

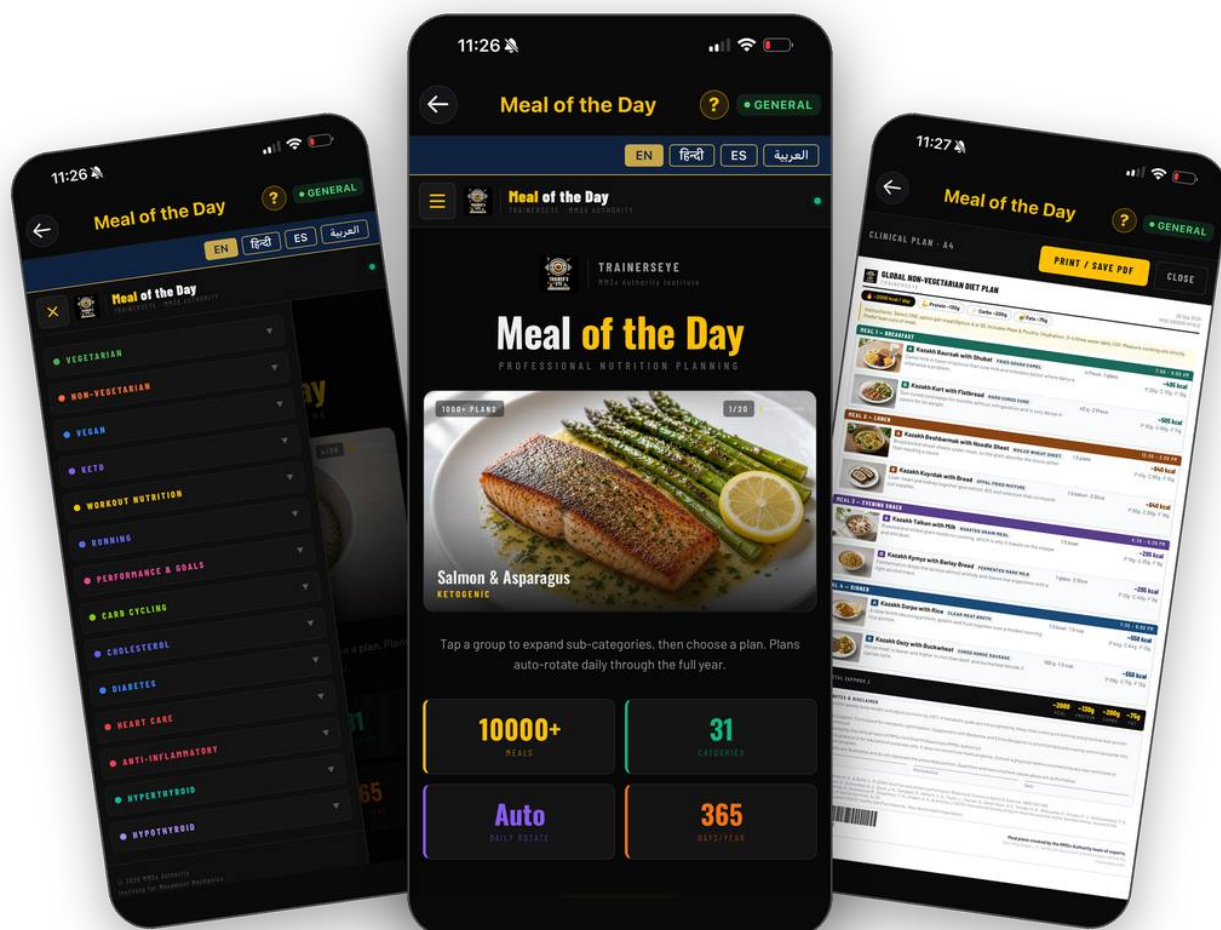


USER GUIDE

Meal of the Day

A professional meal plan for every goal, every day.

How to use the tool, step by step – in the TrainersEye app



What is Meal of the Day?

