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intelli-Diet: Morning, Noon, Night, You'll Know the Right Bite

The Smartest Mobile Meal Planner Now Available in Apple's App Store

CHICAGO--([BUSINESS WIRE](#))--Brian Atz, 26, a young Chicago entrepreneur, announced today a revolutionary weight loss application, *intelli-Diet*[™], that uses a unique, built-in calorie system. *intelli-Diet*, created for the iPhone and iPod Touch, makes losing weight easy by providing users with a personalized healthy eating plan each day. It thinks, you eat[™], the application automatically provides users with the right foods and portions, so no calorie tracking is needed.

"I was frustrated with having to constantly track calories and spend lots of time planning meals to lose weight," says Atz. "*intelli-Diet* allows users to enjoy meals without the hassle of calculating or counting calories."

intelli-Diet:

- Sets up a daily personalized healthy eating plan based on the foods you like
- Maps out meals for the following week and considers foods you have in stock
- Allows for incredible meal variety by permitting foods to be exchanged for others
- Records weight loss progress and allows posting of success through social media
- Triggers meal reminders, generates grocery lists, and offers many other features

"I've seen many of my clients struggle with two things – keeping track of what they eat and planning ahead," says Jessica Grudsky, a Chicago Registered Dietician and Health and Wellness Coach. "*intelli-Diet* is a very smart and powerful meal planning application that helps people achieve and maintain their health and weight loss goals."

intelli-Diet is now available at the limited-time promotional price of \$3.99 in the U.S. and is priced accordingly in other regions. The app is available world-wide from Apple's App Store for iPhone and iPod Touch, or by visiting: www.intelli-Diet.com.

Please visit www.intelli-Diet.com for more *intelli-Diet* information, including videos and screenshots.

If you would like further information on *intelli-Diet*, or you would like to schedule an interview, please contact:

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Press Kit: www.intelli-Diet.com/press-room

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