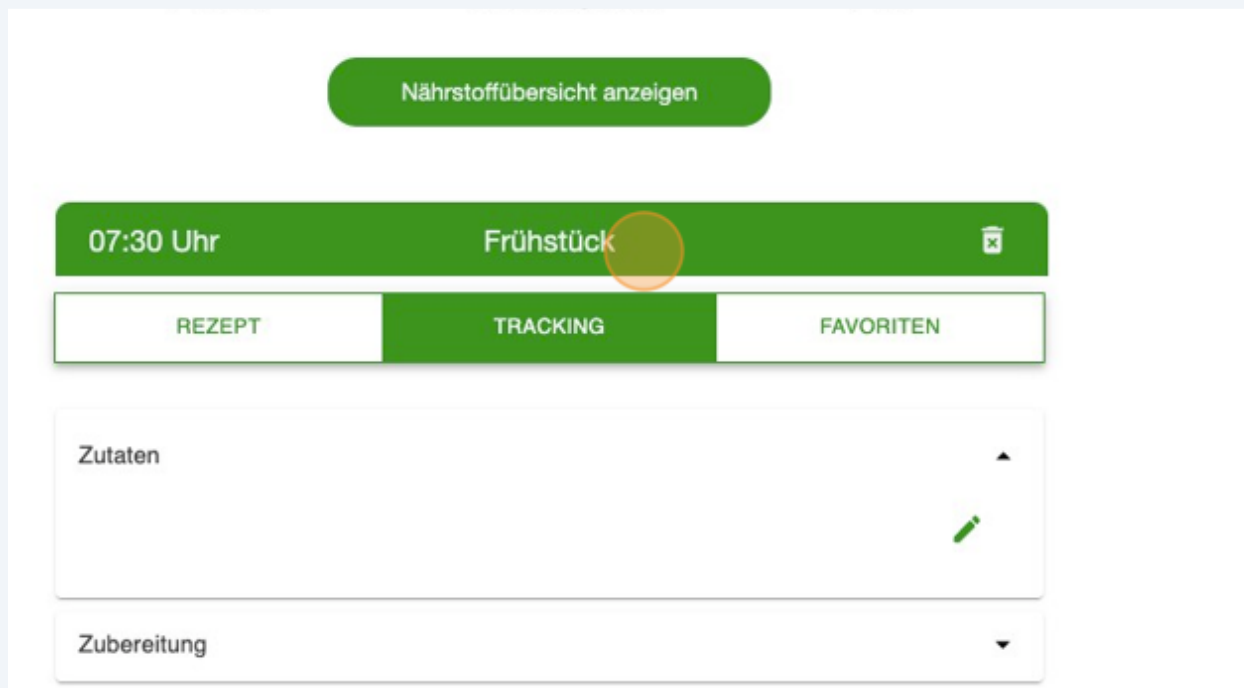


# Foto-basiertes Ernährungsprotokoll vom Kunden führen lassen

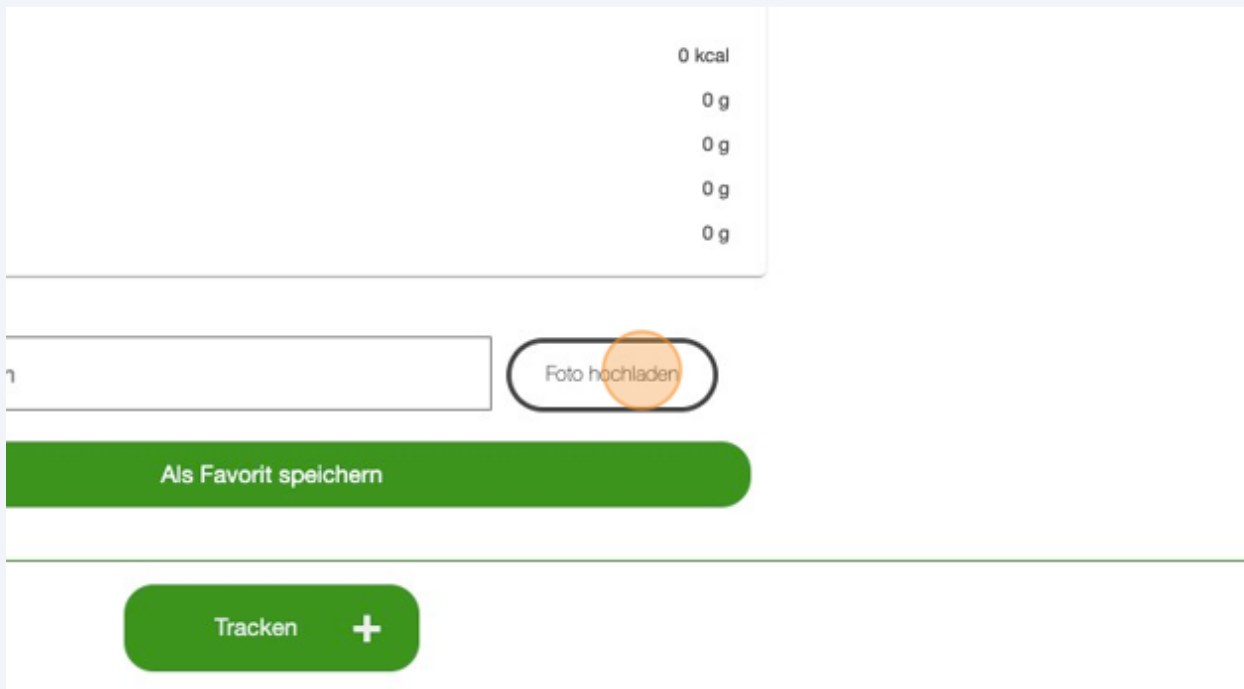