Meal of the Day gives you a complete, professionally written meal plan every day. Choose a group — vegetarian, non-vegetarian, vegan, keto, workout nutrition, running, performance, carb cycling, or a clinical focus such as cholesterol, diabetes, heart care, anti-inflammatory or thyroid — then a plan inside it. Every plan comes at three calorie tiers, in four languages, with two options for each of four meals, and prints as a clinical A4 document with photos, macros, notes and references. Plans rotate daily through the whole year.

A plan for every goal

Groups from everyday vegetarian and non-vegetarian eating to sport, performance and clinical focus, each with its own plans.

Rotates every day

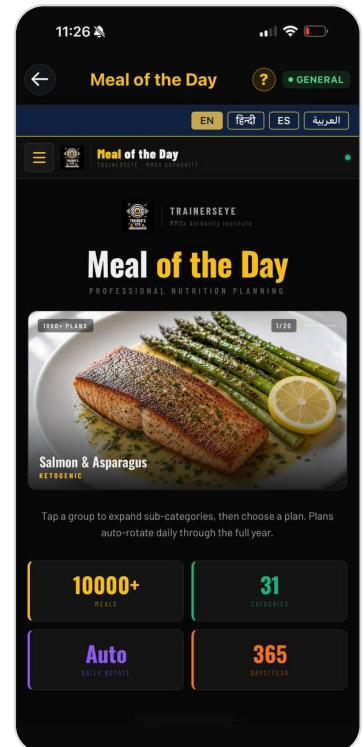
Plans auto-rotate daily through the full year, so tomorrow's meals are never today's.

Three tiers, four languages

Every plan at 1500, 2000 and 2500 kcal, in English, Hindi, Spanish and Arabic.

A clinical A4 document

Print or save any plan as a clinical document with photos, macros, daily totals, notes, references and a serial number.



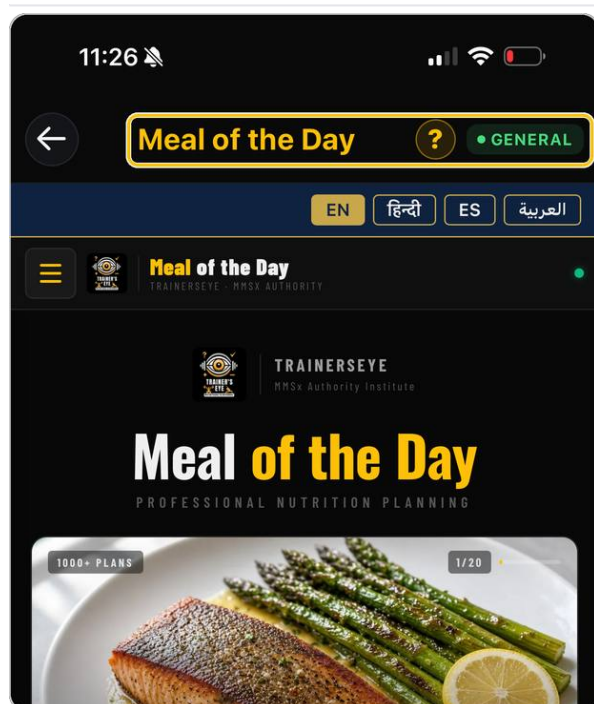
Where to find it

Open the TrainersEye app, go to the Dashboard and tap Meal of the Day. It is part of the General plan, so every subscriber can use it.



This guide in thirteen steps

- 1 Open the tool
- 2 Choose your language
- 3 Open the menu
- 4 Pick a group and a plan
- 5 Read the plan header
- 6 Choose the calorie tier
- 7 Follow the instructions and the meals
- 8 Plan variants
- 9 Print, open full, share
- 10 The clinical A4 plan
- 11 Read the clinical document
- 12 Plan language and close
- 13 Get help any time



