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it from your app store.

Unbiased Freeletics Review: Here's What I Think Of The App!

The meal plan is divided between 3 or 4 meals, namely breakfast, lunch, dinner and sometimes a snack. In the weight-loss option, I got a mid-morning snack on my first day, but it's not a daily thing. Each meal is usually between 450 and 550 kcal and the exact amount of fats, carbs and protein are listed above the ingredients.

[Freeletics Nutrition Guide - First impressions on the meal ...](#)

To access the Nutrition Coach, simply download Freeletics Nutrition from your App Store and log in with your Freeletics account details. You will be asked to answer some questions about your goals, food preferences and physique, after which the Nutrition Coach will generate a meal plan for you. See more [Ready for fitness success? - freeletics.com](#)

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The plans (impleo, vita, eques, etc.) normally consist of four meals daily. Breakfast, lunch dinner and a snack. The amount and type of food is accommodated by your progress, versus your goals. Remember, in the running app portion when I mentioned that you need to be completely honest with yourself and the app?

Nutrition | FREELETICS

The Freeletics Food Guide, (also known as the Freeletics Nutrition Guide) is one of the 3 main components of Freeletics, the other two being Freeletics Coach and the Freeletics app. Some even insist that you can eat your way to a great six pack... sounds strange, but it's true.

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The Freeletics Nutrition Guide is not a simple instruction but customized to muscle-building and fat-burning. It can help to reach the optimized impact. You will gain essential knowledge about the right menu. It comes as an easy read with simple step-by-step instructions during 15 weeks.

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