



YO-GAINS MACHINE: USER MANUAL

ALL IN ONE: GREEK YOGURT. GRANOLA. NUT
BUTTERS. TOPPINGS.

YOUR CONTROL. CLEAN. EFFICIENT. COST
FRIENDLY. ALLERGY FRIENDLY. HEALTH
CENTERED.

YO-GAINS

WHY YOU NEED THIS

INVESTED IN YOU.

We hear it all the time. You're busy. In a rush. The kitchen is always busy. There's too many people. There's no fridge. Or you're simply lazy.

This is where YO-GAINS come in. We help you put your nutrition first. The short time window post practice or exercise is essential to muscle recovery. Recovery is where the gains happen. YO-GAINS steps in here to help you and your team get you to where you want to be long term. Put in the effort now, so that later things are easier. It's simple investment in your own well-being.

Why yogurt parfaits? It's an all in one. A no brainer. Muscles post exertion are depleted of glycogen and the protein fibers are broken down. Efficiency in muscle repair is where the gains happen. Parfaits contain everything you need until your next meal. Protein, carbohydrates, fats, fiber, calories, vitamin, water. It's all there to help you keep making the gains.

YO-GAINS is centered for you. We make it easy so it's a one stop shop. You get your nutrients in a fast, efficient, and clean way while keeping costs down. Especially at a large scale, the machine's from scratch yogurt processing from milk and mass ingredient storage keeps things easy and cheap. It also decreases the mess and daily need for new packages associated with large parfait stations on teams. Especially if the machine is used by the same reoccurring users (such as a sports team), there can be saved recipes or present names recipes (sent through the app or online via unique QR code). Reoccurring users can also set a favorites list of recipes. We want you to have the efficiency and deliciousness you deserve. You get the gains in a delicious and fast fueling opportunity as well as the long term. We want you to flourish in your performance long term. That takes the work day in and day out in recovery.

With one tap, the parfait can be taken and consumed within seconds. The days of measuring out or eyeballing portion sizes and waiting in lines for teams to get through scooping and pouring are over. You know exactly how you are fueling your body now. Information is catered for your individual success. No more getting hands and surfaces messy. No more holding back post-workout recovery for those with allergies. Get in, get out, and get on keep making the gains. You're already doing the work, so let YO-GAINS start and make your recovery gains faster. No more excuses.

THE BASICS

overview of machine

WHO

any audience with desire to be food and health conscious
ex: athletes on sport teams

WHAT

automatic yogurt parfait maker. allow for an all in one, no cross contamination, intelligent way of portioning and making parfaits while knowing the macro-nutrient information. dimensions run at 2' x 3' x 3'

WHERE

locations of possible allergen contamination and/or need of efficiency for yogurt production for large groups. can be placed on any flat surface with electricity and water connection; wifi connection optional
ex: end of practice in the locker room

