



ALLEGRO RECOMMENDED APPS

NUTRITION

CRONOMETER*

Cronometer offers a food tracking option that focuses on quality of food, allowing you to track vitamins and minerals as well as calories and macros

MYFITNESSPAL*

MyFitnessPal allows you to track calories and macros with a wide library of foods to choose from. MyFitnessPal syncs well with Fitbit and other activity trackers.

LIFESUM*

Lifesum offers over 10 meal plans to cater to your specific goals. Allowing you to track your food, find recipes and keep yourself on track.

MYPLATE*

MyPlate has it all, offering meal plans, recipes and workouts directly in the app.

MEALPLAN*

Mealplan lays out a full weekly meal plan for you based on your goals, including breakfast, lunch, dinner and a snack. Use the Groceries option to create a shopping list, and edit each recipe based on the servings you need.

EMEALS*

emeals takes the guesswork out of meal planning, by giving you weekly meal plans that align with your lifestyle. emeals also gives you the option to set up shopping lists based on your recipes and send them directly to Instacart or Shipt!
