

# EatLove

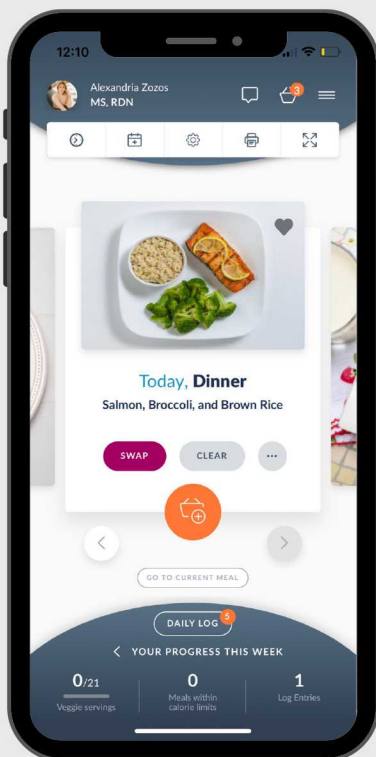
## Personalized Nutrition to Fuel Your Workouts

EatLove app provides custom meal recommendations to help build lasting, healthy eating habits. Receive expert guidance from our Cooper Fitness Center Registered Dietitian Nutritionist to fuel success along your health and wellness journey.

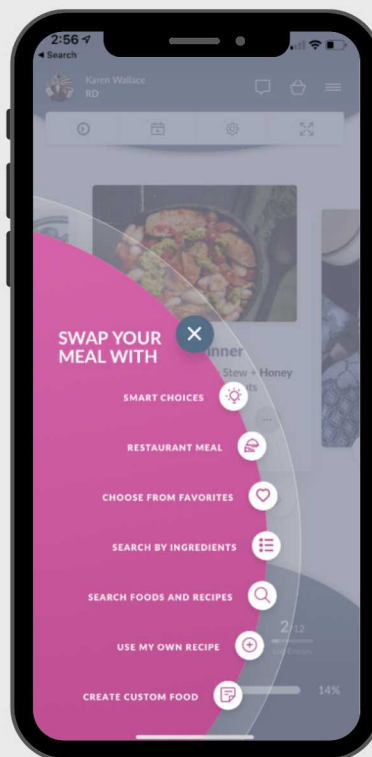


**Meridan Zerner**  
MS, RDN, CSSD, CHWC  
Registered Dietitian Nutritionist  
Cooper Fitness Center

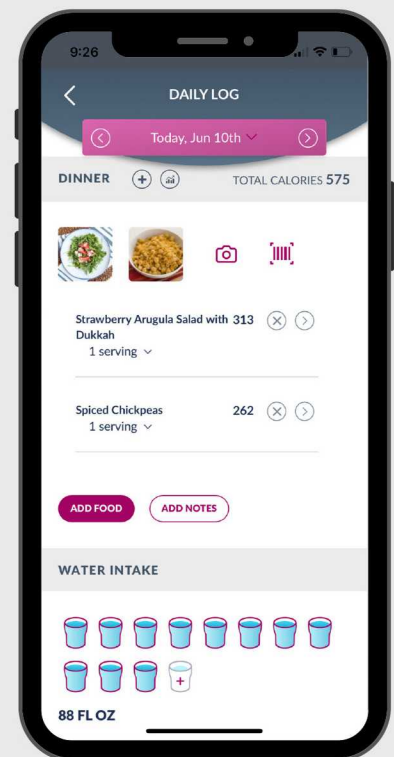
### How EatLove Works



Receive customized on-demand meal recommendations and recipes.

