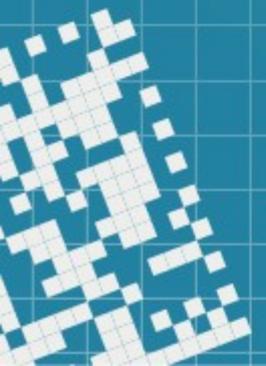


APLICACIÓN EQUIPLAN

Aplicación Web progresiva
Aplicación híbrida



En el móvil:



TU PLAN DE DIETA SEMANAL EN TU MÓVIL

Inicio:



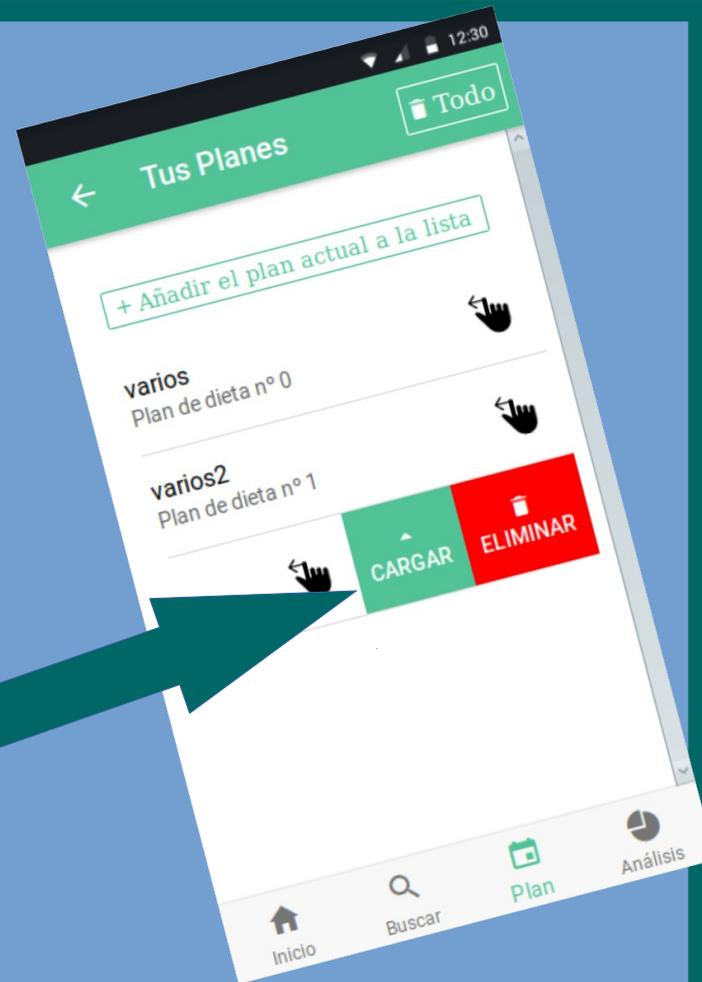
HAZ UN PLAN
DE DIETA TU
MISMO
O CARGA
UNO YA
HECHO



Comienza con uno ya hecho:

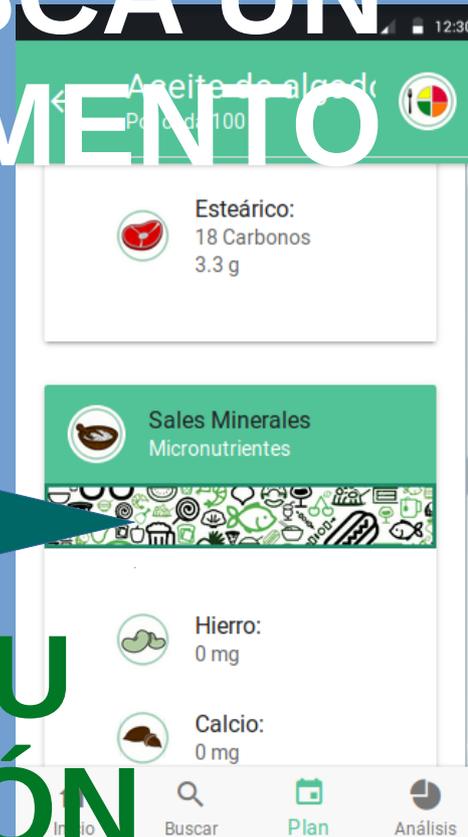
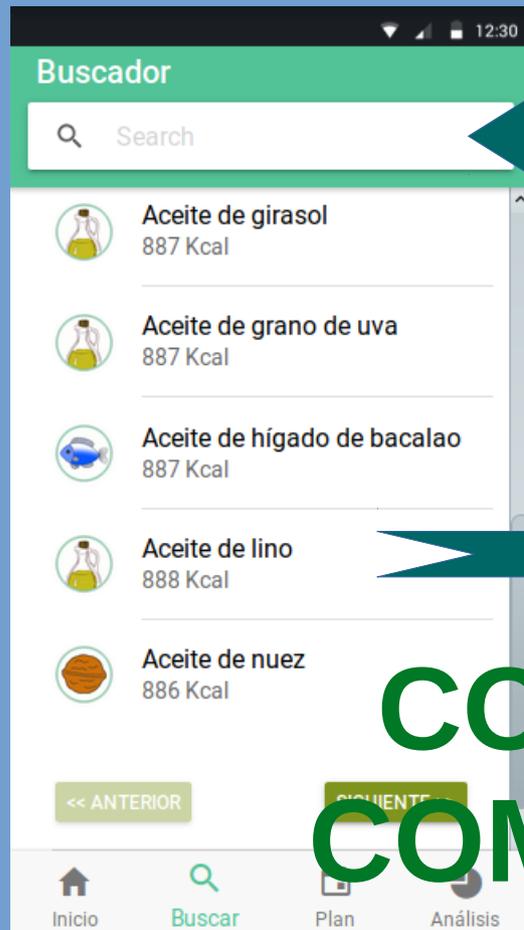


