

Food Fight

7 Diet Apps for Slimdown Success this New Year

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Even the most well-intentioned New Year's Resolution can quickly become nothing more than a fond memory if you do not have a solid plan in place to keep you motivated and on track. Recent high-profile reports cite the downright sobering statistic that fully 80% of New Year's resolutions fail by February. If weight-loss is on your list of resolutions for 2018, you'll want to check out the 7 apps below. Have a plan, work that plan, and let these apps help you successfully hit your goals, stick to that resolution, and even earn some cash in the process!

1. FatSecret

This 100% free app is packed with tools, including food and exercise diaries, healthy recipes, and nutritional info for just about any food item you can think, to help you achieve your diet goals. With over 35 million users, it's easy to see why they claim to be the fastest and easiest calorie counting app around.

2. Loselt!

This food tracking app has both free and paid levels, depending on how much functionality you want to access within the app. In addition to food and exercise tracking, Loselt! syncs with Apple Health, Google Fit, and provides support for WIFI scale connections. At the premium level, you can also synchronize with fitness trackers and apps, track your daily water consumption, and access a library of meal plans, recipes, and workouts.

3. HealthyWage

This app pays you to lose weight! With the HealthyWage app, you determine how much weight you want to lose, how long you want to take to lose it, and how much you want to wager each month. If you successfully reach your goal by the end date of your challenge, you win your prize. The average HealthyWager prize is over \$1,200! You can also join team challenges, jackpot challenges, and step challenges through the app. Participants have collectively lost over 1 million pounds and gained over \$10,000,000 since company's inception.

4. Daily Burn

With the Daily Burn app, you can access over 800 streaming workouts from your smartphone so that you can get your workout on no matter where you are. The app features many different styles of workouts at a variety of different levels, all led by expert trainers. Additionally, by answering a few simple questions, you'll receive personalized recommendations to help you achieve your custom fitness goals.

5. Fooducate

This free app offers a plethora of built-in tools to help you achieve your diet, health, and fitness goals. These tools include a health (food and activity) tracker, an extensive database of nutritional info, a popular discussion forum, and articles to both educate and motivate you.

6. Rise

For just \$48 per month, the Rise app pairs users with an expert nutritionist who will work with you one-on-one to achieve your goals. From providing feedback on the meals you eat to offering new workout ideas and celebrating your successes, your Rise nutritionist acts as your very own healthy eating coach in the palm of your hand.

7. PlateJoy

Many people rely on menu planning as a secret to their weight-loss success, but it can take a lot of time and creativity. PlateJoy eases that burden by preparing fully customized menu plans and grocery lists tailored to your specific health goals for just \$59 per 6-month subscription. Accessing your plans through their app adds just another level of convenience when you're at home or on the go.

With apps like these, your weight-loss success could be just a download away. As long as you're willing to put in the work, they'll deliver the support, motivation, or inspiration you need to hit your diet goals.





About the author:

Health advocate, former fitness champion and author Merilee Kern, Executive Editor of "The Luxe List" International News Syndicate, is a lifestyle, tech, consumer goods expert who reports on noteworthy products, services, destinations and events at all price points - from the highly affordable to the luxury extreme. She keeps her finger on the pulse of what's trending across all leisure and lifestyle product, service, and travel categories to inform, enlighten and entertain. In addition to her television endeavors Merilee is also an award-winning author, APP developer, internationally syndicated writer, entrepreneur, publicist, two-time fitness champion and proud mother of two Honor Roll students. She is the very definition of a renaissance woman. Merilee may be reached online at LuxeListReviews.com. Follow her on Twitter at twitter.com/LuxeListEditor and Facebook at Facebook.com/TheLuxeList.
