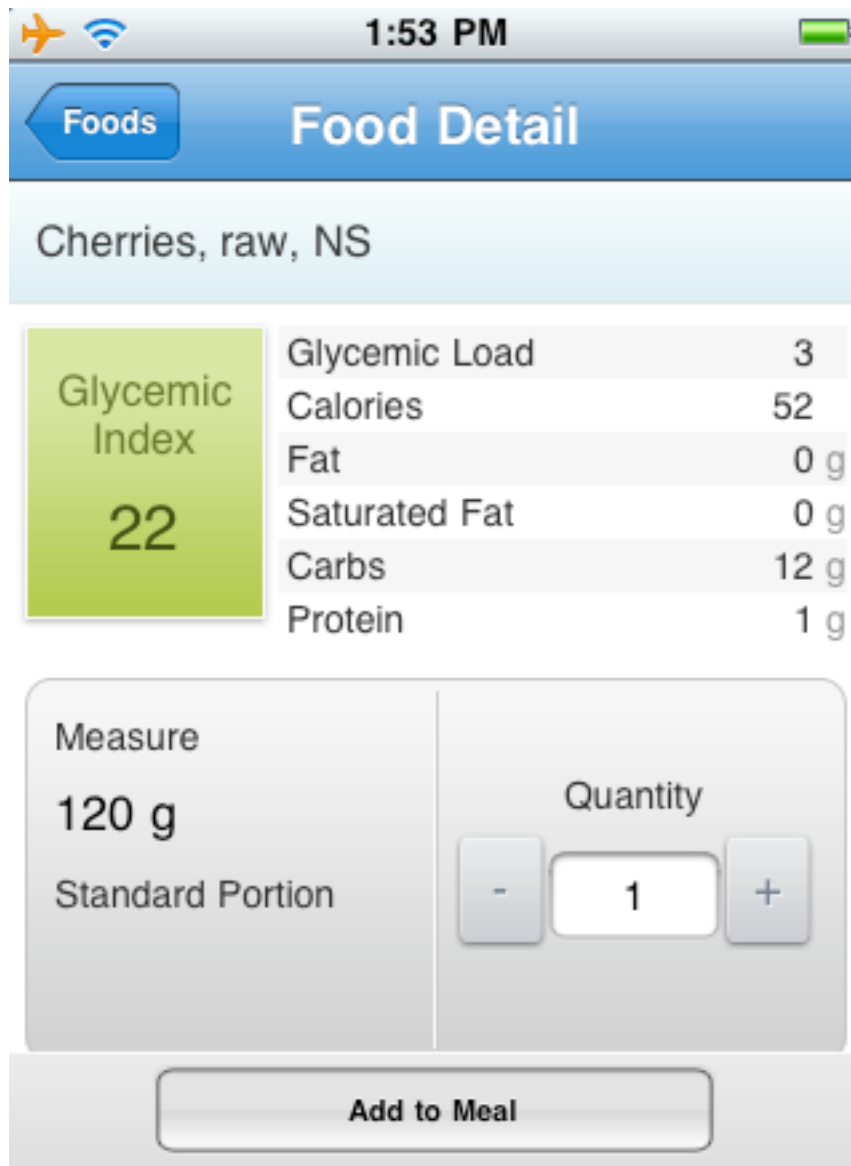
Select Food on the previous screen lists all of the Food Items in the selected Food Group such as “Fruit” as shown below. You then pick the Food Item you want, such as “Cherries, raw”.



Item	GI	GL	Carbs	Cals	
Loganberries	0	0	4	51	>
Raspberries	0	0	3	29	>
Mulberries	0	0	3	23	>
Kumquats	0	0	2	13	>
Rhubarb, stewed, unsweetened	0	0	1	19	>
Tomato	0	0	3	16	>
Cherries, raw, NS	22	3	12	52	>
Plum, raw, NS	24	3	14	60	>
Pear halves, canned in reduced-sugar syrup (SPC Lite)	25	4	14	60	>
Grapefruit, raw	25	3	11	48	>