PART 1 - GETTING STARTED

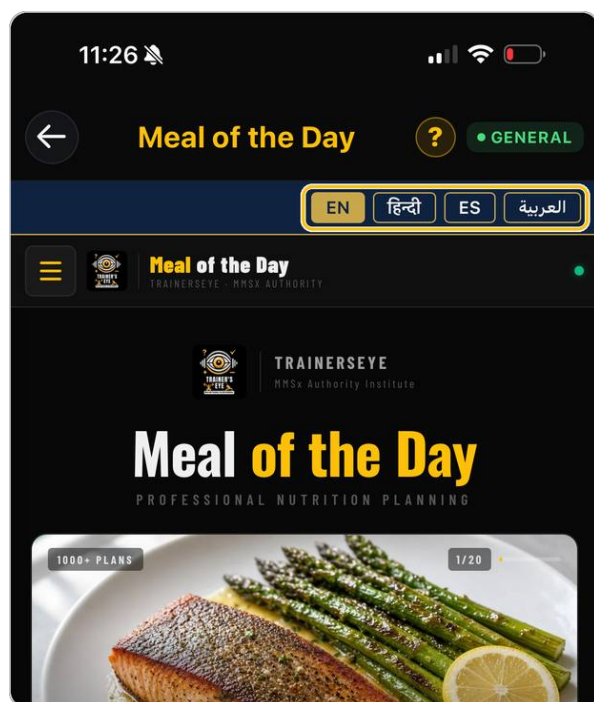
STEP 1

Open the tool

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

TIP

Your plan level shows beside the title, so you always know what is included.



PART 1 - GETTING STARTED

STEP 2

Choose your language

In the bar under the title, pick English, Hindi, Spanish or Arabic. The menu, the plans and the printed document all switch.

TIP

Each open plan also carries its own language pills, so you can hand a client a plan in their language without changing yours.



PART 1 - GETTING STARTED

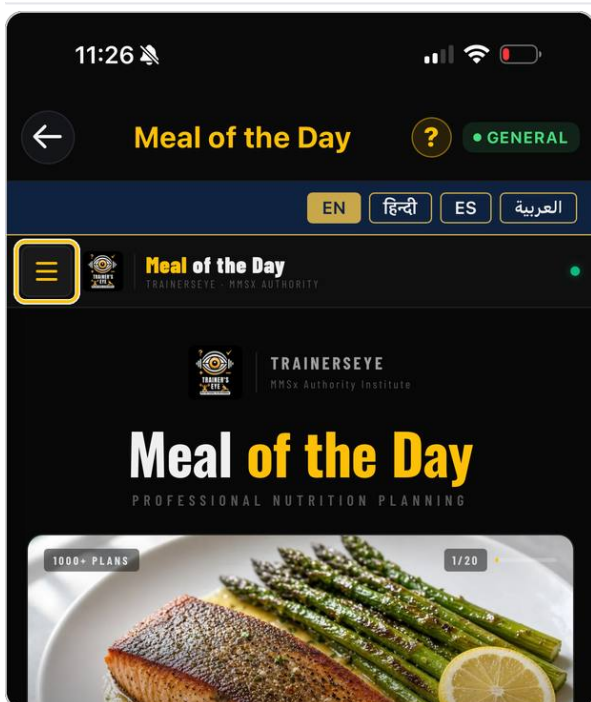
STEP **3**

Open the menu

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

TIP

The same button closes the list again.



