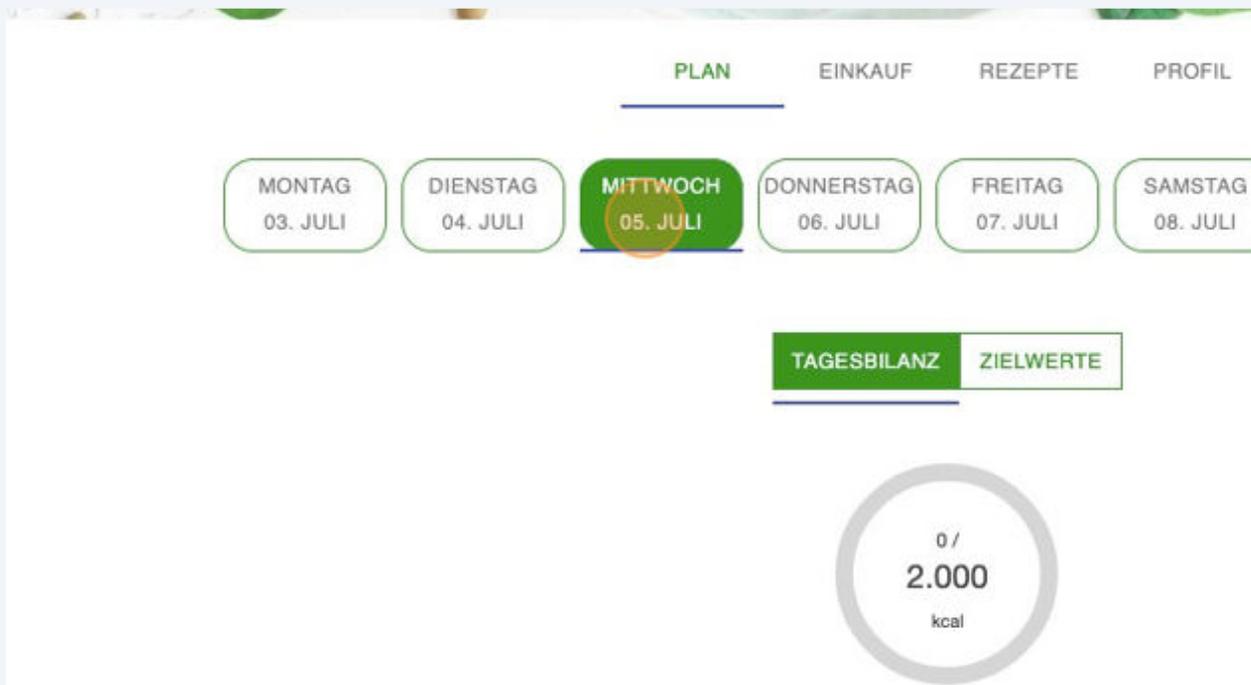


Ernährungsplan erstellen und als PDF herunterladen



1 Navigiere zu demo.nattygainscoaching.com/plan

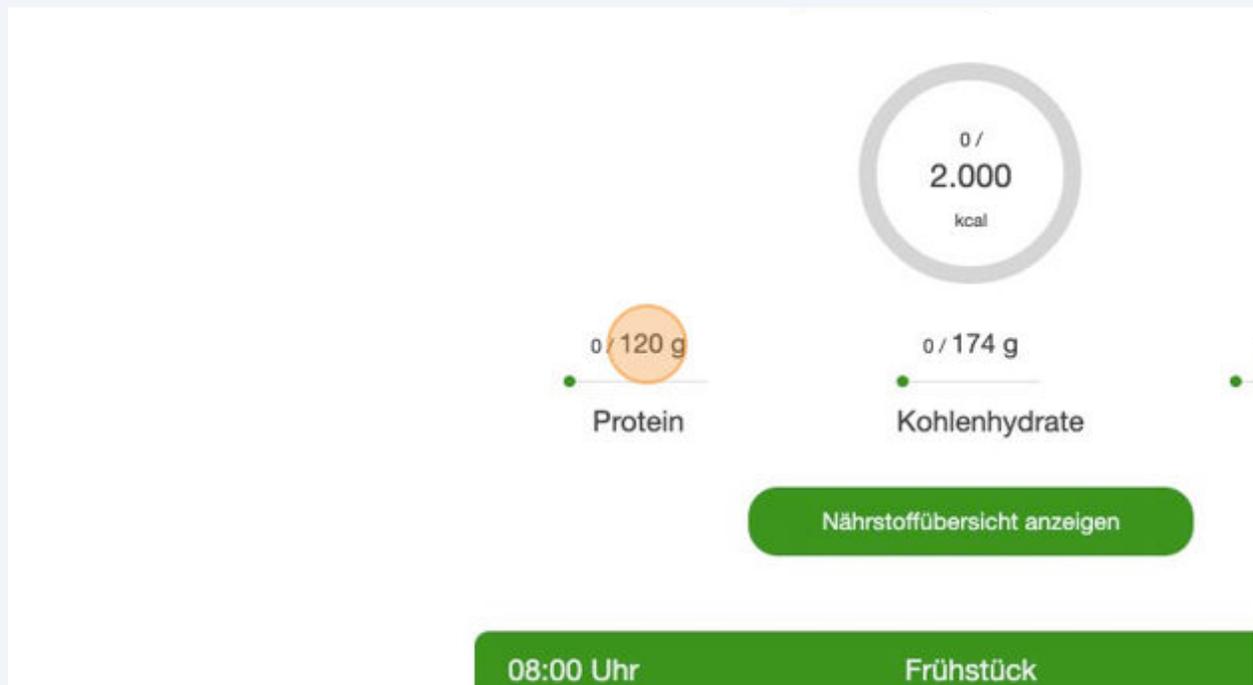
2 Klicke z.B. "MITTWOCH 05. JULI"



