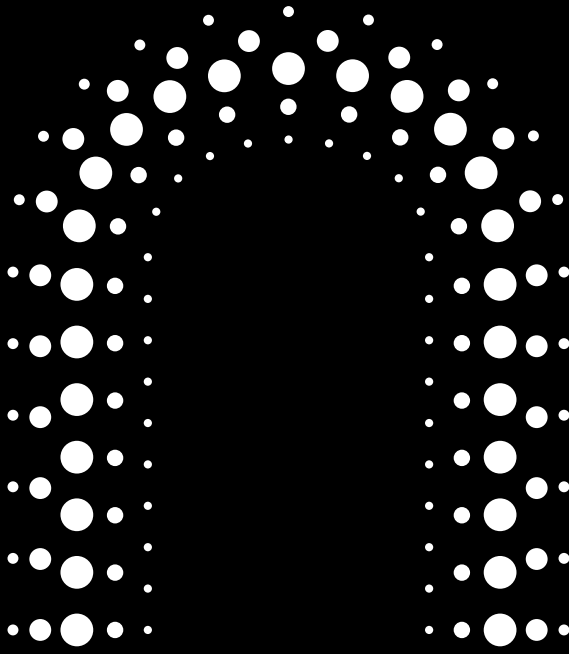


9:41



 preserve

PRESENTS



9:41



NUTRITION NEST

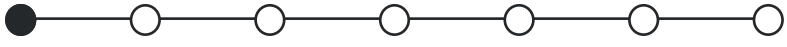


Sign up or log in to your
Nutrition Nest account and
access exclusive content.

LOG IN

SIGN UP

[Continue as Guest](#)



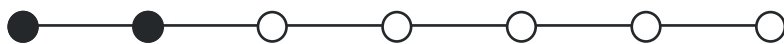
ENTER YOUR EMAIL OR
PHONE NUMBER





ENTER YOUR EMAIL OR
PHONE NUMBER



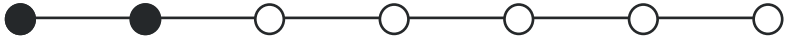


ENTER YOUR NAME

First Name

Last Name





ENTER YOUR NAME

First Name

Last Name



Q W E R T Y U I O P
A S D F G H J K L
↑ Z X C V B N M [Backspace]
123 space return

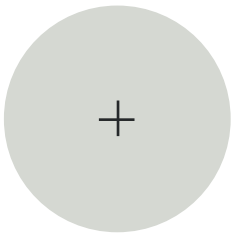




Skip



ADD YOUR PHOTO
TO YOUR PROFILE



Meena
@meena





WHAT'S YOUR DATE OF BIRTH?

2002

—

—

2001

January

1

2000

February

2

1999

March

3

1998





Skip



RECEIVE INSPIRATION

Get personalized products, progress updates,
and new releases.

TURN ON NOTIFICATIONS



Skip



UNLOCK PERSONAL INSIGHTS WITH APPLE HEALTH

Tap 'Continue' to review and manage for syncing health data.

CONTINUE



WELCOME TO YOUR WELLNESS JOURNEY.

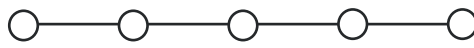
Let us tailor your experience by
answering 5 quick questions that
will help us assess your health
and support your journey.

CONTINUE

[Skip Quiz](#)



Later



WHAT ARE YOUR PRIMARY HEALTH & WELLNESS GOALS?

Select all that apply

Energy & Vitality

I need more energy throughout the day and want to improve my sleep quality.

Mental Clarity

I want to manage stress, improve my mood, and enhance my cognitive function.

Cardiovascular Wellness

I want to support my heart health, blood pressure, or cholesterol levels.

Digestive Harmony

I experience digestive issues such as bloating, gas, or irregular bowel movements.

Detoxification Support

I feel sluggish and want to reset my body.

Immune & Inflammatory Health

I get sick often or deal with aches and inflammation.

Longevity

I want to optimize my health for aging and overall prevention.

Hormonal Balance

I'm experiencing symptoms of hormonal changes.

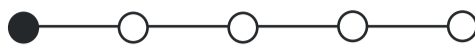
None of the Above

I feel great and want to maintain my current wellness. (Select this only if you did not choose any of the above.)