PART 1 - GETTING STARTED

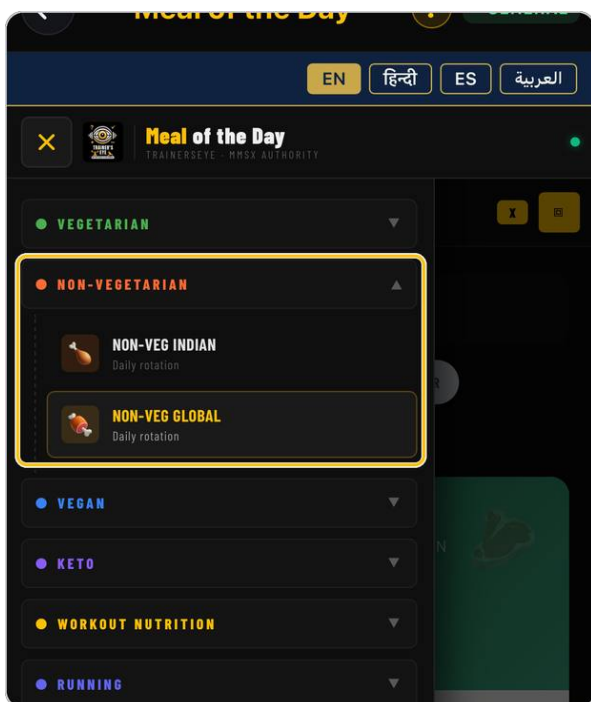
STEP **4**

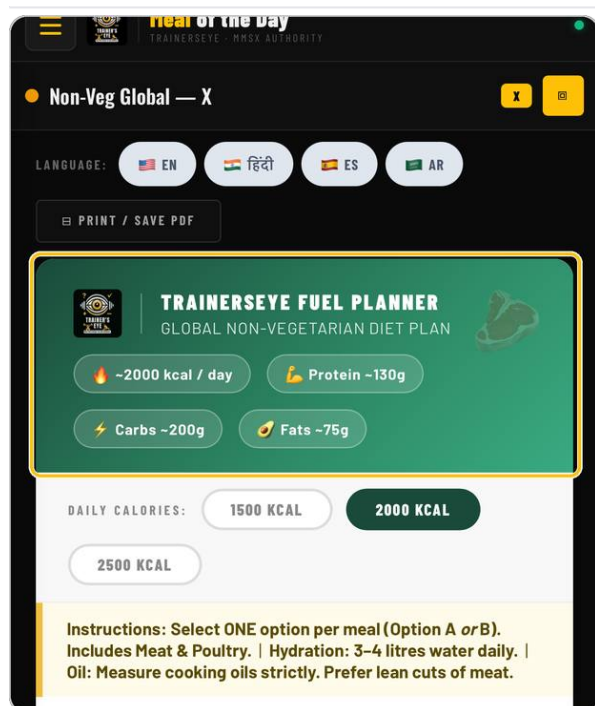
Pick a group and a plan

Tap a group to expand it, then choose a plan inside – for example Non-Vegetarian, then Non-Veg Global. Every plan is on daily rotation: a fresh day's meals load each time.

TIP

Not sure? Start with the everyday groups at the top; the clinical groups lower down are for specific goals.





PART 2 · YOUR PLAN

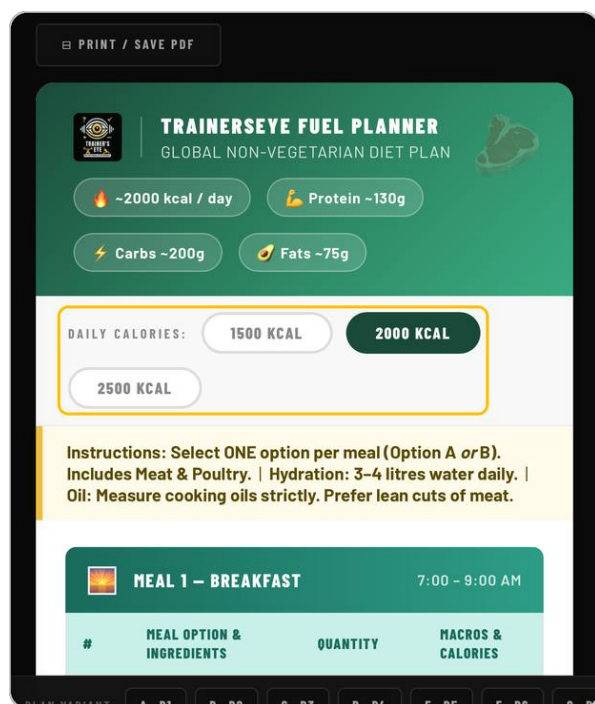
STEP 5

Read the plan header

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

TIP

The four figures are the day's totals — the meals below add up to them.