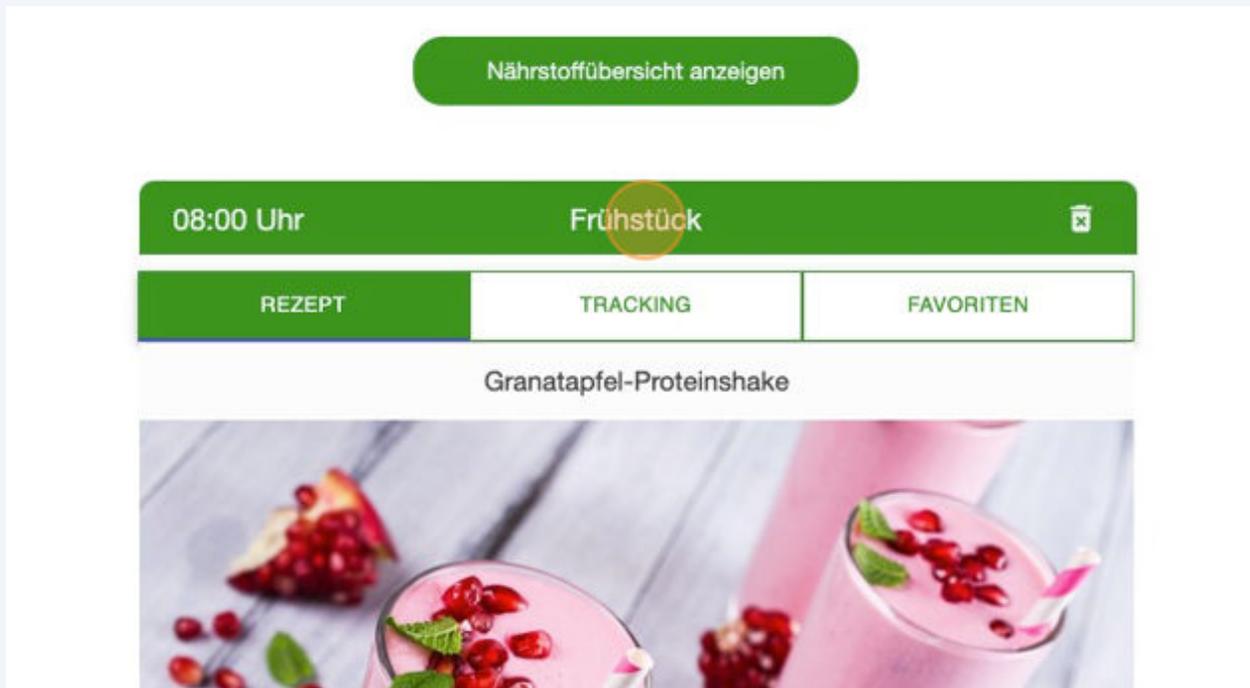
3 Kalorienziel



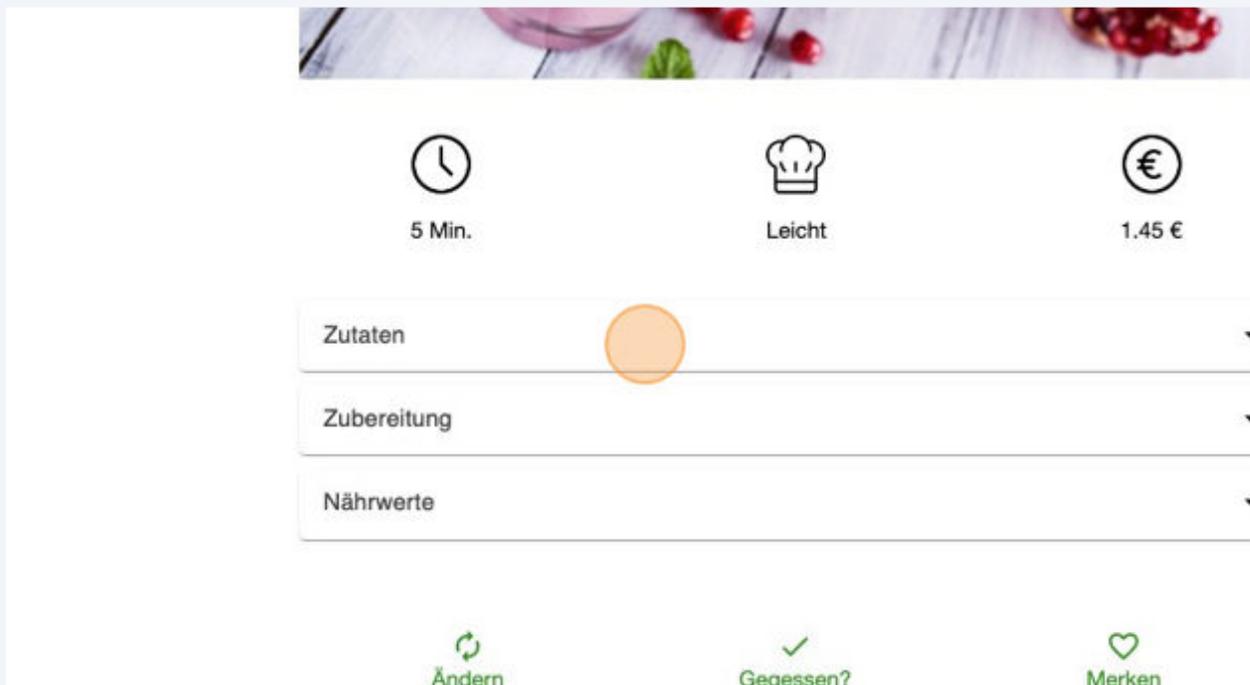
4 Verteilung der Makronährstoffe



5 Vorgeschlagenes Frühstück



6 Zutaten öffnen



7 Zubereitung öffnen

The screenshot shows a recipe card with the following ingredients:

	Sojajoghurt	200 g
	Sojamilch	120 ml
	Eiweißpulver	20 g

Below the ingredients, there are two expandable sections: "Zubereitung" (Preparation) and "Nährwerte" (Nutrition). The "Zubereitung" section is currently expanded, showing a list of steps. At the bottom of the card, there are three icons: a refresh icon labeled "Ändern", a checkmark icon labeled "Gegessen?", and a heart icon labeled "Merken". Below these icons is a question "Wie viele Portionen möchtest du zubereiten?" (How many portions do you want to prepare?) with a minus sign, the number "1", and a plus sign.