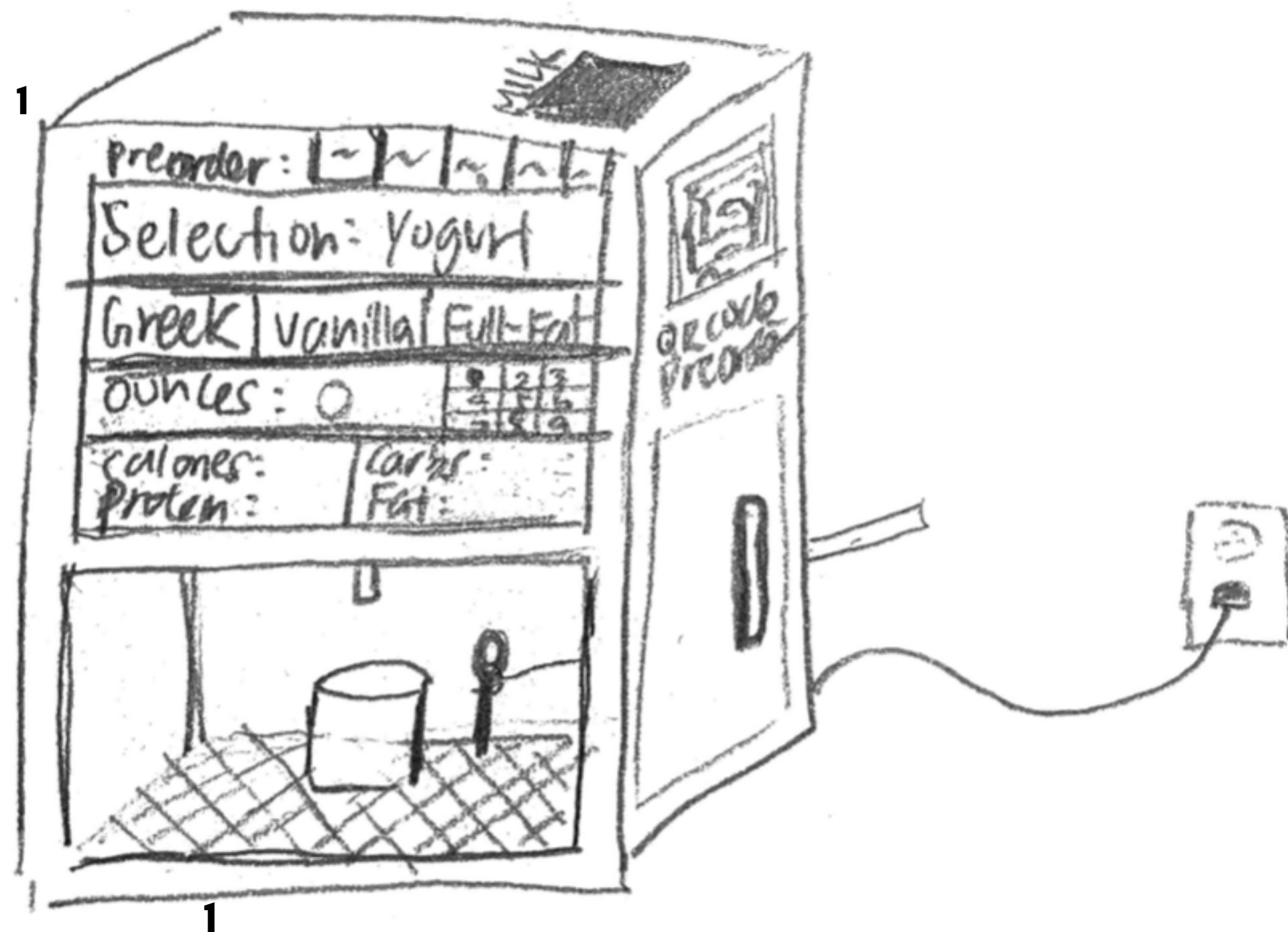
WHY

increases efficiency for individuals by combining all ingredients and utensils into one central location as well as allowing pre-ordering by individuals on an app

allows for individuals to keep track of macro nutrients easily with live view of the calories/protein/carbs/fat in the current serving

decreases ingredient cost by programs by allowing for wholesale sized purchases as well as machine will make scratch yogurt from milk

