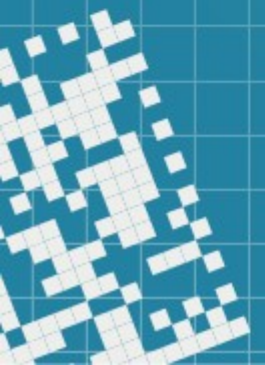


APLICACIÓN EQUIPLAN

Aplicación Web progresiva
Aplicación híbrida



En el móvil:



TU PLAN DE DIETA SEMANAL EN TU MÓVIL

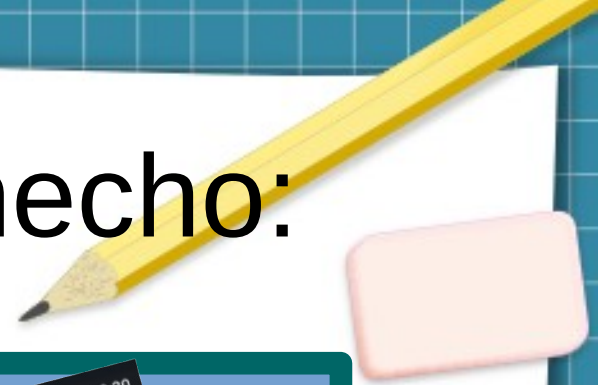
Inicio:



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



Comienza con uno ya hecho:

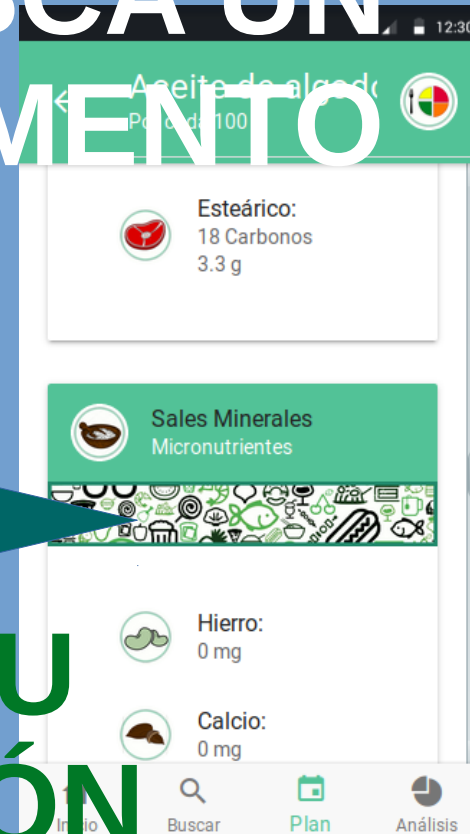
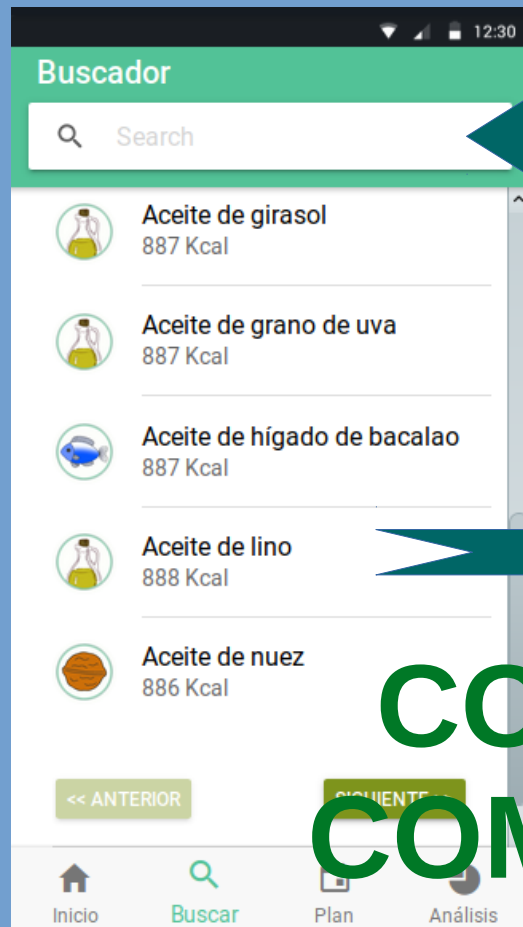


ELIGE
UNO
DE TU
LISTA



Buscando Y Aprendiendo:

BUSCA UN ALIMENTO



CONOCE SU COMPOSICIÓN

Crea tu plan:



The screenshot shows a mobile application interface for creating a diet plan. The title bar at the top is green and contains the text "Plan De Dieta" and a "Guardar" button. Below the title bar, there is a dropdown menu for "Día" 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" with a crossed-out fork and knife icon, and the text "Totales del Lunes". The bottom navigation bar has four icons: "Inicio", "Buscar", "Plan", and "Análisis".

ELIGE EL DÍA

ELIGE LA HORA

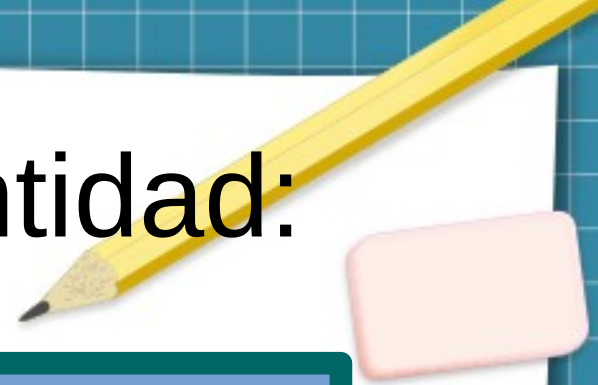
Añade alimentos:



The image displays two screenshots from a mobile application. The left screenshot shows 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. 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 'Macronutrientes' section to the bottom navigation 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" (30 g -> 266.1 Kcal), "Aceite de hígado de bacalao" (15 g -> 133.05 Kcal), and "Aceite de colza" (10 g -> 88.8 Kcal). Each item has a hand icon indicating it is draggable. Below each item is a menu with three options: "CANTIDAD" (Quantity), "INFO." (Info), and "ELIMINAR" (Delete). A green arrow points to the "Guardar" (Save) button in the top right corner. Another green arrow points to the "ELIMINAR" button for the "Aceite de hígado de bacalao" item. A third green arrow points to the "Plan" icon in the bottom navigation bar. The background of the screenshot is a blue gradient with the text "GUARDALO CUANDO ESTÉS LISTO SI QUIERES" (Save it when you're ready if you want) overlaid in white.