PART 2 · YOUR PLAN

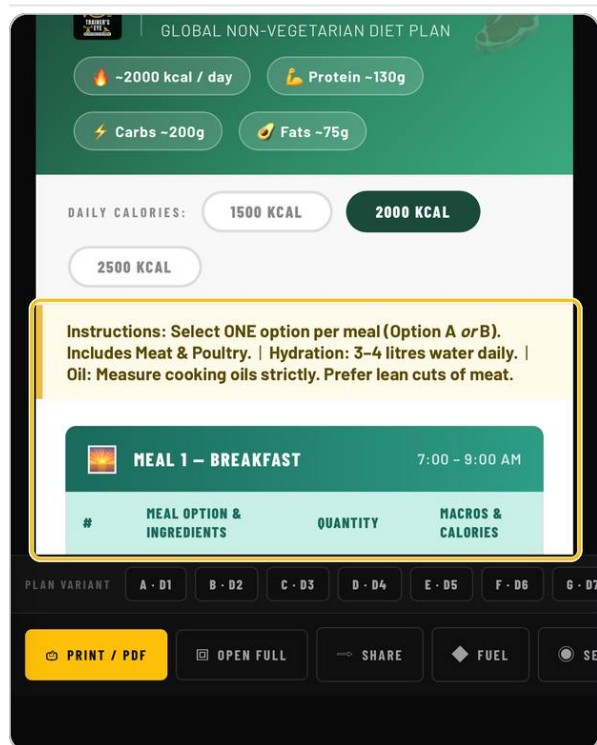
STEP 6

Choose the calorie tier

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

TIP

2000 kcal suits most active adults; move down for fat loss, up for hard training or larger bodies — your coach can advise.



PART 2 · YOUR PLAN

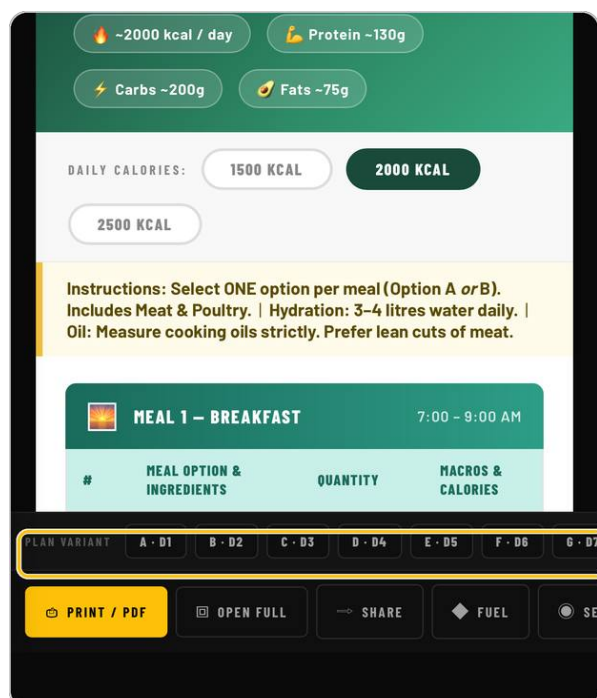
STEP 7

Follow the instructions and the meals

Read the instruction line — one option per meal, hydration and oil rules — then work through the four meals. Each meal has an Option A and an Option B with ingredients, quantity, macros and calories; pick one.

TIP

Options A and B are matched for calories, so swapping between them keeps the day on target.



PART 2 · YOUR PLAN

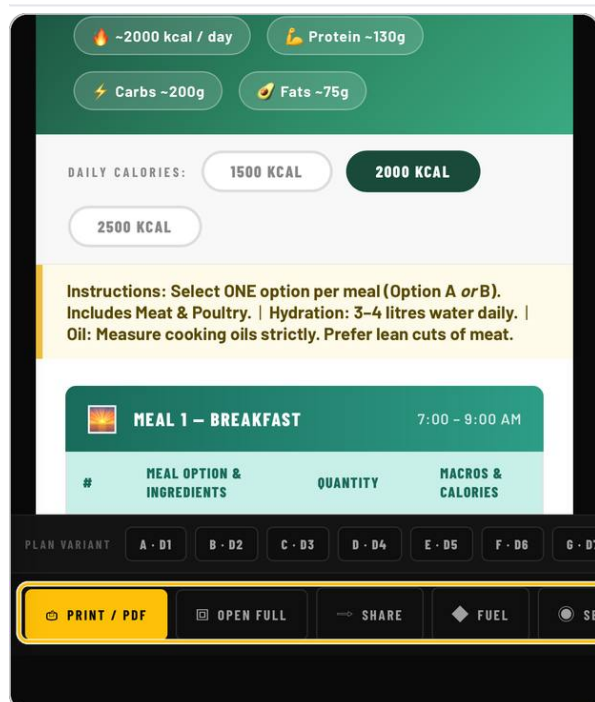
STEP 8

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.