prevents cross contamination for those with nut or gluten allergies



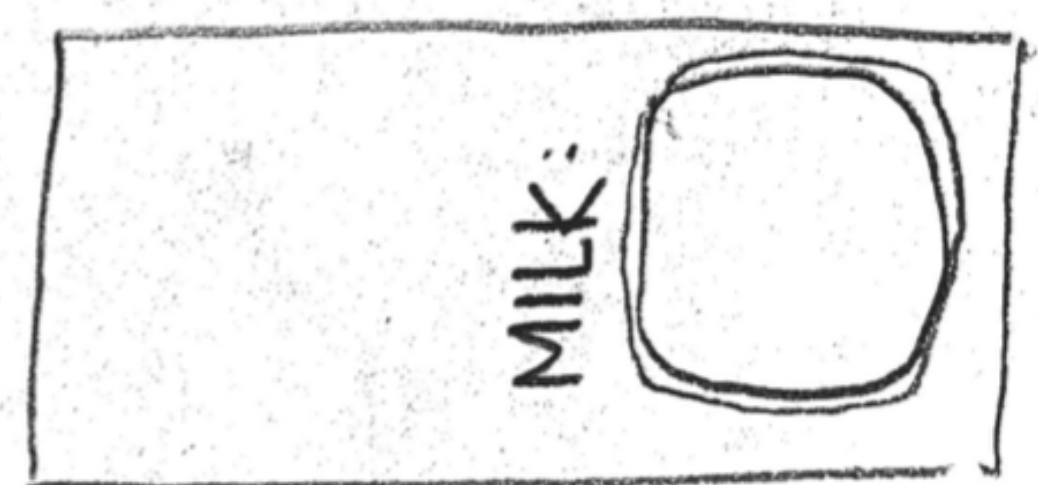
above: front view of whole machine

STEPS TO GAINS:

01 Gather Ingredients and Fill Machine

ingredients needed:

- milk
 - open "MILK" seal on top of machine and fill with your choice of milk until the red 'fill' line underneath the seal
 - milk will be refrigerated and processed into three types of yogurt by the machine, lowering costs. allow for a minimum of 2 hours for new milk to coagulate before consumption (cultures are built into machine)
 - machine will alert when levels are low and milk is needed