ELIGE UNO DE TU LISTA



Buscando Y Aprendiendo:

BUSCA UN ALIMENTO



CONOCE SU COMPOSICIÓN

Crea tu plan:



The screenshot shows a mobile application interface for creating a diet plan. At the top, there is a green header with the text "Plan De Dieta" and a "Guardar" button. Below the header, there is a dropdown menu for selecting the day, currently set to "Lunes". Underneath, there are five green buttons for meal types: "DESAYUNO", "ALMUERZO", "COMIDA", "MERIENDA", and "CENA", each with a search icon. At the bottom of the main content area, there is a green button for "Macronutrientes Totales del Lunes". The bottom navigation bar contains four icons: "Inicio", "Buscar", "Plan", and "Análisis".

ELIGE EL DÍA

ELIGE LA HORA

Añade alimentos:



The image shows two screenshots of a mobile application interface for diet planning. The left screenshot displays the 'Plan De Dieta' screen for 'Lunes' (Monday). It lists meal categories: DESAYUNO, ALMUERZO, COMIDA, MERIENDA, and CENA, each with a search icon. A 'Macronutrientes Totales del lunes' section is at the bottom. The right screenshot shows the 'Añade alimentos a: desayuno del lunes' screen, which has a search bar and a list of food items with their quantities and caloric values. The items are: 5 g de Aceite de granc (0 g -> 0 Kcal), 15 g de Aceite de higa (15 g -> 133.05 Kcal), 5 g de Aceite de lino (0 g -> 0 Kcal), and 10 g de Aceite de nuez (0 g -> 0 Kcal). The second item is checked with a green checkmark. Navigation buttons '<< ANTERIOR' and 'SIGUIENTE >>' are at the bottom. A large green text overlay 'AÑADE EL PRIMER ALIMENTO' is centered over the bottom of the screenshots. Three green arrows point from the 'DESAYUNO' search icon to the search bar, from the search bar to the first item, and from the 'Añade alimentos a:' header to the search bar.

AÑADE EL PRIMER ALIMENTO

Elimina o cambia la cantidad:

A screenshot of a mobile application interface for a diet plan. The app is titled "Plan De Dieta" and shows a list of items for a specific day, "Lunes". The items are categorized by meal: "DESAYUNO" (Breakfast) and "ALMUERZO" (Lunch). The items listed are "Aceite de girasol" (30g, 266.1 Kcal), "Aceite de hígado de bacalao" (15g, 133.05 Kcal), and "Aceite de colza" (10g, 88.8 Kcal). Each item has a hand icon for interaction. Below each item is a menu with three options: "CANTIDAD" (Quantity), "INFO." (Info), and "ELIMINAR" (Delete). A "Guardar" (Save) button is located at the top right of the screen. The bottom navigation bar includes icons for "Inicio" (Home), "Buscar" (Search), "Plan" (Plan), and "Análisis" (Analysis). Three green arrows point to the "Guardar" button, the "ELIMINAR" button, and the "Plan" icon in the bottom navigation bar. The background of the screenshot is a solid blue color.

GUARDALO

MODIFICA EL PLAN SI ESTÉS LISTO QUIERES

Guarda Tu Plan:



The image displays two screenshots of a mobile application interface for managing diet plans. The left screenshot shows the 'Plan De Dieta' screen for 'Lunes'. It lists items for 'DESAYUNO' (e.g., Aceite de girasol) and 'ALMUERZO' (e.g., Aceite de colza). A 'Guardar' button is visible in the top right. The right screenshot shows the 'Tus Planes' screen, which lists saved plans and includes a '+ Añadir el plan actual a la lista' button. A large blue text overlay reads 'Y RECUPERALO CUANDO QUIERAS EN TUS PLANES'. A green arrow points from the 'Plan' icon in the bottom navigation bar of the left screenshot to the '+ Añadir el plan actual a la lista' button in the right screenshot.