TIP

Tomorrow's version loads on its own; the bar is there when you want to look ahead or back.



PART 3 · PRINT AND SHARE

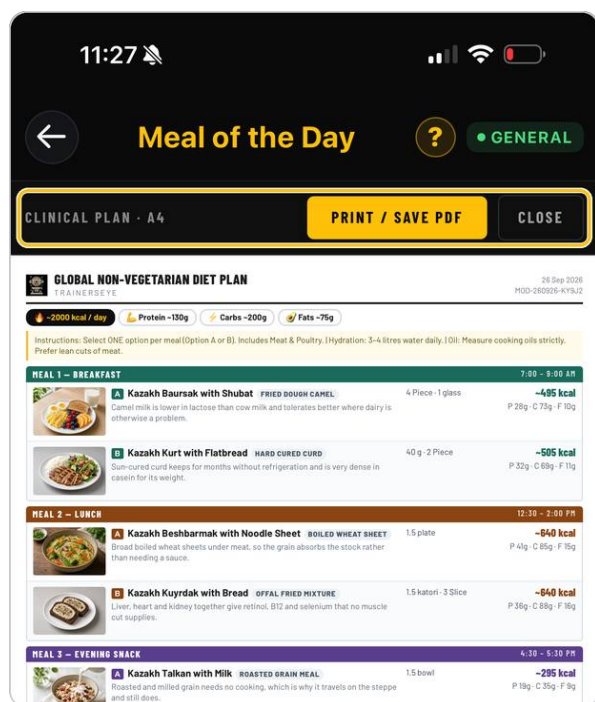
STEP 9

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.

TIP

Open Full is the easiest way to read a plan on a phone; pinch to zoom on the meal tables.



PART 3 · PRINT AND SHARE

STEP 10

The clinical A4 plan

Tap Print / PDF to open the Clinical Plan preview – an A4 document for the calorie tier you chose. Print / Save PDF sends it to paper or a file; Close returns you to the plan.

TIP

The document carries a serial number and a verify link, so a client can confirm it came from TrainersEye.



PART 3 · PRINT AND SHARE

STEP 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.

TIP

Food photographs are illustrative — the quantities and macros on the page are what counts.

Liver, heart and kidney together give retinol, B12 and selenium that no muscle cut supplies. P 36g · C 88g · F 18g

MEAL 3 — EVENING SNACK 4:30 - 5:30 PM

A Kazakh Talkan with Milk ROASTED GRAIN MEAL 1.5 bowl **~295 kcal**
Roasted and milled grain needs no cooking, which is why it travels on the steppe and still does. P 19g · C 35g · F 8g

B Kazakh Kymyz with Barley Bread FERMENTED HARE MILK 1 glass · 2 Slice **~295 kcal**
Fermentation drops the lactose almost entirely and leaves live organisms with a light alcohol trace. P 13g · C 40g · F 8g

MEAL 4 — DINNER 7:30 - 9:00 PM

A Kazakh Sorpa with Rice CLEAR HEAT BROTH 1.5 bowl · 1.5 cup **~550 kcal**
A clear broth returning protein, gelatin and fluid together over a modest evening rice portion. P 44g · C 64g · F 13g

B Kazakh Qazy with Buckwheat CURED HORSE SAUSAGE 100 g · 1.5 cup **~550 kcal**
Horse meat is leaner and higher in iron than beef, and buckwheat beside it carries rutin. P 38g · C 71g · F 12g

DAILY TOTAL (APPROX.) **~2000** **~130g** **~200g** **~75g**
KCAL PROTEIN CARBS FAT

CLINICAL NOTES & DISCLAIMER
Tracking: Monitor weekly body weight and adjust portions by ±10% if metabolic goals are not progressing. Keep total cooking oil minimal and prioritize lean protein sources.
Nutritional Support: Formulated for metabolic optimization. Supplement with Berberine and Citrus Bergamot to prioritize lipid and craving control alongside this high-protein protocol.
Written/Suggested by the clinical team of MMSx Certified Professionals (MMSx Authority).
Disclaimer: This protocol is for educational purposes only. It does not constitute medical advice. Consult a physician before commencing any new nutritional or supplementation program.
Food photographs are illustrative and do not represent the prescribed portion. Quantities and macronutrient values above are authoritative.