Later



WHAT ARE YOUR PRIMARY HEALTH & WELLNESS GOALS?

Select all that apply

Energy & Vitality

I need more energy throughout the day and want to improve my sleep quality.

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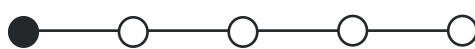
None of the Above

I feel great and want to maintain my current wellness. (Select this only if you did not choose any of the above.)





Later



AGE & GENDER

Please provide your age & gender

AGE RANGE

17 - 24

25 - 30

31 - 40

41 - 50

51 - 60

61 - 70

70 +

GENDER

Female

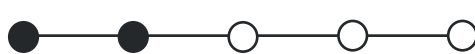
Male

Prefer not to say





Later



AGE & GENDER

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AGE RANGE

17 - 24

25 - 30

31 - 40

41 - 50

51 - 60

61 - 70

70 +

GENDER

Female

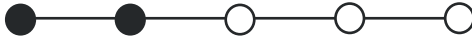
Male

Prefer not to say





Later



DIETARY PREFERENCES

Please select your protein preferences

I eat all protein sources - meats, eggs, seafood

I eat vegan only - no animal products

I eat fish or seafood

I eat vegetarian only - no fish or meat





Later



DIETARY PREFERENCES

Please select your protein preferences

I eat all protein sources - meats, eggs, seafood

I eat vegan only - no animal products

I eat fish or seafood

I eat vegetarian only - no fish or meat





WHAT IS THE PRIMARY PURPOSE FOR JOINING NUTRITION NEST?

Please select all that apply

Address a specific health issue

Prevent future health problems

Boost my current wellness routine

Explore new health options





WHAT IS THE PRIMARY PURPOSE FOR JOINING NUTRITION NEST?

Please select all that apply

Address a specific health issue

Prevent future health problems

Boost my current wellness routine

Explore new health options



Not part of app design

Note for developer: One of the following pages will appear based on the answers to the 4 questions and the birthdate provided.

Not part of app design



YOUR PERFECT MATCH:

CLARITY

Your results reveal a path to inner balance. The Clarity plan helps you cultivate calm, sharpen focus, and restore energy. Your mind and body will thrive together.

Your nutrition plan will consists of three integrated pathways:

- Stress Management
- Mood Support
- Brain Function Optimization

This plan focuses on omega-3 fatty acids, B-vitamins, magnesium, and adaptogens that support neurotransmitter production, reduce brain inflammation, and helps your body adapt to stress.

CONTINUE



YOUR PERFECT MATCH:

PURIFY

Reawaken your body's natural flow with mindful cleansing and balance. The Purify nutrition plan gently resets and nourishes your body, leaving you refreshed and radiant.

Your nutrition plan focuses on the essential pathway:

- Detoxification Support

This targeted approach supports your liver's detox pathways through sulfur-rich vegetables, antioxidant-rich foods, and hydrating ingredients while eliminating processed foods and toxins.

[CONTINUE](#)



YOUR PERFECT MATCH:

DEFENSE

The Defense plan is a mindful approach to resilience. Nurture your body while calming inflammation and reinforcing your natural defenses.

Your nutrition plan consists of two complementary pathways:

- Immune System Boost
- Inflammation Reduction

This dual approach uses vitamin C, zinc, anti-inflammatory omega-3s and spices, antioxidant-rich foods, and fermented foods for gut immunity.

[CONTINUE](#)



YOUR PERFECT MATCH:

HARMONY

Cultivate a serene, thriving heartbeat. Ease your cardiovascular system while nurturing your body's natural hormonal balance with the Harmony plan.

Your nutrition plan will consists of six synergistic pathways:

- Cholesterol Balance
- Blood Sugar Regulation
- Men's Hormonal Health
- Cardiovascular Wellness
- Women's Hormonal Health
- Blood Pressure Management

This holistic approach provides heart-protective omega-3s, blood pressure-lowering potassium and magnesium, cholesterol-managing fiber, and hormone-balancing nutrients.

[CONTINUE](#)



YOUR PERFECT MATCH:

RESTORE

Gentle support, profound renewal. The Restore plan helps your liver harmonize, energize, and restore resilience.

