



Weight Loss Resources

Mobile Apps (compatible with tablets and smart phones):

- **My Fitness Pal:** Free

Use it as a calorie tracker/counter to log foods and take advantage of the app's food database that contains over 14 million foods. Has recipes and motivational tips, links with other apps.

- **My Net Diary:** Free and \$

This app has a staff of RDs experienced in weight management, diabetes, cardiovascular health, food allergies, and pulmonary medicine. Premium users can choose from eight customized diet plans: Calorie Counting, Low-Carb, Keto, High-Protein, Low-Fat, Mediterranean, Vegetarian, and Vegan.

- **Noom:** \$

From their website: "Noom uses science and personalization to help you lose weight and keep it off for good. We'll help you better understand your relationship with food, how to be more mindful of your habits, and give you the knowledge and support you need for long-lasting change."

- **Weight Watchers:** \$

Using points, WW philosophy is to offer "an adaptable, livable weight loss program that's a lifestyle, not a diet, and provide sustainable food plans, activities, behavior modification, and group support. "

Programs

- **Weight Watchers** - \$: In person, or as an app. <https://www.weightwatchers.com/us/>
- **Nutrisystem** - \$: They provide the food based on your needs. Frozen and non-frozen. <https://www.nutrisystem.com/>
- **Optavia** - \$: Provides snacks, bars, shakes, and some foods based on your needs. <https://www.optavia.com/us/en/>
- **Jenny Craig** - \$: Offers meal plans and the food to go with it based on your needs. <https://www.jennycraig.com/>

Nutrition Professionals

- **Memphis Nutrition Group:** <https://www.memphisnutritiongroup.com/> Memphis, TN
Group practice of Registered Dietitian Nutritionists who offer nutrition therapy using a non-diet approach to find confidence and clarity in everyday choices and create a balanced approach to food. In person and virtual. 901-343-6146
- **901 Nutrition:** <https://901nutrition.com/> Collierville, TN
They use a holistic approach considering sleep habits, stress levels, emotional well-being, and more. Intuitive eating and the enjoyment of food is encouraged. Everyone is unique, so no two sessions are alike. In person and virtual. 901-460-2669