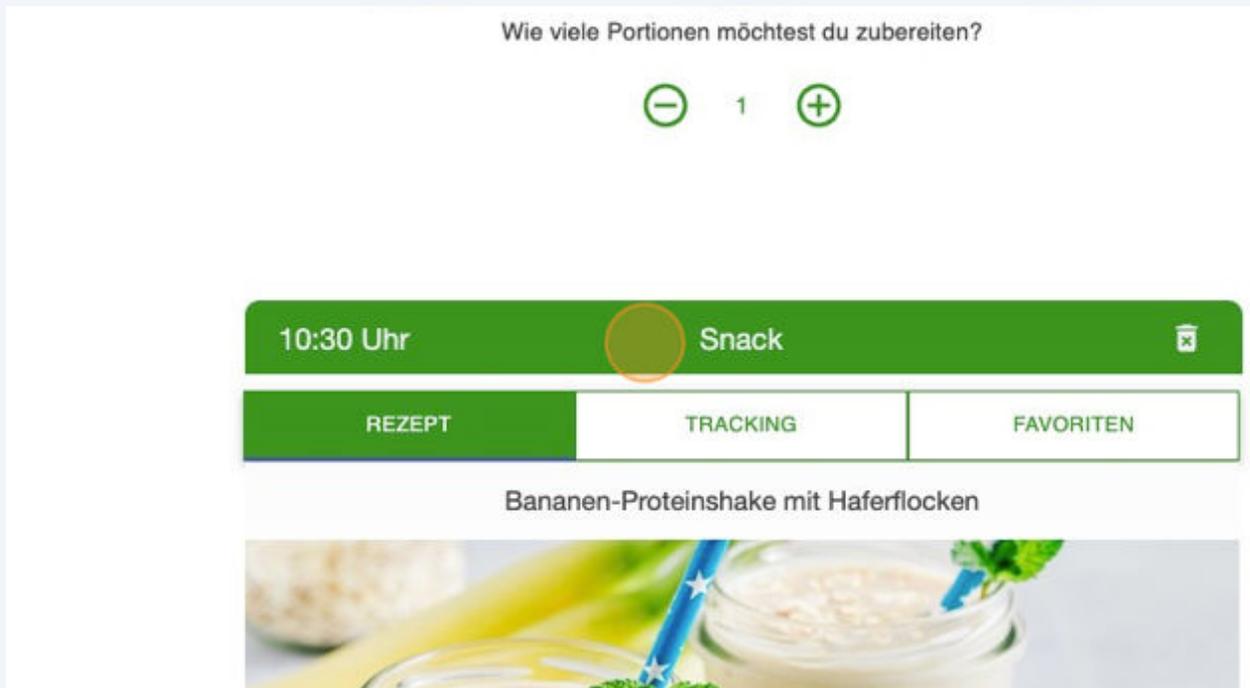
8 Nährwerte öffnen

The screenshot shows a recipe card with the following preparation steps:

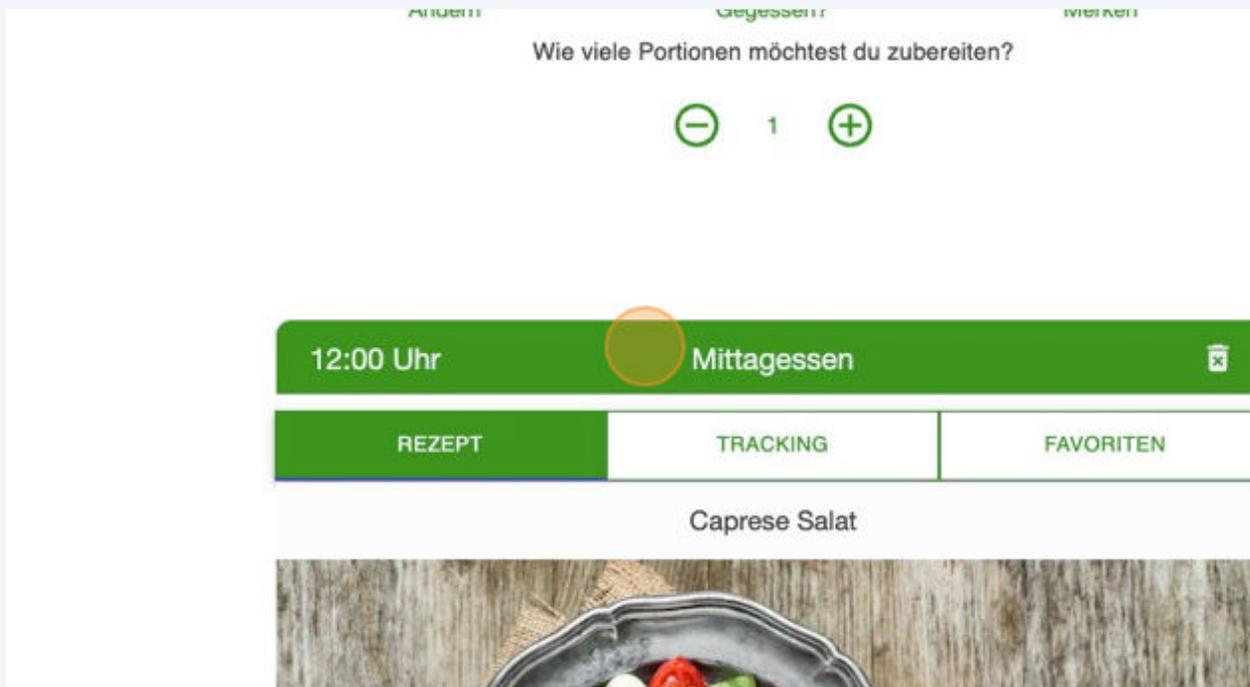
1. Granatapfel halbieren und die Kerne mit einem Löffel entnehmen.
2. Alle Zutaten in einem Mixer zu einem Shake pürieren.

