

## **Just Released A Meal Plan That Works!!!**

*Meal Planning Software takes the guess work out of eating healthy*

**July 21, 2008** - [PRLog](#) -- Atlanta – A meal plan that you design for yourself has been unleashed. Finally a meal plan you design to your liking and lifestyle. Choose your own nutrient ratio percentage, unlimited meal plans as your needs and preferences change. Choose from over 13,000 food options to create limitless meals. Pinpoint your calorie requirements choose from 94 different exercise categories. Learn important components to successful ‘FAT’ loss. Workout 3 times a week for less than 45 minutes from 94 exercises programs.

This nutritional software lets you enter your particular information it then calculates, designs and configures your personal plan. From the correct amount of food from each food category, calculating calories monitors your progress, ability to create multiple profiles based on different goals and meal plans.

“I’ve been putting together meal plans for my clients for the last 12 years. Using software to calculate food quantities and give people a visual effect of what there food intake should look like simplifies the process.”

Rafael M. / CSCS

"It is a very easy meal plan to implement. It seems terrific for simple and individualized meal planning. I especially like that fact that it can be used by the general population and doesn't need to be delivered by a health professional." Penny K-E, PhD, RD, Distinguished Professor of Nutrition, Penn State University

I did find the e-article very interesting and helpful. I actually have found your software to be the only "supplement" I need. I have always known about what types of foods and nutrients I should be having. My problem has been that I needed to plan my own meals, instead of using any of the popular diets, since they only work for as long as you follow them. They really do not help you to be personally responsible for eating the right things. I also am not a recipe type of person, so other meal planning tools which give you specific meals which requires you follow their recipes. Your software allows me much more freedom.

Thank you so much for a great product. I have lost 4 pounds the very first week I got your software! Susan C.

Meal Planning software, Nutrition For Fat Loss Bonus, Bodyfat Calculation Manual, the Portion Control Manual as well as the 60 Mouth Watering Simple 7 Day Meal Plans for only \$137.

or

Meal Planning software, Nutrition For Fat Loss Bonus, Bodyfat Calculation Manual, as well as the Portion Control Manual for only \$87.

Go to [www.jam3llc.com](http://www.jam3llc.com) for further information.

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Health product marketing promotion of software for dieting, written information, receipes, excercise, meal planning from over 1300 plus food options, calorie calculating

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