

How to Choose the Best Meal Planning App

(Read the full article at <https://nutriadmin.com/blog/best-meal-planning-app/>)

Compile a list of apps to consider

- Add apps you know to the list.
- Search on Google for top meal planning apps for professionals.
- Ask your colleagues for app recommendations.
- Check reviews from software comparison or review websites.
- Use Facebook groups and forums that include people from your profession to inquire about their preferred meal planning apps.
- Consider top apps like NutriAdmin, Eat This Much, ThatCleanLife, or Evolution Nutrition.

Curate your list of apps

- Make a list of key features that are must haves for your nutrition business.
- Eliminate any app in your list that:
 - Has been around for less than 1 year
 - Has no reviews, few reviews, or poor reviews
 - Doesn't clearly offer all the features you need from your list
 - Pricing is outside of your budget
 - App is not for the platform you need (e.g. Windows/Mac/Web-app)
- You should quickly reduce the number of apps until you have around 3-5 to try.
- (optional) you can rank the apps by reviews or how promising they look so that you try them in likely order of quality.

Do multiple free trials

- Sign up for free trials of the apps from your curated list that you want to test out.
- Remember to set up a reminder in your calendar to cancel your trial as you sign up to avoid being accidentally charged.
- Ask questions to the support team during the trial to test out how responsive and effective they are.
- Create sample meal plans as you normally would, tailored to different types of clients you typically serve. For example, create meal plans with no restrictions, ones that exclude certain ingredients, and others designed for specific diets.
- Test out the non-negotiable features you need and see if they work as expected.
- Estimate how much time the software will save you long-term, or how much value it will bring.
- If you encounter an issue or bug, reach out to the support team and evaluate how long it takes them to fix your problem.

Making your final decision

- Test a minimum of 2-3 apps. Don't be lazy, most people test too few!
- Choose the best meal planning app after you've done your research and tried your top options.
- Remember to cancel any remaining free trials for apps you won't be using.