



Information Guide

What is MealEasy?

MealEasy is the World's most comprehensive and intuitive online meal planner, offering a complete solution to the challenge of maintaining a healthy diet.

MealEasy empowers its users to eat foods that are prepared in their own kitchen - enjoying the taste, variety and the resulting sense of well being. With almost 2000 meals and unlimited access to many useful features, there is no shortage of delicious ideas.

What is MealEasy Professional?

MealEasy Professional is a unique meal planning feature that provides **a link between you and your patient**. You are able to assist the patient with the creation and monitoring of their own personalized meal plans, designed to complement their treatment.

MealEasy Professional accounts contain:

- Sign-up and Login pages for your patients
- Full branding to your clinic, including your logo.

These pages include a unique admin panel, allowing you, with your patient's consent, to access their individual MealEasy account. There is no limit to the number of patients you can refer or subscribe to MealEasy!

How can MealEasy benefit me as a Healthcare Professional?

If diet is a part of your patient's treatment protocol, MealEasy Professional enables you to monitor and assist your patient with all aspects of its planning. This will ultimately lead to their compliance, and better treatment outcomes.

This approach takes patient care to the next level. With MealEasy Professional, once your patients have subscribed to MealEasy, you will have access to their meal planner for the duration of their treatment. Aside from the obvious enhancement this extra service will give your practice, **you or your clinic will also be offered a financial incentive of 25% for each patient you refer to us.**

How does a MealEasy meal plan actually work?

MealEasy offers five meal plans:

- Balanced
- Diabetic
- Heart Healthy
- Vegetarian
- Gluten Free

Once the patient signs up, she or he selects which meal plan best fits their needs. The database of meals will adjust to make available hundreds of meals that are suitable for the selected plan. Furthermore, other customized personal preferences options are chosen as part of the sign up protocol to ensure the diet meets your patients' specific requirements.

The screenshot shows a web interface titled "My Preferences - Foods to Avoid". Below the title is the instruction: "Remove entire food groups or individual ingredients from your meal plan." There are two tabs: "Food Groups" (selected) and "Ingredients".

Under "Food Groups In Your Meal Plan", there is a list of food groups with checkboxes:

- Cereal Grains
- Chicken (Main Ingredient)
- Chicken Products
- Chocolate
- Citrus
- Dips, Sauces and Spreads
- Eggs
- Fish (Main Ingredient)

In the center, there are two arrows: a red arrow pointing right labeled "REMOVE" and a green arrow pointing left labeled "ADD".

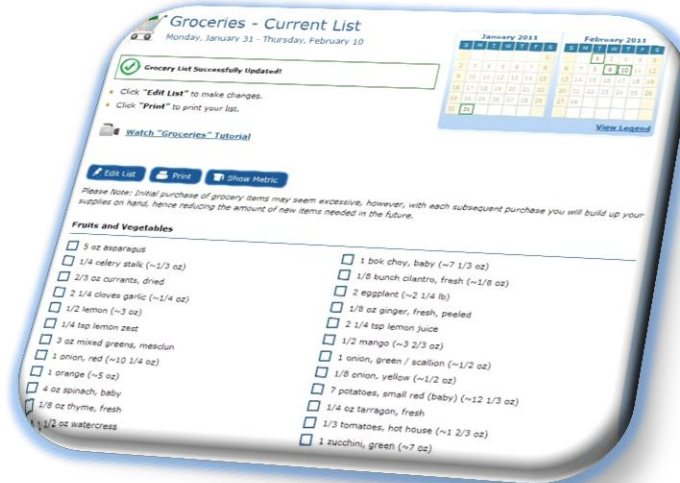
Under "Avoid List", there is a header "You're avoiding 5 Food Groups." and a list of avoided items with checkboxes:

- Added Sugar
- Breads and Bread Products
- Dairy (Cheese)
- Dairy (Excluding Cheese and Yogurt)
- Dairy (Yogurt)

There are three basic steps to MealEasy meal plan. The first is planning. During this process meals are suggested to you automatically, based on your selected preferences. A random selection, or selection based on ingredient is also available to suit a particular taste or preference.



When the desired meal plan has been created, a grocery list is automatically generated. This makes grocery shopping a breeze! It's simply a case of printing the list and taking it to the store.



The final section of the MealEasy system provides a step-by-step guide to preparing each and every meal. Information includes full preparation and cooking instructions, nutrition information, freezing options and even wine pairings.



Prepare Meals



Our simple and unique system makes meal planning a pleasure.

Is there a fee for MealEasy Professional?

In order to get your account set up and active, there is a **one-time** fee of \$89. This fee is per clinic. Should you have 10 practitioners who all want to involve their patients; you still pay just one setup fee.

All maintenance and new upgrades are included, at no cost.

Is there a subscription fee for the patient?

A monthly subscription fee of \$7.95, paid to MealEasy.

How do I get started?

Just fill out the registration form and email it to us.

Should you want more information, or have any questions, please get in touch. We'd be delighted to answer any queries you have, or arrange an online demonstration of the MealEasy Professional system.

Email: support@mealeasy.com

Tel: 1-888-799-MEAL

Twitter: @mealeasy

Post: 148 Chain Lake Drive, Halifax, Nova Scotia, B3S 1A2