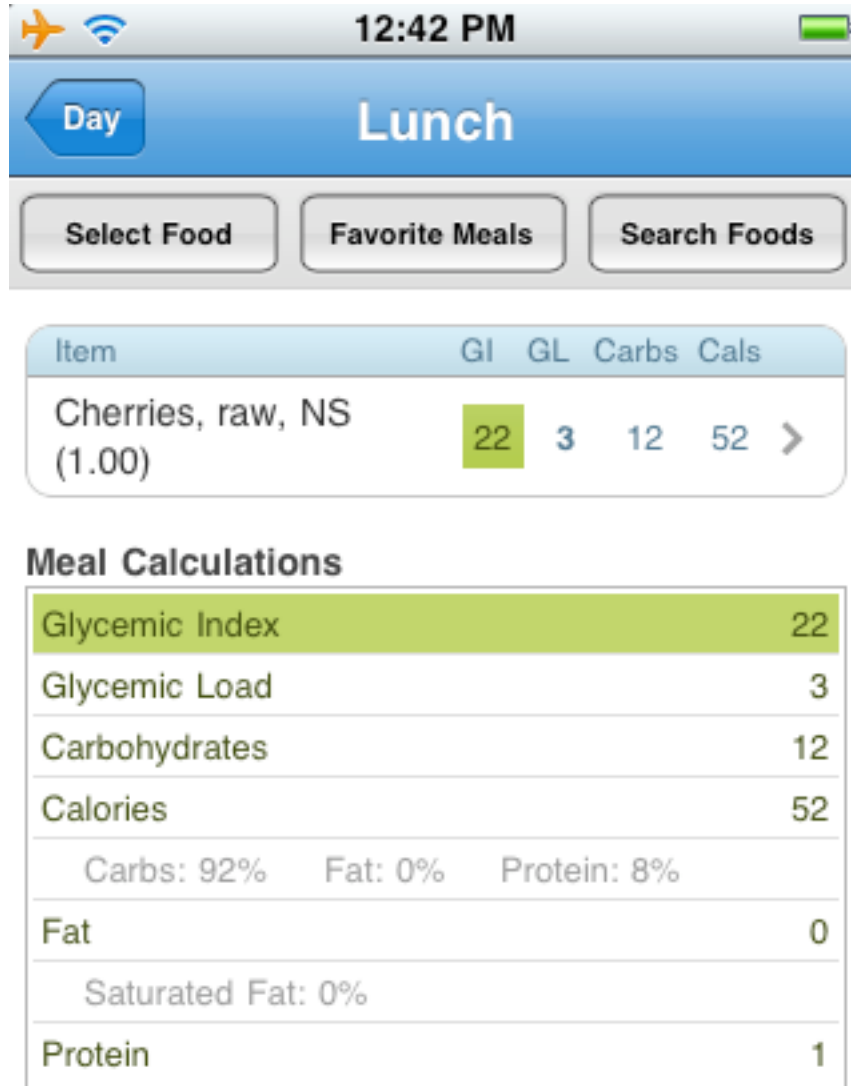
Glycemic Index Meal Planner Product Tour

The quantity of the selected Food Item is changed if you wish and the Item is added to the meal.



Glycemic Index Meal Planner Product Tour

The Food Item now has been added to the meal. More Items now can be added as before by Select Food in a Food Group or by Search Foods in all Food Groups.



The screenshot shows the app interface for a meal named "Lunch". At the top, there is a status bar with an airplane mode icon, a Wi-Fi signal icon, the time "12:42 PM", and a battery level indicator. Below the status bar is a blue header with a "Day" button on the left and the word "Lunch" in the center. Underneath the header are three buttons: "Select Food", "Favorite Meals", and "Search Foods".

The main content area displays a table of items. The table has columns for "Item", "GI", "GL", "Carbs", and "Cals". One item is listed: "Cherries, raw, NS (1.00)" with a GI of 22, GL of 3, Carbs of 12, and Cals of 52. A right-pointing arrow is visible at the end of the row.

Below the item list is a section titled "Meal Calculations" which contains a table with the following data:

Calculation	Value
Glycemic Index	22
Glycemic Load	3
Carbohydrates	12
Calories	52
Carbs: 92% Fat: 0% Protein: 8%	
Fat	0
Saturated Fat: 0%	
Protein	1

Glycemic Index Meal Planner Product Tour

Now, we will Search Foods in all Food Groups for “Beef” and select the “Nutrisystem, Beef Stroganoff” Food Item and add it to the meal.



Item	GI	GL	Carbs	Cals	
Cherries, raw, NS (1.00)	22	3	12	52	>
NutriSystem, Beef Stroganoff with noodles (1.00)	41	0	22	270	>

Meal Calculations

Glycemic Index	34	
Glycemic Load	3	
Carbohydrates	34	
Calories	322	
Carbs: 42%	Fat: 25%	Protein: 14%
Fat	9	
Saturated Fat: 56%		
Protein	11	

Glycemic Index Meal Planner Product Tour

And, this is what the *Day View* looks like now.