Frequency: Reference: Date:

REFERENCES
1. Thomas, S. T., Erdman, K. A., & Burke, L. M. (2016). Nutrition and athletic performance. *Medicine & Science in Sports & Exercise*, 48(2), 543-568.
2. Kerkvick, C. M., Krent, S., Schoenfeld, D. J., Stout, J. R., Campbell, B., Wilborn, C. D., Taylor, L., Kahman, D., Smith-Ryan, A. E., Kreider, R. B., Willoughby, D., Aronow, P. J., VanDusseldorp, T. A., Bredlau, M. J., Wilmore, B., Greenwood, M., Ziegenfuss, T. N., Kropff, A. A., & Kalman, D. (2015). International Society of Sports Nutrition position stand: Nutrient timing. *Journal of the International Society of Sports Nutrition*, 12, 32.
3. World Health Organization. (2015). *Healthy Diet Fact sheet* No. 304. World Health Organization.

Meal plans created by the MMSx Authority team of experts.
Non-Veg Global — X verify this document at trainerseye.com/verify

PART 4 · MORE

STEP 12

Plan language and close

Inside a plan, the language pills switch that plan's text on their own. X closes the plan; the square icon opens it full screen.

TIP

Print the same plan in two languages for a bilingual household.

11:27

Meal of the Day ? GENERAL

EN हिन्दी ES العربية

Meal of the Day TRAINERSEYE · MMSx AUTHORITY

● Non-Veg Global — X

LANGUAGE: EN हिन्दी ES AR

PRINT / SAVE PDF

TRAINERSEYE FUEL PLANNER
GLOBAL NON-VEGETARIAN DIET PLAN

~2000 kcal / day Protein ~130g

Carbs ~200g Fats ~75g



PART 4 · MORE

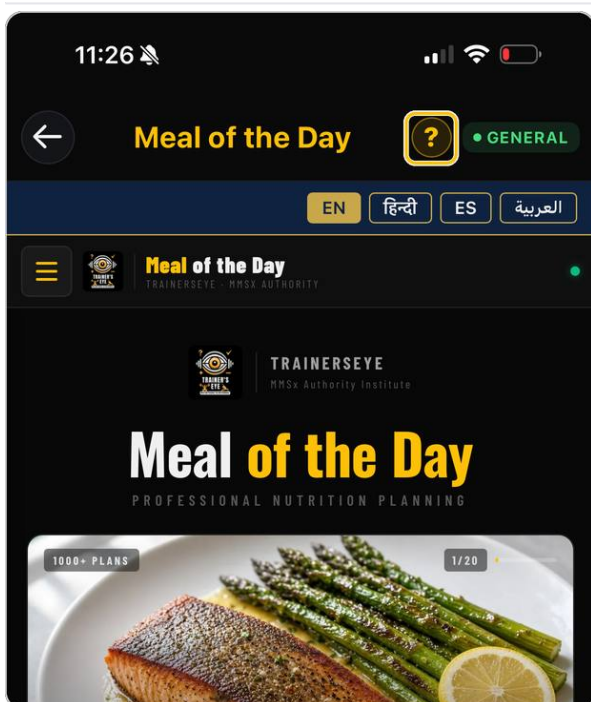
STEP **13**

Get help any time

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

TIP

The question mark works on every screen of the tool.



You're ready

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



Move with **Precision.** Live with **Confidence.**

MEAL OF THE DAY IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

Meal plans created by the MMSx Authority team of experts · Backed by MMSx Authority Institute

Meal plans are educational and do not replace medical advice. Consult a physician before starting any new nutritional or supplementation programme.