Your nutrition plan will focus on a critical pathway:

- Liver Health Optimization

This specialized approach provides choline-rich foods, antioxidants for protection, B-vitamins for methylation, and liver-supporting herbs while eliminating liver-taxing substances.

[CONTINUE](#)



YOUR PERFECT MATCH:

ALIVE

Awaken the core of your wellbeing. The Alive plan nurtures your gut, optimizes digestion, and restores life from the epicenter. This creates stability and a current of vibrant energy that flows through your whole body.

Your nutrition plan will consist of two interconnected pathways:

- Digestive Harmony
- Gut Microbiome Balance

This comprehensive approach uses prebiotic fibers, diverse fermented foods, digestive enzymes, and gut-healing nutrients while eliminating inflammatory foods.

[CONTINUE](#)



YOUR PERFECT MATCH:

FORCE ⚡

Unleash your inner power. The Force plan channels energy and recovery throughout your body, helping you move fully alive, radiant, and in perfect rhythm with your peak self.

Your nutrition plan will consist of three powerful pathways:

- Energy Enhancement
- Sleep Quality Improvement
- Fatigue Recovery

This plan provides iron-rich foods for oxygen transport, B-vitamins for energy metabolism, magnesium for muscle recovery, and sleep-promoting nutrients like tryptophan and natural melatonin.

CONTINUE



YOUR PERFECT MATCH:

LONGEVITY

The Longevity plan is designed for a life that unfolds with strength and brilliance. This is our most comprehensive approach to supporting cellular renewal, resilience, and sustained radiance.

Your nutrition plan consists of five integrated pathways:

- Cardiovascular Wellness
- Liver Health Optimization
- Women's Hormonal Health
- Men's Hormonal Health
- Inflammation Reduction

This comprehensive approach uses polyphenol-rich foods, omega-3s, liver-supporting nutrients, hormone-balancing foods, and anti-inflammatory compounds.

[CONTINUE](#)



WELCOME MEENA

Quote of the Day

"I am a channel for divine healing energy, bringing light wherever I go".