Home Day View

Breakfast Add Items

Snack 1 Add Items

Lunch >

Glycemic Index 24	GL	Carbs	Cals
	3	27	232
	Fat	S. Fat	Prot
	5g	2g	11g

Snack 2 Add Items

Dinner Add Items

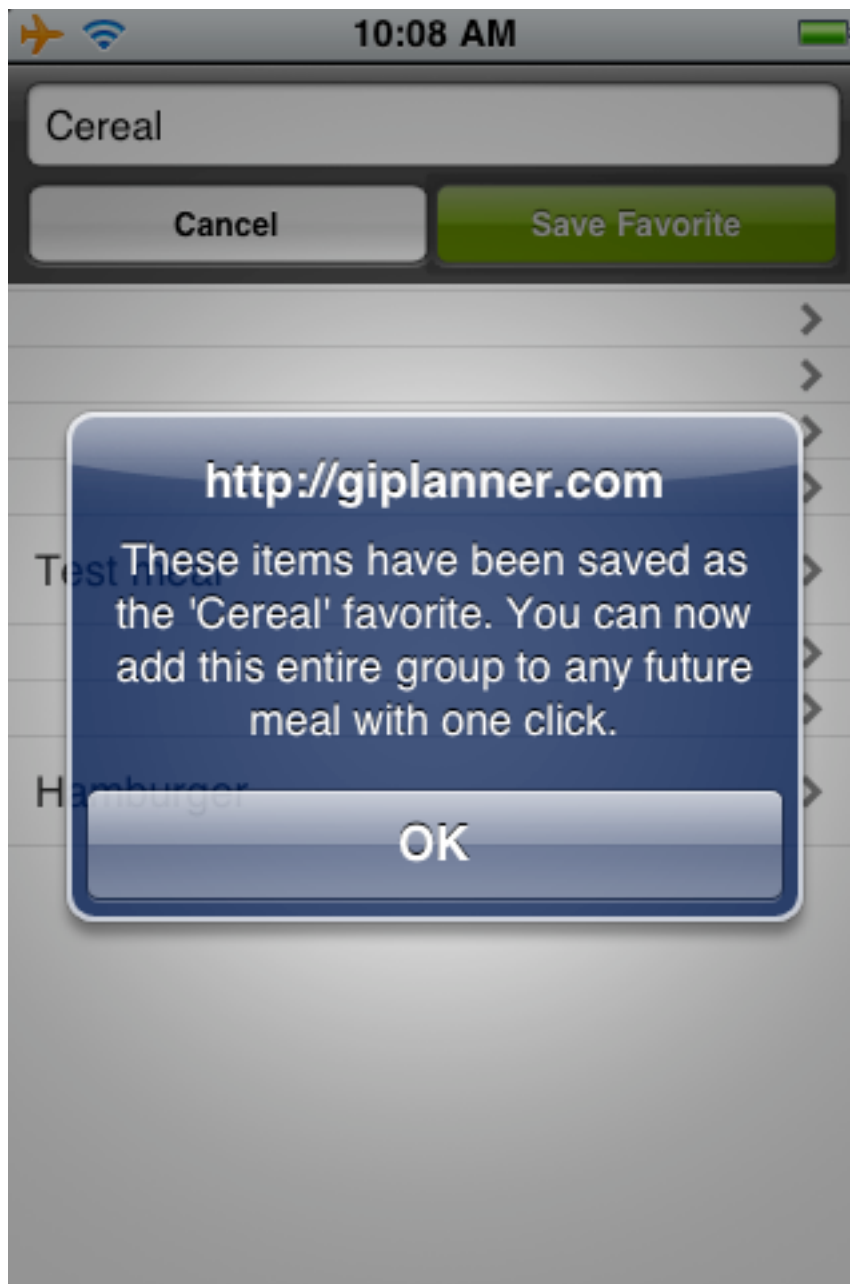
Snack 3 Add Items

Day Calculations

Glycemic Index	24
Glycemic Load	3
Carbohydrates	27
Calories	232

Glycemic Index Meal Planner Product Tour

Now, you can add the entire meal you are working on to your *Favorite Meals* as shown.



Glycemic Index Meal Planner Product Tour

Now, back to the *Home* page with your existing day's meals summarized.

