

The App	MyFitnessPal	MyNetDiary	Lose It!	MyPlate	Nutrino
					
\$	FREE	FREE	FREE	FREE	\$52.99/Year
Food Log	✓	✓	✓	✓	✓
Community	✓	✓	✓	✓	
Goals	✓	✓	✓	✓	✓
Workout Log	✓	✓	✓	✓	
Meal Plan					✓
The Pros	<ul style="list-style-type: none"> ▪ Widely recognized – compatible with all phones ▪ Fully functional without subscription ▪ Large food database ▪ Barcode scanner for easy food logging ▪ Set goals ▪ Sync progress with several other apps ▪ Create meals, recipes and foods ▪ Can log exercise, meals, water, sleep, weight, etc. 	<ul style="list-style-type: none"> ▪ Good for weight loss ▪ Analyzes daily logs and generates dietary advice based on them ▪ Can log exercise, meals, water, sleep, weight, etc. ▪ Easy macronutrient breakdown and food analysis ▪ Food Score, which shows the healthfulness of foods making it easier for shopping 	<ul style="list-style-type: none"> ▪ Simple and helpful for weight loss ▪ Barcode scanner for easy food logging ▪ Large database ▪ Sync progress with several other apps ▪ Can log exercise, meals, water, sleep, weight, etc. ▪ Strong community with several popular challenges to keep motivated 	<ul style="list-style-type: none"> ▪ Barcode scanner for easy food and logging ▪ Can create custom meal items ▪ Can log exercise, meals, water, sleep weight, etc. ▪ Strong community for motivation ▪ Sample workout plans to aid in reaching goal 	<ul style="list-style-type: none"> ▪ Builds a personalized and customizable meal plan ▪ Accommodates dietary restrictions ▪ Gives health tips ▪ Food GPS to show nearby restaurants ▪ Can log exercise, meals, water, sleep, weight, etc. ▪ Recipe browser ▪ Snap photos of food for easy data import
The Cons	<ul style="list-style-type: none"> ▪ Doesn't have meal plans or pre-made recipes 	<ul style="list-style-type: none"> ▪ No meal suggestions or recipes 	<ul style="list-style-type: none"> ▪ Not as widely recognized as 	<ul style="list-style-type: none"> ▪ Premium content offered for an in-app 	<ul style="list-style-type: none"> ▪ Just for IOS, not Android phones

	<ul style="list-style-type: none">▪ Doesn't account for dietary restrictions in nutritional budget	<ul style="list-style-type: none">▪ Doesn't offer macronutrient targets or photo foods without an in-app purchase	<p>competitor, MyFitnessPal</p> <ul style="list-style-type: none">▪ Less intuitive – I find it is not as easy to use as other apps which offer the same features	<p>subscription only</p> <ul style="list-style-type: none">▪ Ads and format are mildly distracting	<ul style="list-style-type: none">▪ Not useful without a subscription
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