— Rumi

BOOK YOUR EXPERIENCE

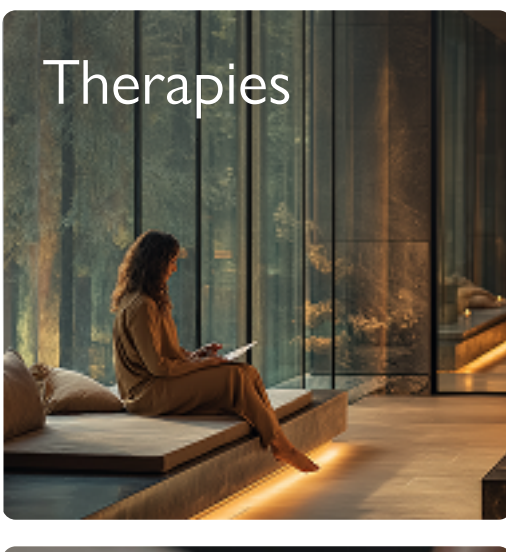
Events



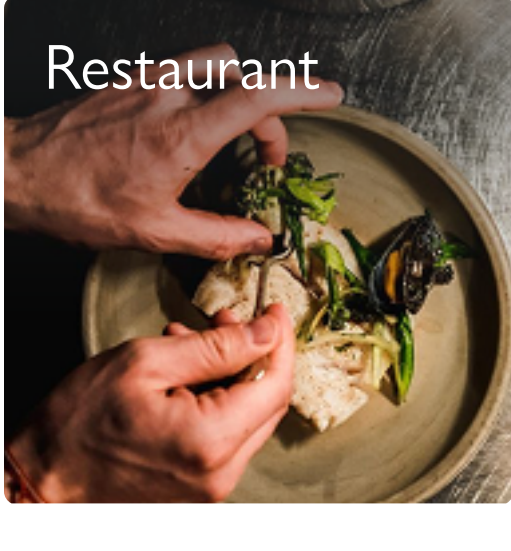
Clinic



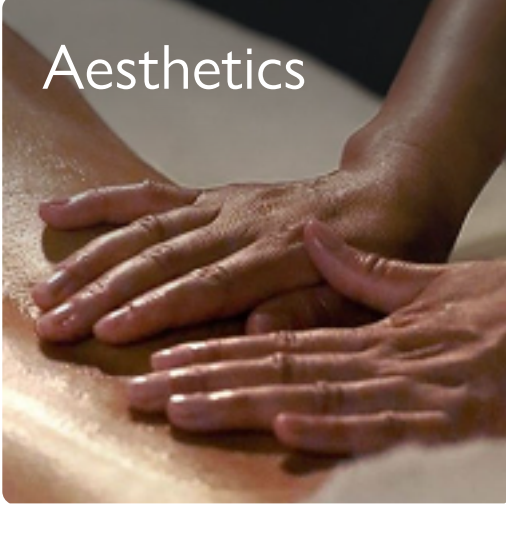
Therapies



Restaurant



Aesthetics



NURTURE

Fresh



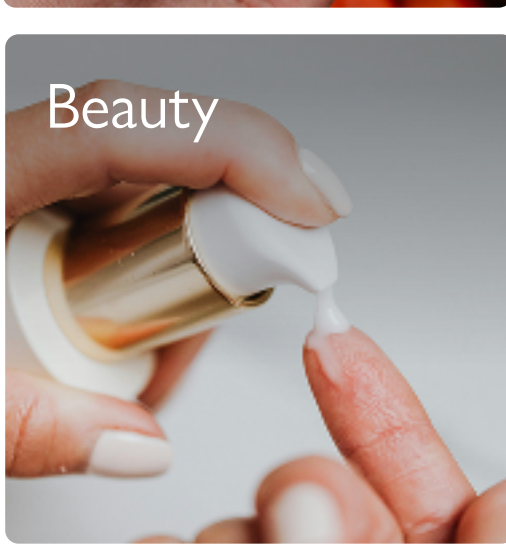
Grocery



Supplements

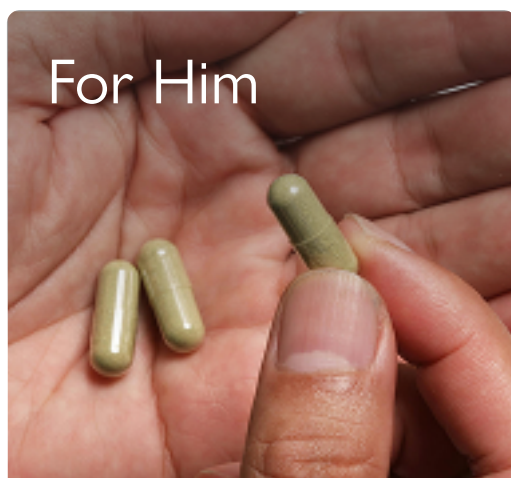


Beauty

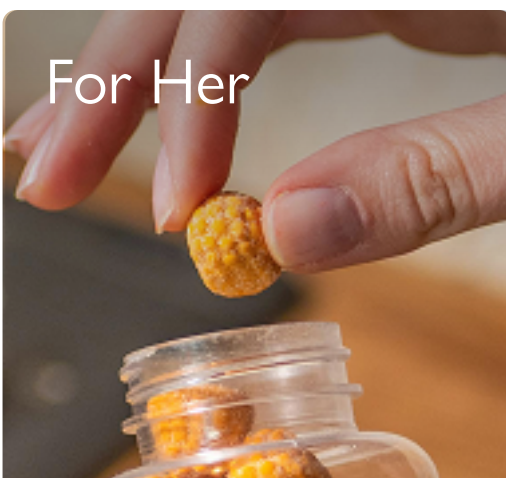


SUPPLEMENTS GUIDE

For Him



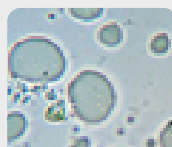