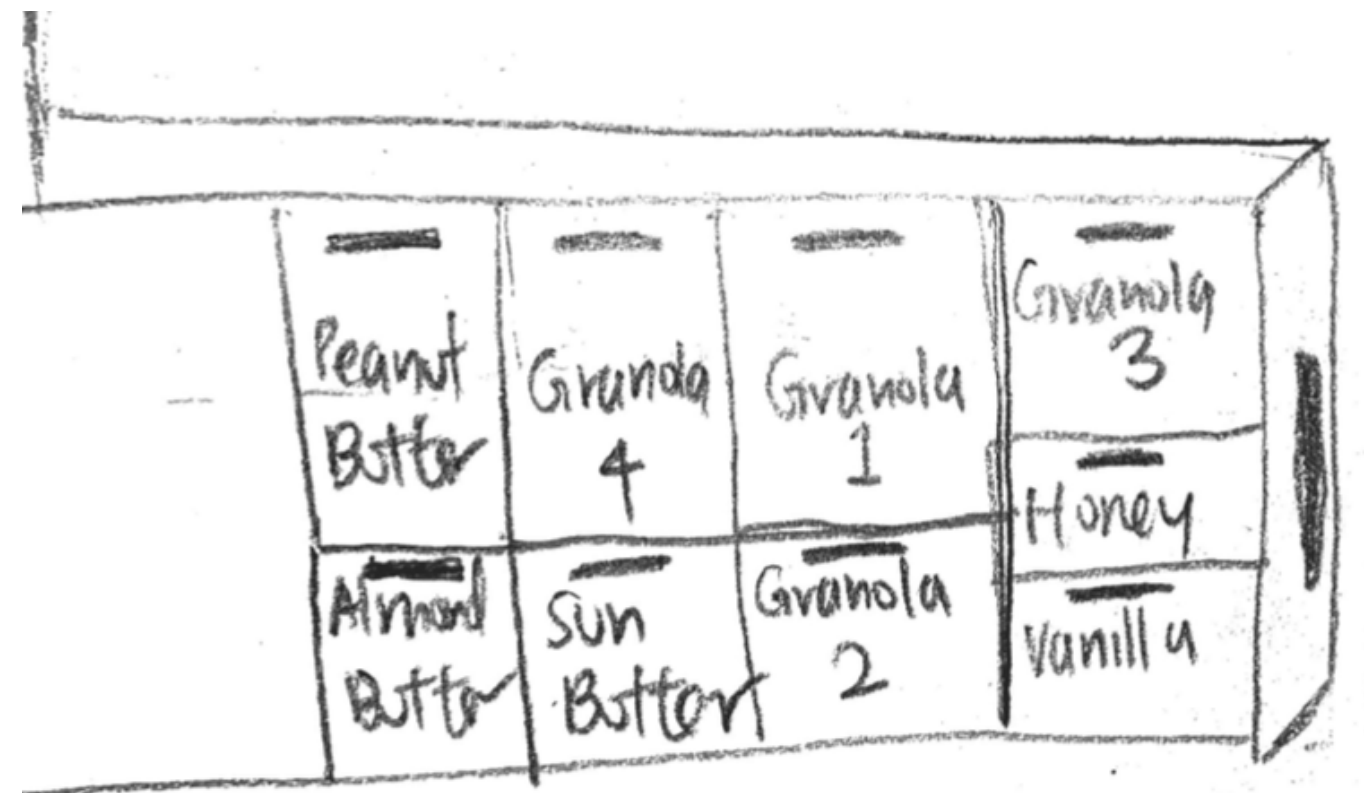
above: top view of seal to fill milk

STEPS TO GAINS (CONTINUED):

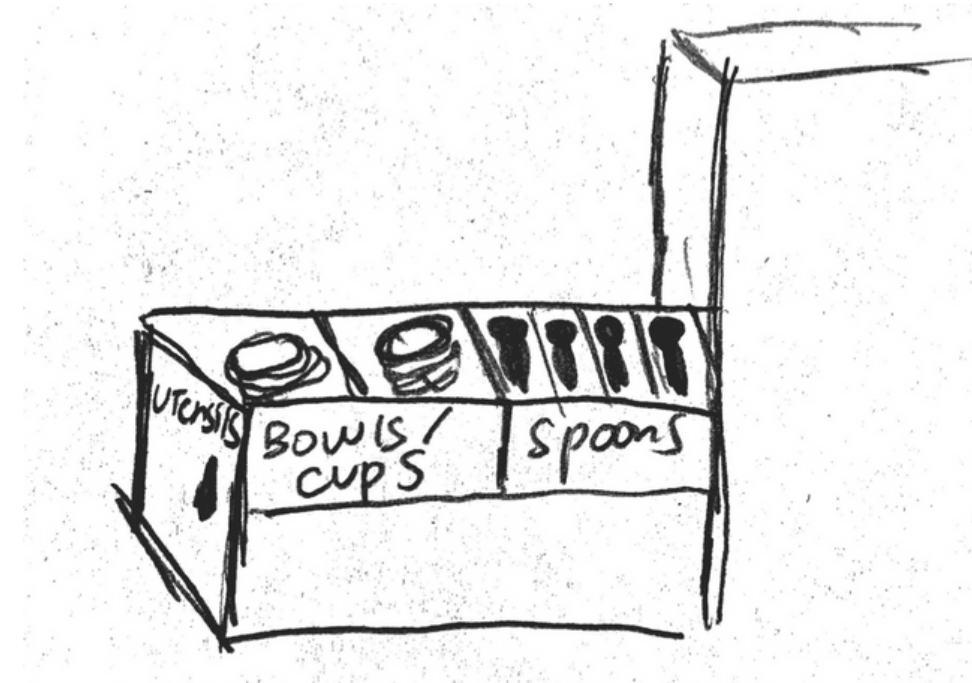
01 Gather Ingredients and Fill Machine (continued)

ingredients needed:

