

Text Message-Based Calorie Tracking Service Marks First Year

SAN FRANCISCO, CA, UNITED STATES, December 22, 2024 /EINPresswire.com/ -- [MealByMeal](#), a nutrition tracking platform that operates through text messages, has served thousands since its launch in 2023. The service enables calorie counting through natural language text messages, with subscription options at \$7 monthly or \$21 annually.

The platform utilizes artificial intelligence and food databases to process text messages and calculate nutritional information. Features include text-based food logging, progress monitoring, and access to a web dashboard for detailed analysis.

Core functionalities:

- Text message tracking
- Progress updates
- Web dashboard
- Weight tracking
- Nutritional analysis
- Food database

"We designed this for people who prefer texting over using traditional apps," explains Jared Rhizor, creator of MealByMeal.

The platform combines text messaging with a web interface that displays calorie consumption data, weight trends, and fitness metrics. This approach offers an [alternative to MyFitnessPal](#) conventional nutrition tracking applications.

Additional information is available at www.mealbymeal.com

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