



MealLogger



Introducing the best software tool for Nutrition Coaching

MealLogger is a website that enables a professional to offer individualized nutrition coaching to large numbers of clients in a cost-effective way. MealLogger makes it easy for your clients to record their eating habits in pictures. No time-consuming hand-written food records or inaccurate food recalls. Your clients create a visual meal journal based on photos of their own foods. The MealLogger website allows you to review what your clients are eating and to deliver advice on ways to modify their habits so that they can reach their goals.

How does MealLogger work?

The MealLogger website creates a private, one-on-one connection between you and your client using a visual meal journal. Using free mobile phone software or a digital camera, your clients take pictures of what they eat and send the photos to their online MealLogger account. The nutrition professional has access to view and comment on their clients' meals.



As easy-to-use as email or social networking, the software is simple, intuitive and convenient to use for both the client and the professional.

Spend less time analyzing and more time guiding and encouraging your clients to better outcomes. Build successful, sustained and profitable client relationships beyond the confines of the office visit.

MealLogger Features

- No setup fees or start-up costs
- Collect your clients' activities via the web, free mobile phone software, email or digital camera
- Review your clients' meals and activity online, using your MealLogger account
- Create articles, instructions, attach documents and videos, and post online to your client's private account
- Send messages to your clients to motivate them or to help them get back to a routine

Sign-up Today!

Once you have an account on the www.meallogger.com website, you will be able to invite your clients to use MealLogger as part of your nutrition counseling services.

Clients can download the MealLogger mobile phone apps for free from popular sites like the iTunes App Store, Android Market and BlackBerry App World. Download instructions are available at www.meallogger.com.

MealLogger has no start-up costs. Trial subscriptions are available: contact us to get an account today!

“MealLogger enables the dietitian to see what the client is really eating. For the client, it is like having a nutrition coach with you at each meal. This tool will change how private practice and corporate dietitians provide nutrition services and enhance their effectiveness.”

— Denice Ferko-Adams, MPH, RD, LDN; Wellness Press, President