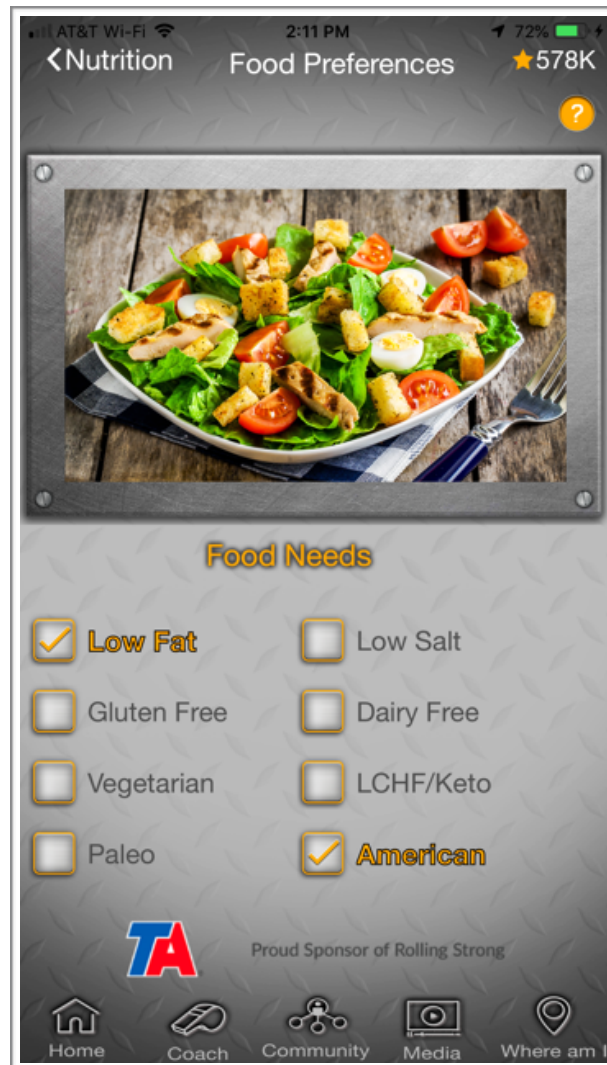


## Food Preferences

This is the first section of the app a new user needs to complete. What you select on food preferences and as your activity level and diet plan on the health page assessment will determine the food options returned to you on predict meal.



**American** is the default selection for your macro target of **Carbs 55%, Protein 25% and Fat 20%** as your total daily target. **Low fat** is the same macro breakdown as **American**.

**Paleo** is Carbs 20%, Protein 15% and Fat 65%.

**LCHF (low carb high fat) /Keto** is Carbs 6%, Protein 36% and Fat 58%.

**THESE SELECTIONS ARE AN UPCOMING FEATURE:**

**Gluten Free, Dairy free, Vegetarian** will filter Predict Meal results to these special diet choices.

**The user will be responsible for confirming the meal eaten is gluten free, vegetarian, and dairy free. Our list comes from a database that could be marked in error.**

**Rolling Strong is not responsible for what the user ultimately chooses to eat.**