For Her



For All



MY JOURNEY



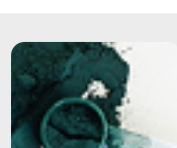
My Tests



My Visits



Favorites



Recents

WHERE TO START

Step 01



THE CLINIC
Book your first Appointment

S

TR
F
T



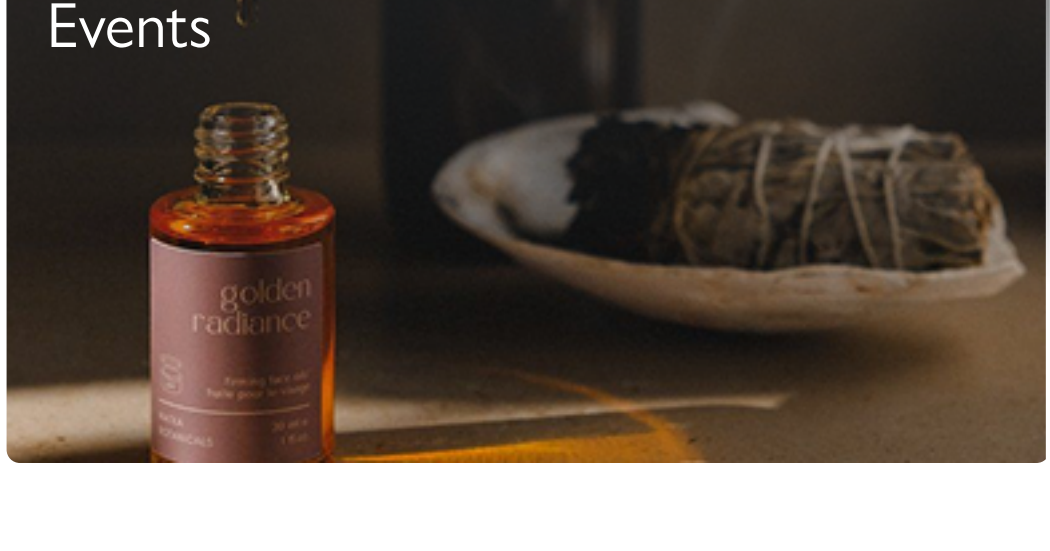
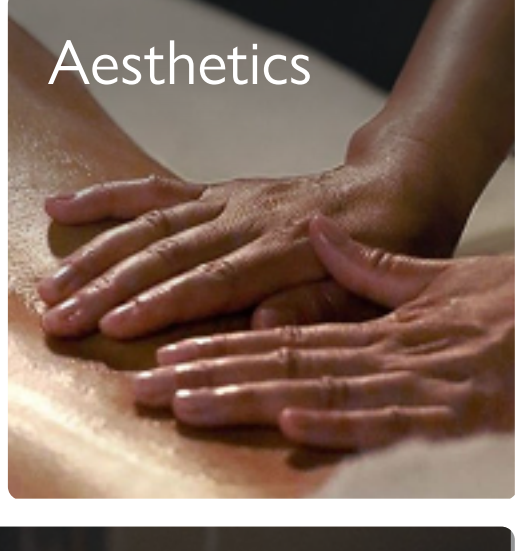
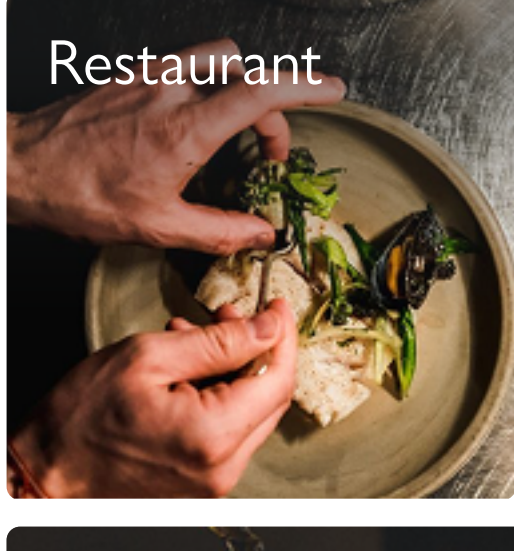
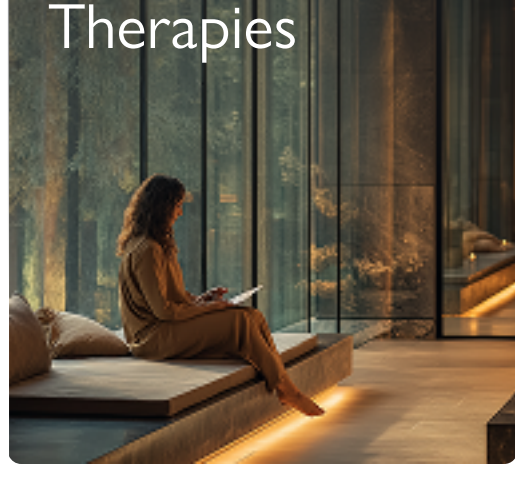
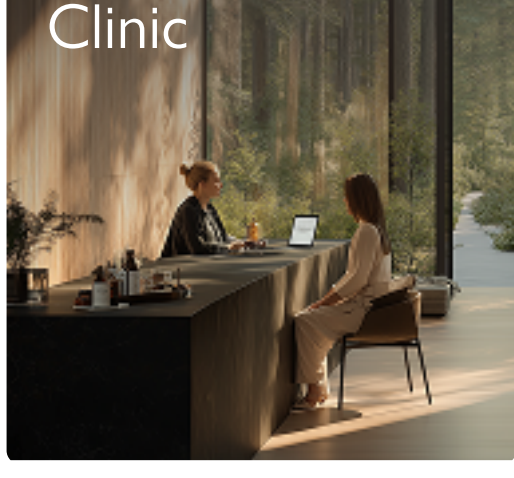
WELCOME MEENA

