



QUICK CARD

Meal of the Day

How it works – one page

Meal of the Day gives you a complete, professionally written meal plan every day.

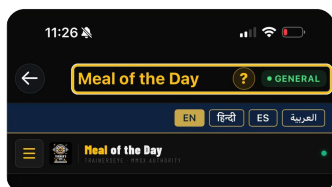
TrainersEye app → Dashboard → Meal of the Day - General plan

GETTING STARTED

YOUR PLAN

PRINT AND SHARE

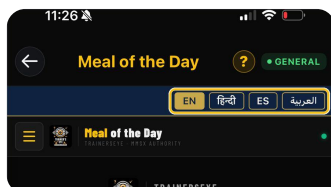
MORE



1

Open the tool

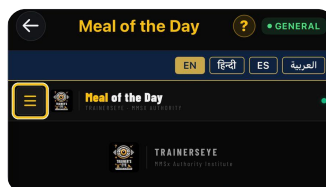
From the Dashboard, tap Meal of the Day. It is part of the General plan, so every subscriber can use it.



2

Choose your language

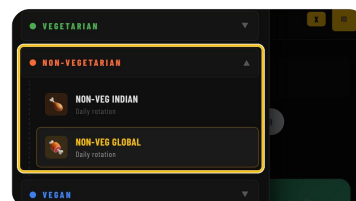
In the bar under the title, pick English, Hindi, Spanish or Arabic.



3

Open the menu

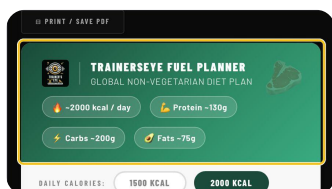
Tap the menu button on the left to open the list of groups.



4

Pick a group and a plan

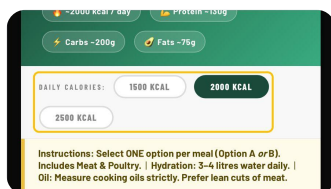
Tap a group to expand it, then choose a plan inside – for example Non-Vegetarian, then Non-Veg Global.



5

Read the plan header

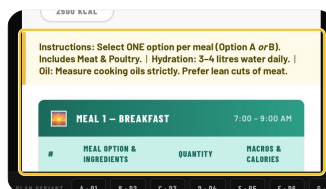
The green header names the plan and shows the day's targets: calories, protein, carbohydrate and fat.



6

Choose the calorie tier

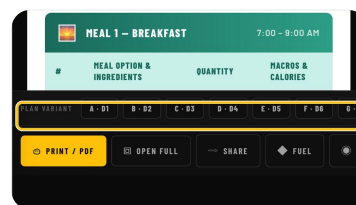
Tap 1500, 2000 or 2500 kcal. Every quantity and macro in the plan changes to match.



7

Follow the instructions and the meals

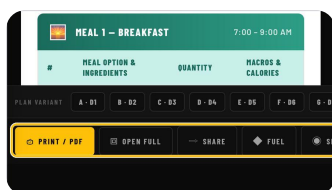
Read the instruction line – one option per meal, hydration and oil rules – then work through the four meals.



8

Plan variants

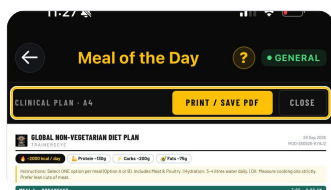
The variant bar at the bottom – A-D1 to G-D7 – holds the plan's daily versions. Tap one to see another day's meals.



9

Print, open full, share

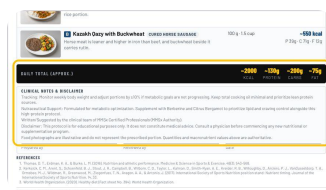
The action bar gives you Print / PDF, Open Full for a full-screen view, Share, and quick links to related tools.



10

The clinical A4 plan

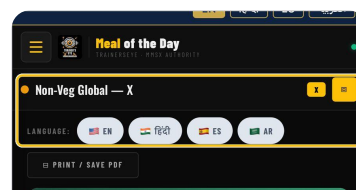
Tap Print / PDF to open the Clinical Plan preview – an A4 document for the calorie tier you chose.



11

Read the clinical document

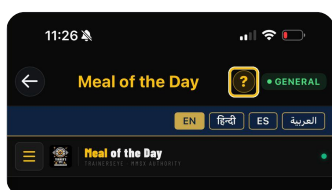
Each meal shows Option A and Option B with a photo, dish, quantity, calories and macros; the daily total follows, then the clinical notes, disclaimer, signature lines and references.



12

Plan language and close

Inside a plan, the language pills switch that plan's text on their own.



13

Get help any time

Tap the question mark at the top whenever you need help.



You're ready

That's it. Open Meal of the Day and pick today's plan.

ON THE DOCUMENT

PLAN TITLE, DATE AND SERIAL · DAILY TARGETS · INSTRUCTIONS · MEAL BLOCK · OPTION A AND OPTION B · DAILY TOTAL · CLINICAL NOTES AND DISCLAIMER · SIGNATURES · REFERENCES · SERIAL AND VERIFY LINK