1 Navigiere zu [demo.nattygainscoaching.com/plan](https://demo.nattygainscoaching.com/plan)

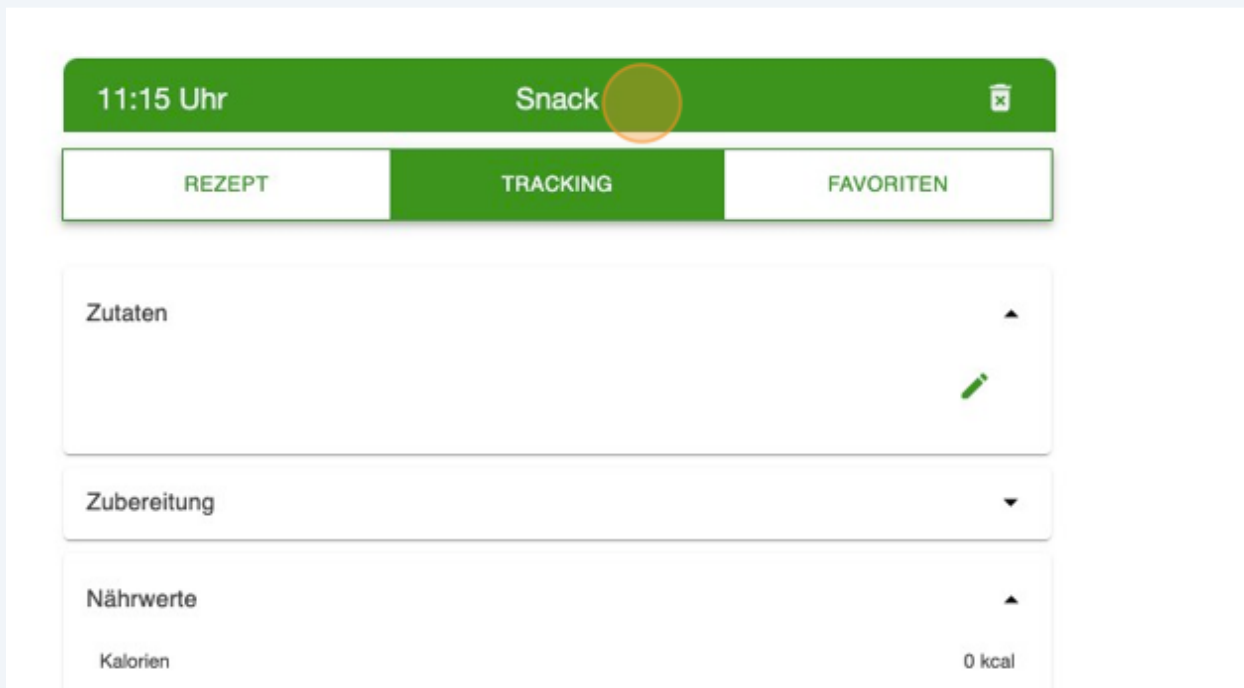
2 Wähle "Frühstück"



