

A top-down view of a white marble tray containing various healthy food items. On the left, two green apples are cut in half. In the center, a white bowl is filled with rolled oats. To the right of the bowl is a small white pitcher filled with milk. In the bottom right corner, a clear glass bowl is filled with fresh, bright red strawberries. The background is a light-colored wooden surface.

# Principais funções do aplicativo e como usá-lo na dieta flexível.