**Y RECUPERALO
CUANDO QUIERAS
EN TUS
PLANES**

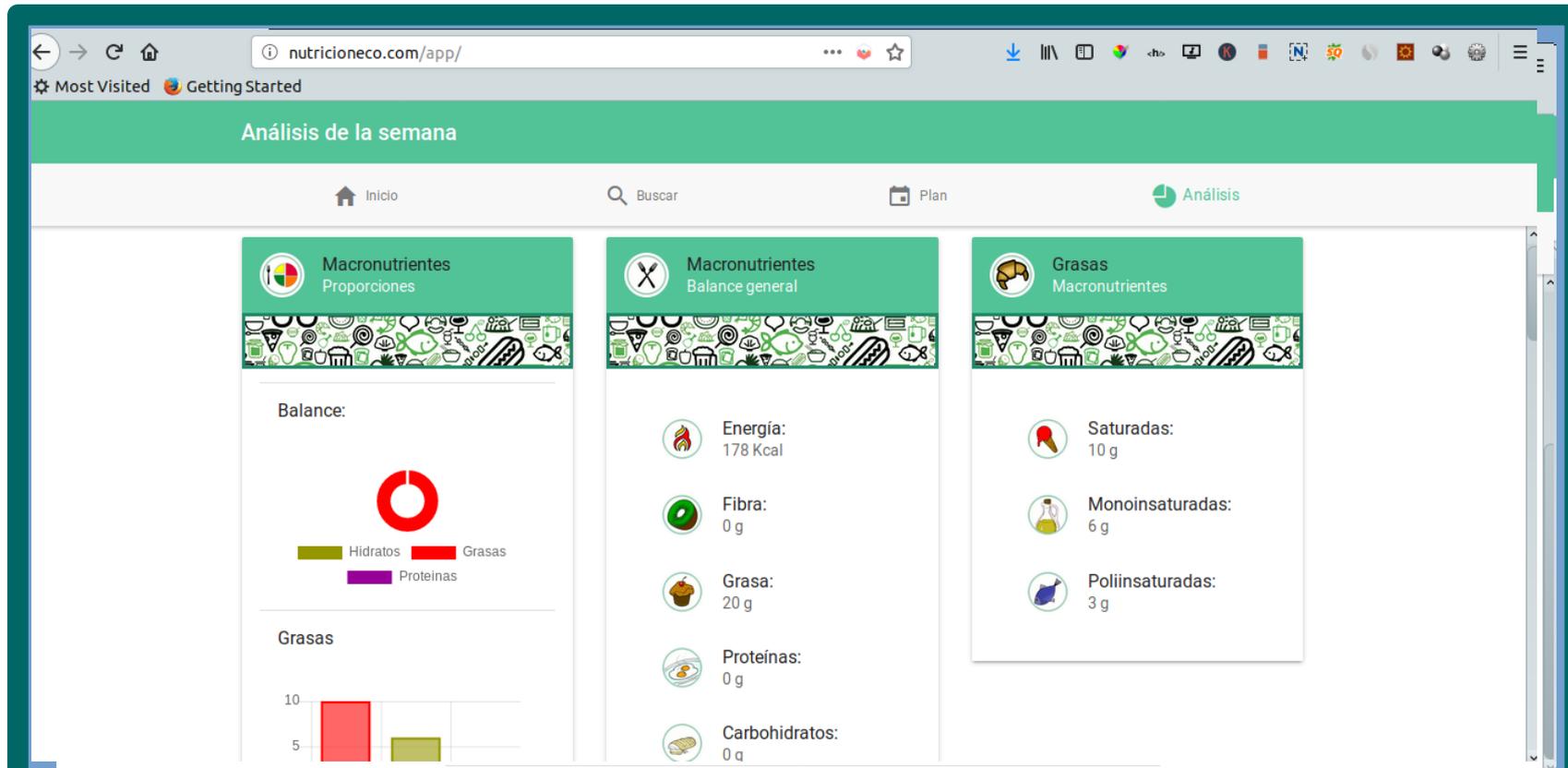
Analiza:



The screenshot shows a mobile application interface with a green header titled "Análisis de la semana". Below the header is a section titled "Macronutrientes" with the subtitle "Proporciones". This section features a decorative border of food icons and a "Balance:" section with a donut chart. The chart is divided into three segments: a green segment for "Hidratos", a red segment for "Grasas", and a purple segment for "Proteínas". Below the chart, there is a section titled "Grasas" with a value of "1.0". At the bottom of the app is a navigation bar with four icons: a house for "Inicio", a magnifying glass for "Buscar", a calendar for "Plan", and a green circle with a white checkmark for "Análisis".

ANALIZA TU PLAN

Online:



**PUEDES UTILIZAR LA
HERRAMIENTA ONLINE**

Gracias por su
atención