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 arrow points from the 'Guardar' button in the first screenshot to the '+ Añadir el plan actual a la lista' button in the second. A large blue arrow also points from the 'Plan' icon in the bottom navigation bar of the first screenshot to the 'Tus Planes' screen.

Y RECUPERALO CUANDO QUIERAS EN TUS PLANES

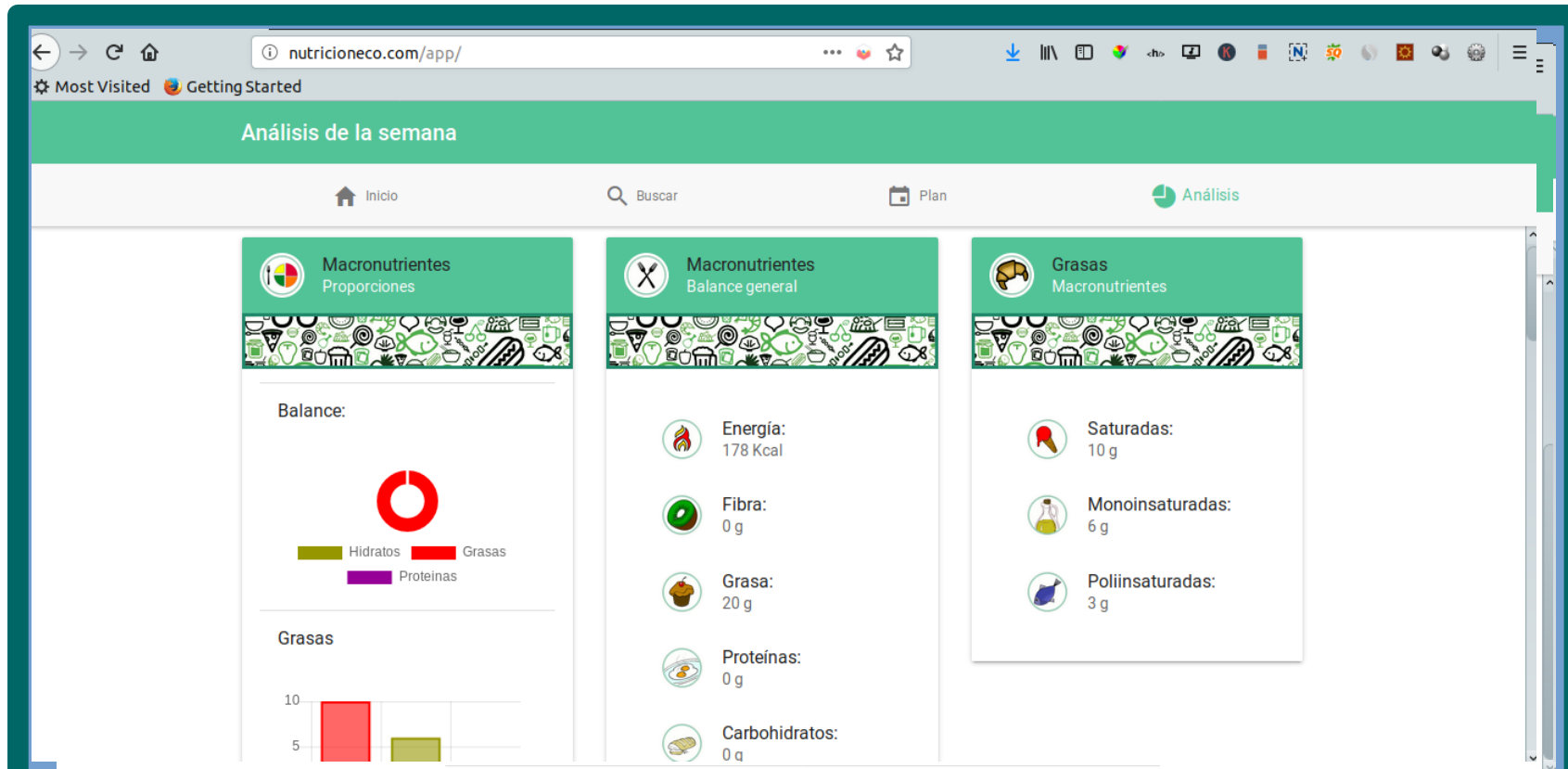
Analiza:



The screenshot displays a mobile application interface for 'Análisis de la semana'. The main section is titled 'Macronutrientes Proporciones' and features a donut chart under the heading 'Balance:'. 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 for 'Grasas' with a value of '1.0'. The bottom navigation bar includes icons for 'Inicio', 'Buscar', 'Plan', and 'Análisis', with the 'Análisis' icon highlighted. A large green arrow points from the 'Análisis' icon to the donut chart, and another green arrow points from the 'Grasas' label to the red segment of the chart.

ANALIZA TU
PLAN

Online:



**PUEDES UTILIZAR LA
HERRAMIENTA ONLINE**

Gracias por su
atención

