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Meal Plans 101 Product Review



Dr. Chris Mohr has created a software program called "[Meal Plans 101](#)." This program can be downloaded to your computer or you can order physical CD's. Meal Plans 101 helps you create custom meal plans specified to your particular diet, no matter which popular diet plan you follow.

How the software works is, you choose the ratio of nutrients that work best for you. Whether you're on a low carb, high carb or medium carb diet, you have the ability to change meal plans as your diet and weight loss need change. You also have the ability to choose from over 13,000 different meals so you will never get bored.

In addition to the meal plans, the software also includes 94 different exercise categories. They are individualized according to your height, weight, gender, body image goals and weight loss goals. Even if you're looking to gain weight, Meal Plans 101 works for you too.

The software program also calculates the proper caloric intake for you personally and then plans meals accordingly. The meals are the exact portions and calories you need, as well as balanced to meet your specific diet plan. No more guess work trying to figure out how much chicken equals 60 grams of protein.

"[Meal Plans 101](#)" is not expensive. As a matter of fact, the small amount you pay for the software itself is well worth the \$87. But, in addition to the software, you also receive 3 bonus eBooks: "Nutrition for Fat Loss", "Body Fat Calculation Manual", and "Portion Control Manual", all valued at over \$127.85, but you get them for free when you order the software.

The cool thing about the software is that it comes with a 60 day money back guarantee. So, if you get and just don't like it, or if you don't start seeing the results you want, you will get every cent of your money back, so there's no risk. Take the guesswork out of meal planning and start seeing the results you want with Meal Plans 101. [Click here to learn more](#)

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