



Useful Nutrition Apps for Your Smart Phone

Meal Delivery (Not an App, but Meal Delivery options)

- Home Chef
- Hello Fresh
- Factor
- Sun Basket
- Most have 2 person plans, family plans, vegetarian, or plant-based options. I use their menus and make them myself. Many have start-up discounts to lure you in.

Apps for menu planning:

- Mealtime
- Paprika
- Yummly
- Platejoy
- Eat This Much
- Prep Dish (for batch cooking)

These apps provide menus, recipes, and useful information:

- Anti-inflammatory Factor – useful at the grocery store
- Mind Diet Plan
- Mediterranean Diet and Meal Planner