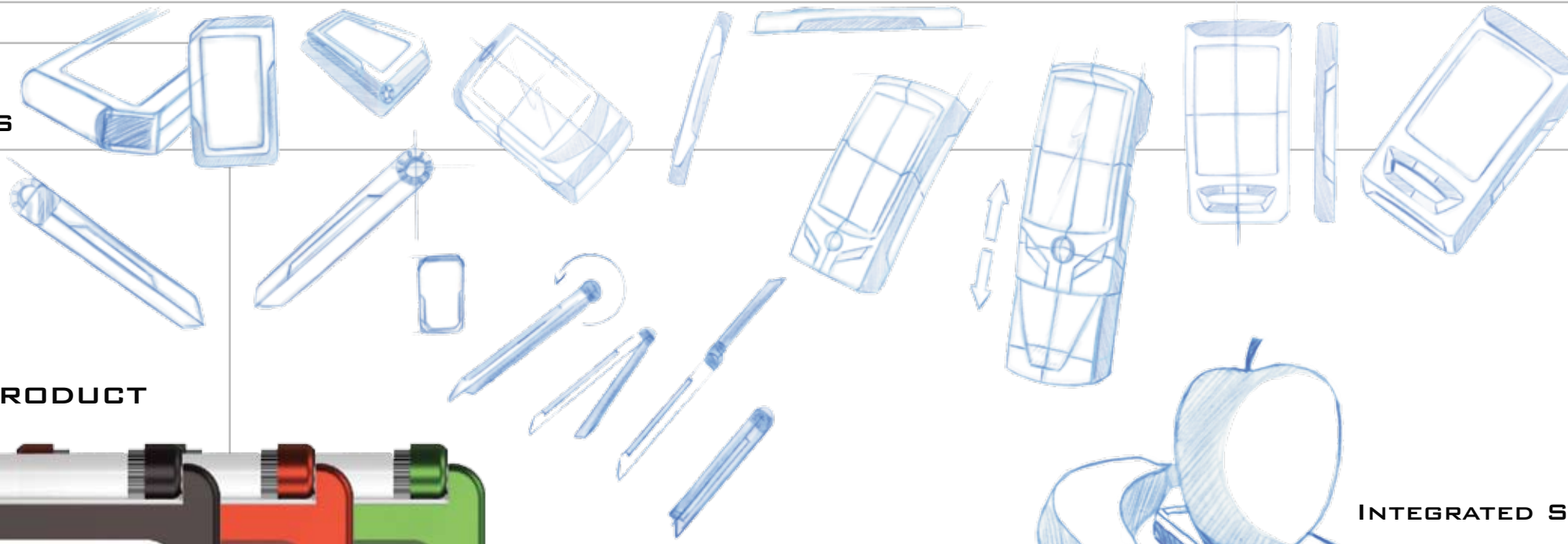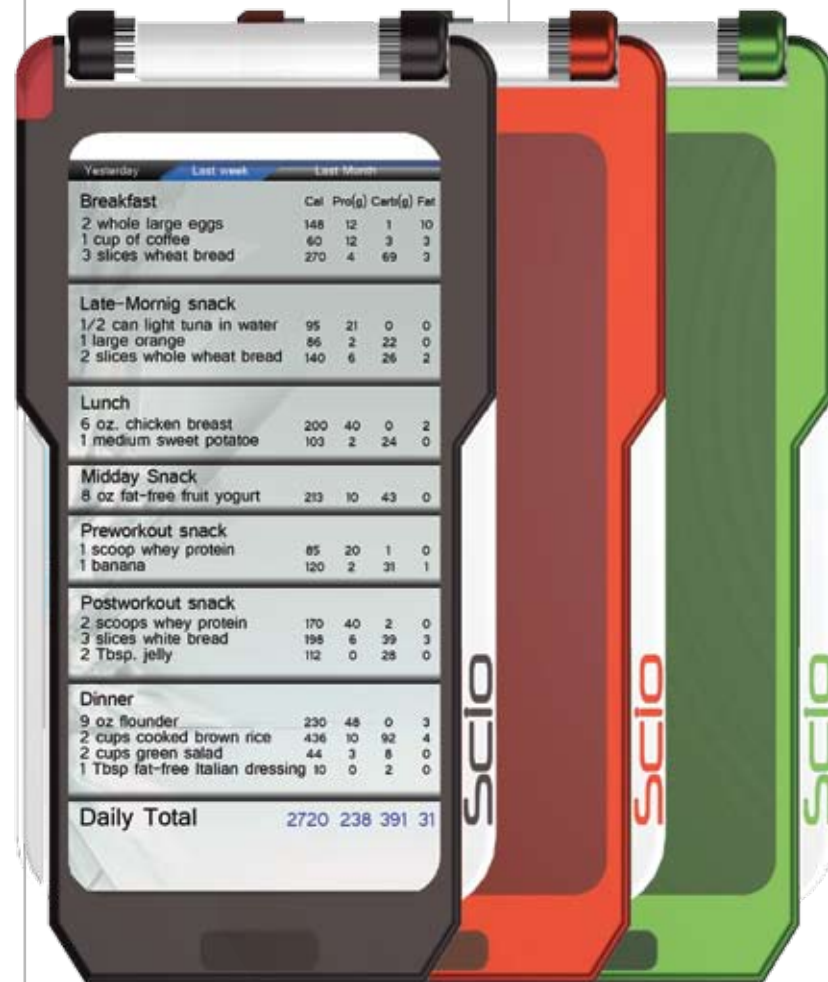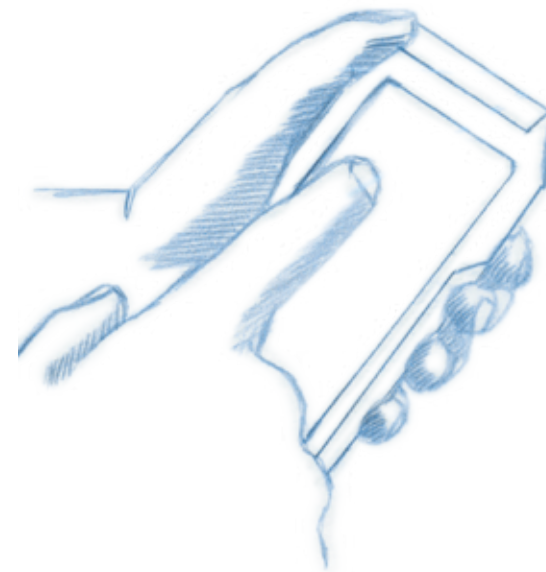SKETCHES