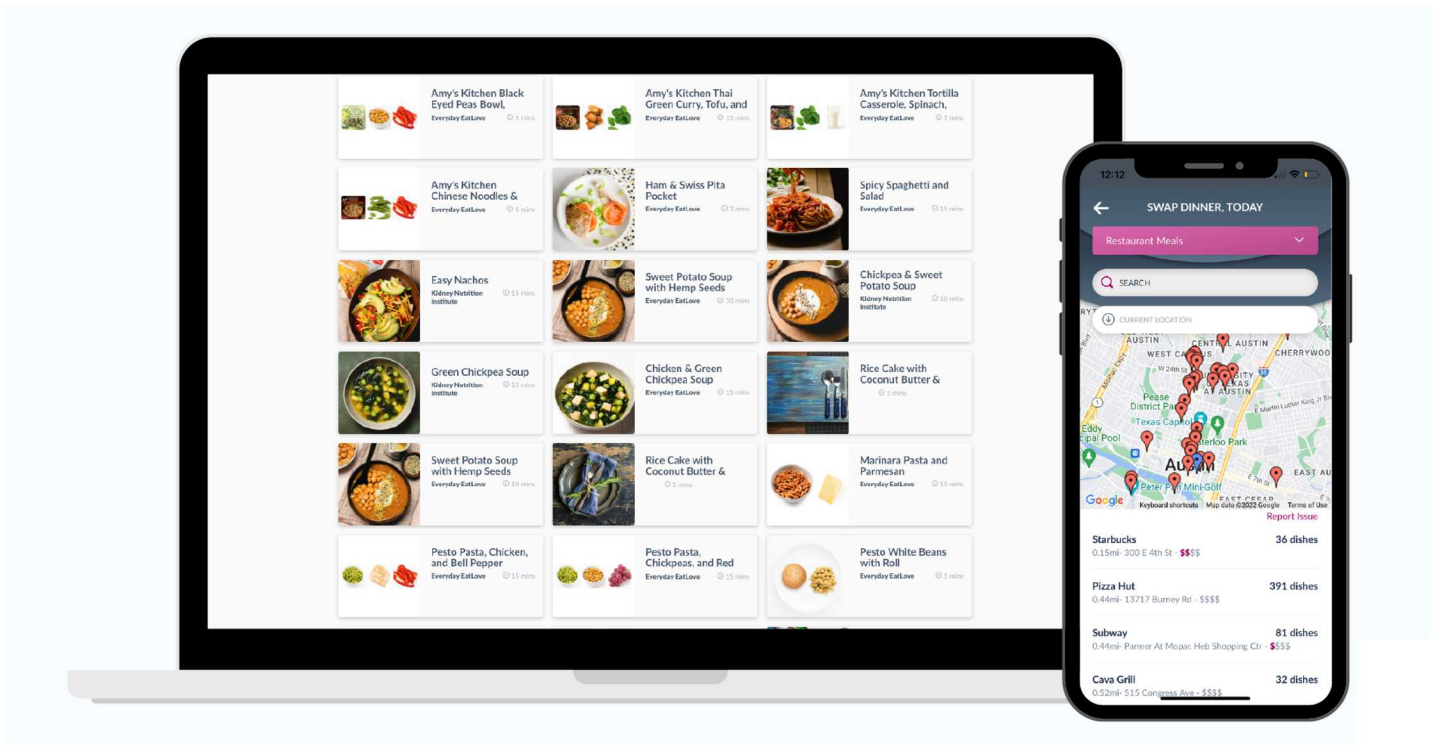


Use the app's smart swap functionality to select meals to meet your nutrition requirements.



Access your food log for easy tracking to help you achieve your goals.

# Why EatLove?



## 7,000+ Dietitian-approved Recipes

Don't like tomatoes? Want to eat vegetarian? Looking to cut down on sodium? Choose from more than 7,000 dietitian-approved recipes—a variety of cuisines and all cooking skill levels.

## Easy Grocery Lists & Integrated Grocery Delivery

Keep track of the ingredients you need to buy with the built-in grocery list. Cross off items you already have and add other items you need such as toothpaste or shampoo. Optional grocery delivery is also available through Amazon Fresh, Instacart and Walmart.

## Smart Choices at Restaurants

Life happens on-the-go, which is why EatLove includes SMART meal recommendations from some of the most popular restaurants in the country.

## Quick Food Log

Track your meals and learn about your eating habits. Easily log recipes—from the app or your own—and scan store-bought foods to see calorie and nutrient breakdowns.

### Try EatLove today!

Contact the Membership Office  
972.560.6302  
membership@cooperfitnesscenter.com



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