This is Lifesum

Food tracking that understands you.

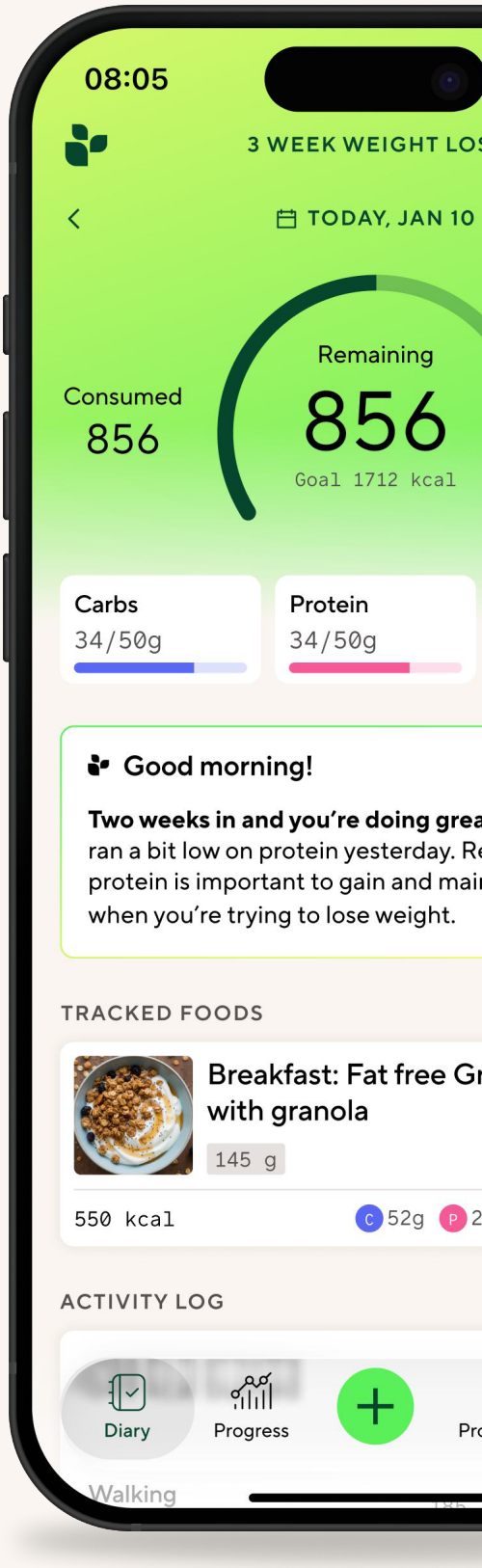
Snap a photo or scan a barcode to instantly log your meal. Lifesum's AI turns what you eat into detailed nutrition insights—so you can track faster, wherever you are. One tap. Less effort. Smarter choices.

Nutrition feedback and motivation that moves you forward

Get personalized insights and gentle guidance based on what you eat, your goals, and your habits. Lifesum helps you see what's working, stay motivated, and make small changes that add up over time.

1,000+ recipes and meal plans

Discover balanced, delicious recipes and flexible meal plans tailored to your goals and preferences. Lifesum helps you plan ahead, eat well, and stay inspired—without strict rules or overwhelm.



Enjoy 12 months of Lifesum Premium for 50% off!

How to redeem your offer:

1. Scan the QR code or go to https://lifesum.com/redeem
2. Enter the code "**Kaiser50**"

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