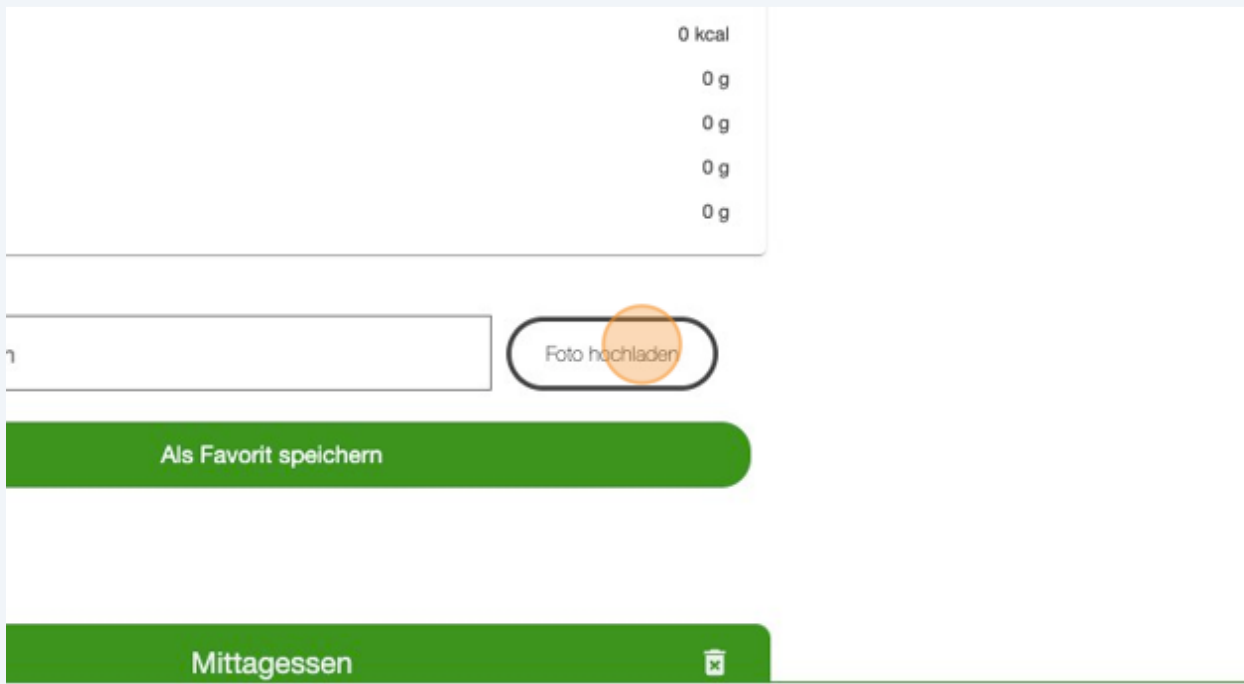
3 Klicke "Foto hochladen"