Quote of the Day

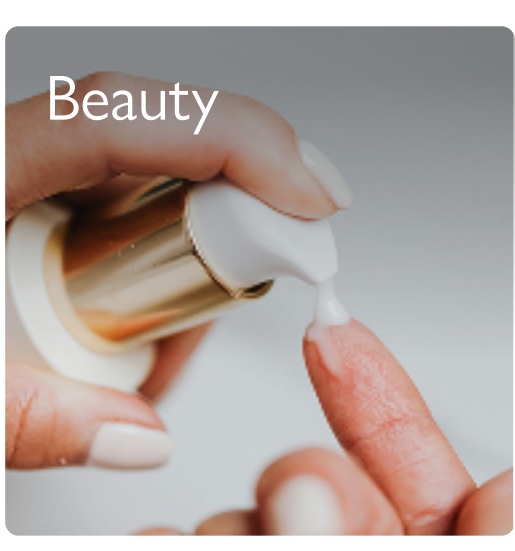
"I am a channel for divine healing energy, bringing light wherever I go".

— Rumi

BOOK YOUR EXPERIENCE



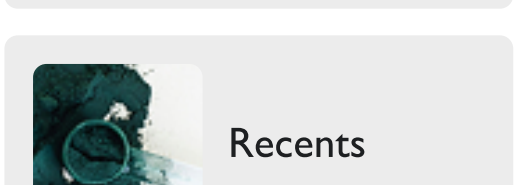
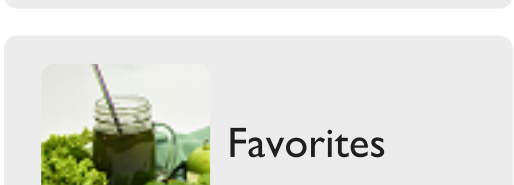
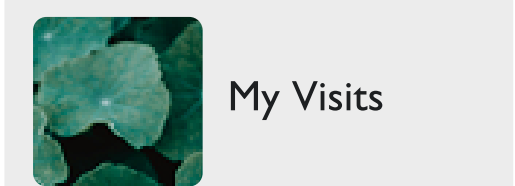
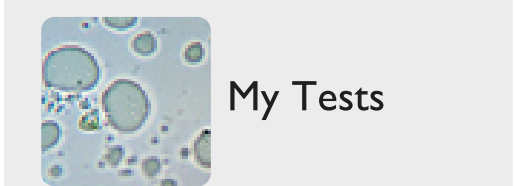
NURTURE



SUPPLEMENTS GUIDE



MY JOURNEY



WHERE TO START



Not part of app design

Note for developer:

Onboarding Flow:

- 1.Landing page
- 2.Login (Skip to Home) /Sign Up
/Enter as Guest (Skip to Home)
3. Enter and Email or Phone Number
4. Enter Name
5. Date of Birth
6. Enable Notifications/Skip
7. Sync to Health App/Skip
8. Pathway Quiz Intro Screen / Skip
9. Pathway Question 1 / Later (Skip)
10. Pathway Question 2 / Later (Skip)
11. Pathway Question 3 / Later (Skip)
12. Pathway Question 4 / Later (Skip)
13. Pathway Result
14. Dashboard/Home/In Nest
15. Dashboard/Home/Out of Nest

Not part of app design