



Eating Well Made Simple!

Empowers people to make sustainable changes to eating behavior and health outcomes through:

- Dietary assessment (Nutriquiz)
- Personalized meal planning based on your preferred dietary preferences
- Provides recipes, nutrition facts, grocery lists and comments
- Transfer ingredients to your grocery cart for a Walmart delivery or a pick-up.



Create a personalized meal plan
Choose from thousands of recipes based on the dietary restrictions, preferences, and budget for you and your family. Create a meal plan with your goals in mind. Then transfer ingredients to your grocery cart.