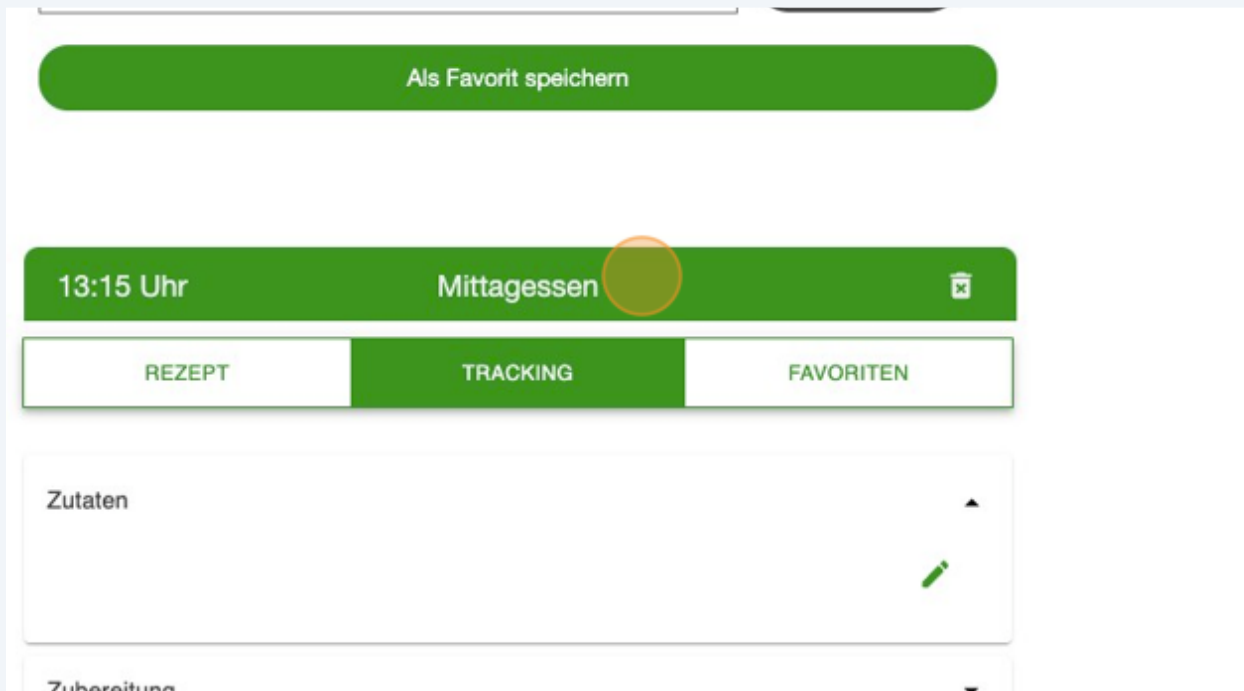
4 Wähle "Snack"



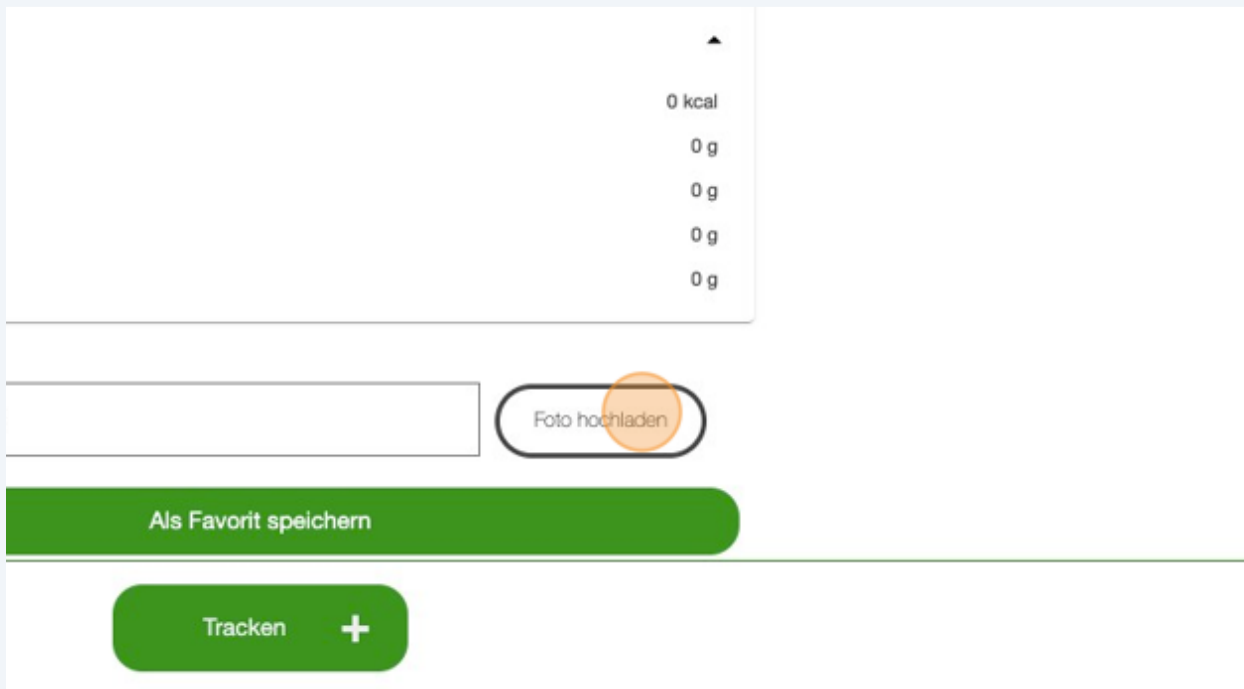
5 Klicke "Foto hochladen"