Below the steps, there are two expandable sections: "Zubereitung" (Preparation) and "Nährwerte" (Nutrition). The "Nährwerte" section is currently expanded, showing a list of nutritional values. At the bottom of the card, there are three icons: a refresh icon labeled "Ändern", a checkmark icon labeled "Gegessen?", and a heart icon labeled "Merken". Below these icons is a question "Wie viele Portionen möchtest du zubereiten?" (How many portions do you want to prepare?) with a minus sign, the number "1", and a plus sign.

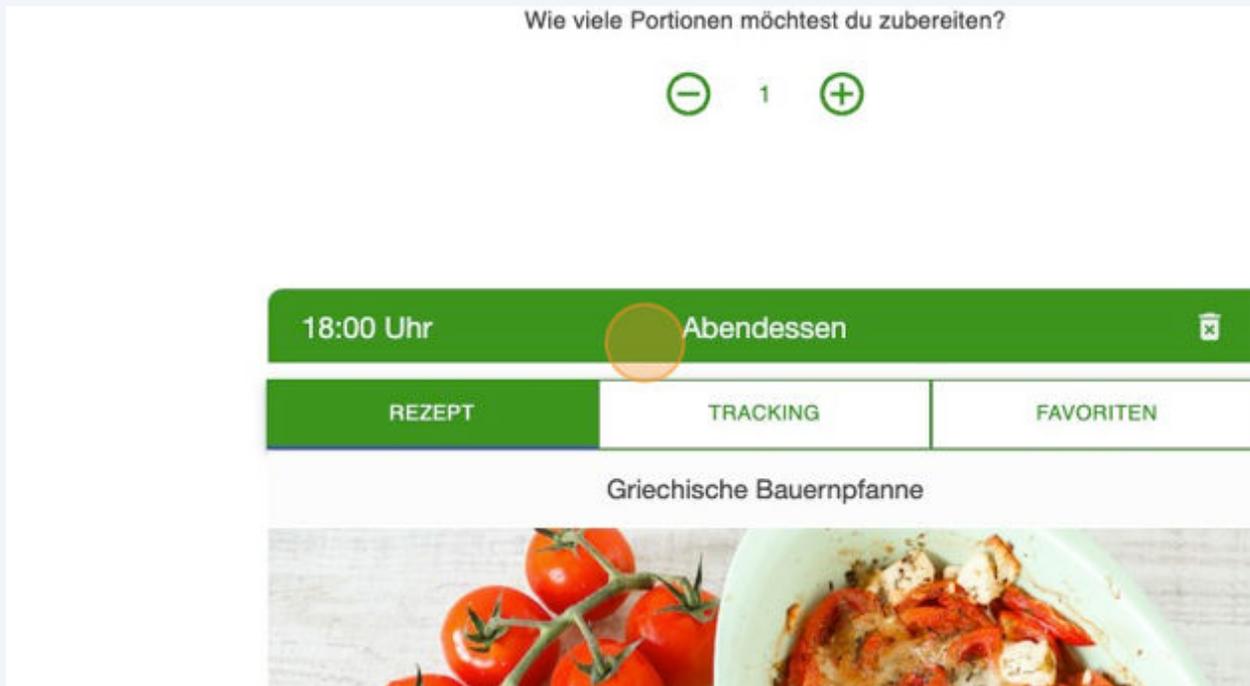
9 Vorgeschlagener Snack



10 Vorgeschlagenes Mittagessen



11 Vorgechlagenes Abendessen



12 Klicke "Ernährungsplan herunterladen"