PHOTOSHOP RENDERING

FINAL PRODUCT

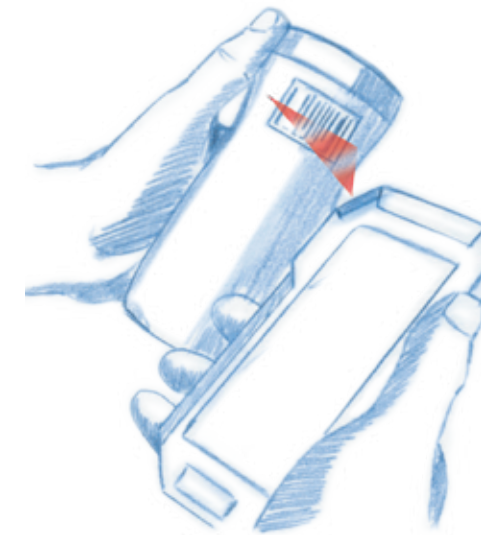| Breakfast	Cal	Pro(g)	Carb(g)	Fat
2 whole large eggs	148	12	1	10
1 cup of coffee	60	12	3	3
3 slices wheat bread	270	4	69	3
Late-Mornig snack				
1/2 can light tuna in water	95	21	0	0
1 large orange	86	2	22	0
2 slices whole wheat bread	140	6	26	2
Lunch				
6 oz. chicken breast	200	40	0	2
1 medium sweet potatoe	103	2	24	0
Midday Snack				
8 oz fat-free fruit yogurt	213	10	43	0
Preworkout snack				
1 scoop whey protein	85	20	1	0
1 banana	120	2	31	1
Postworkout snack				
2 scoops whey protein	170	40	2	0
3 slices white bread	198	6	39	3
2 Tbsp. jelly	112	0	28	0
Dinner				
9 oz flounder	230	48	0	3
2 cups cooked brown rice	436	10	92	4
2 cups green salad	44	3	8	0
1 Tbsp fat-free Italian dressing	10	0	2	0
Daily Total	2720	238	391	31

INTEGRATED SCALE.

CONNECT TO THE INTERNET TO FIND NUTRITIONAL INFORMATION

SCAN FOOD TO KEEP TRACK OF WHAT YOU EAT.
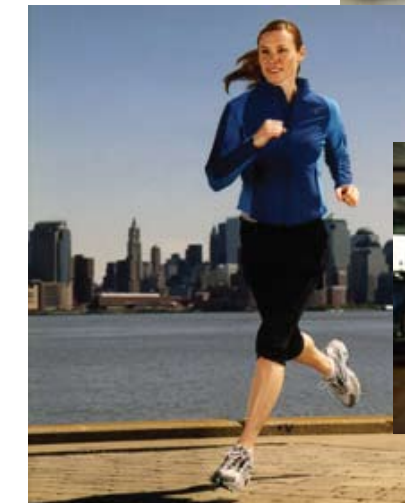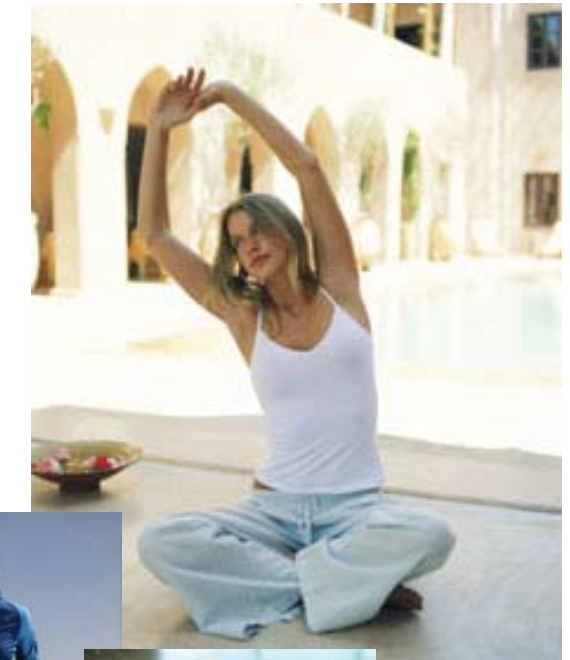
USERS

Scio
(SMART CALORIE INTAKE ORGANIZER)

THE SCIO (SMART CALORIE INTAKE ORGANIZER) IS A PORTABLE DEVISE DESIGNED TO HELP INDIVIDUALS CONTROL THEIR CALORIES INTAKE. IT ALSO HELPS CONTROLLING DIABETES, LOWERING BLOOD PRESURE, AND COLESTEROL LEVELS. THE SCIO ALLOWS THE INDIVIDUAL TO SCAN FOOD, WEIGHT FOOD AND ACCESS THE INTERNET.