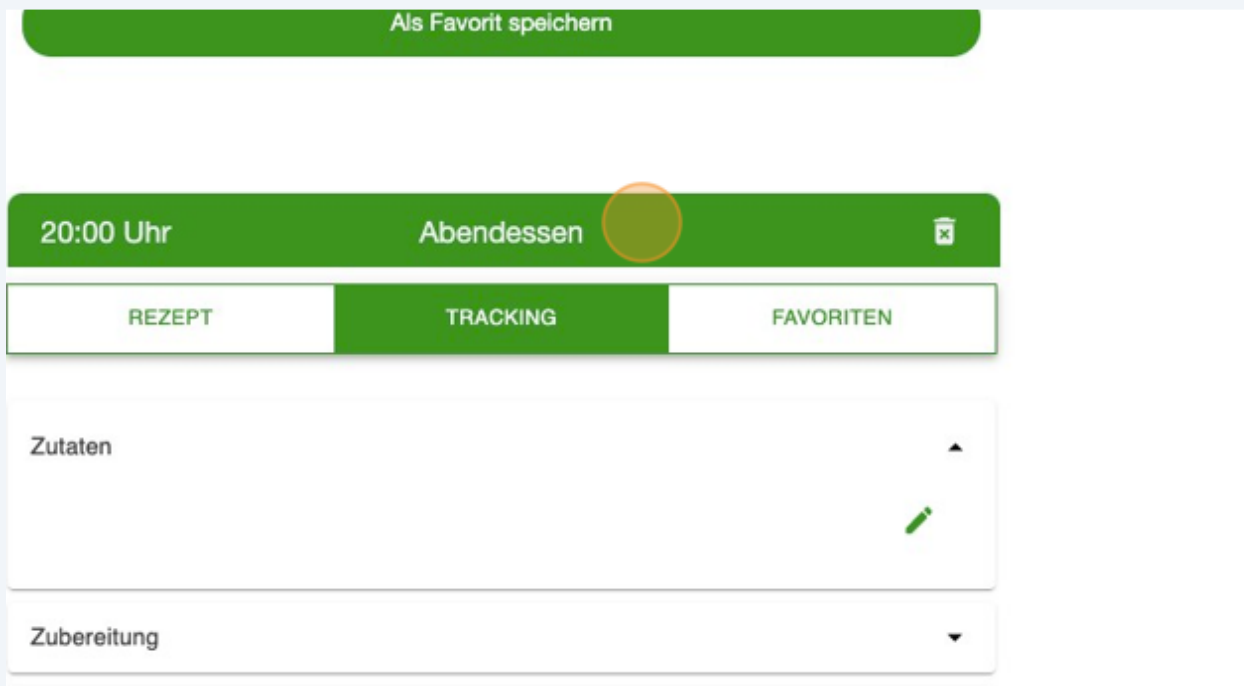
6 Wähle "Mittagessen"



7 Klicke "Foto hochladen"



8 Wähle "Abendessen"



9

Klicke "Foto hochladen"