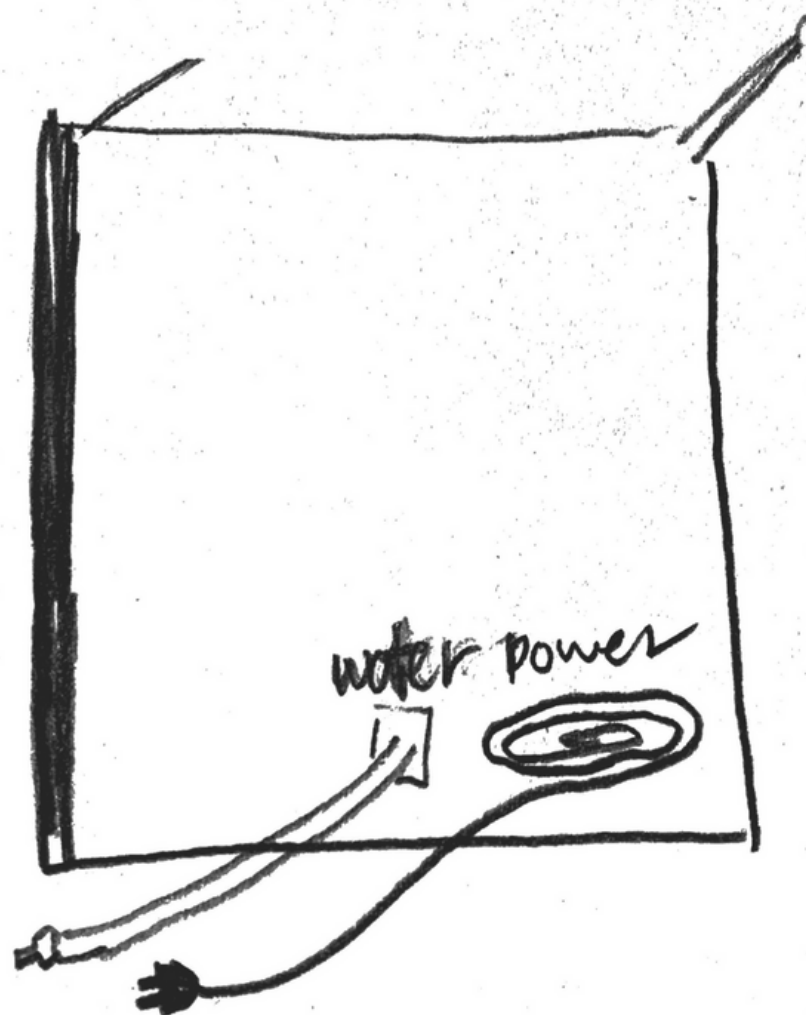
- toppings drawer
 - granola (up to 4 kinds)
 - honey
 - vanilla extract
 - nut butters: peanut, almond, sunflower
 - pull handle on the right side of the machine to pull out the toppings drawer. each compartment can be accessed with the handle on the front side of the machine. fill each compartment with the labeled ingredient up to the red 'fill' line and close all drawers when done. machine will signify low levels of toppings with a notification sent to the screen and to the app.
- utensils drawer
 - compostable bowls and spoons
 - pull handle on the left side of the machine to pull out labeled drawer for bowls and spoons. there separate slots for bowls and spoons that can be filled with a variety of sizes of bowls/spoons (machine will accommodate sizes) until height on the 'max' red line is hit by height of bowls and spoons. close drawer when done.



above: front view of toppings drawer that can be found on right side of machine



above: front view of utensils drawer that can be found on left side of machine



above: back view of utilities: power and water

02 Plug In Machine For Necessary Utilities

Connect Power

- on the back of the machine, connect the black power cable to any standard wall power outlet

Water

- water supply is needed for machine cleaning. disposal of cleaning waste can and will be discarded in one of the user provided compostable bowls/cups for easy disposal
- water supply is through the clear tube on the back of the machine. can be hooked up with a building's clean water plumbing supply. if plumbing system not available, can also connect to a sterile water receptacle with the provided adapter.

STEPS TO GAINS (CONTINUED):

03 Select Individualized Nutrition Needs

Screen Selection:

run through the screen selection to build through the parfait.

option 1:

- if parfait selection has been pre-selected on app or through scanning the QR code to make it through the website:
 - select name from the 'Preorders:' and parfait making will automatically start

option 2:

- if making parfait from scratch:
 - current ingredient will be displayed on top:
 - ex: yogurt, granola, nut butters, honey
 - if options exist for ingredient, select option button of your choice
 - ex: greek, vanilla, full-fat, none
 - select desired ounces of ingredient
 - macronutrient stats of current selection will be displayed in 'current stats' underneath
 - if choice changes, can select the 'X' button in top right corner to reset selection at current ingredient. to continue with selection there is a 'next' button and a 'back' button to go to previous ingredient (if available)

Preorders: Jane Kelly Jill Anna Cancel

selection: ① Yogurt

| | | | |
|-------|---------|----------|------|
| Greek | Vanilla | Full-Fat | None |
|-------|---------|----------|------|

Ounces: 0

| | | | |
|---|---|---|---|
| 1 | 2 | 3 | |
| 4 | 5 | 6 | |
| 7 | 8 | 9 | 0 |

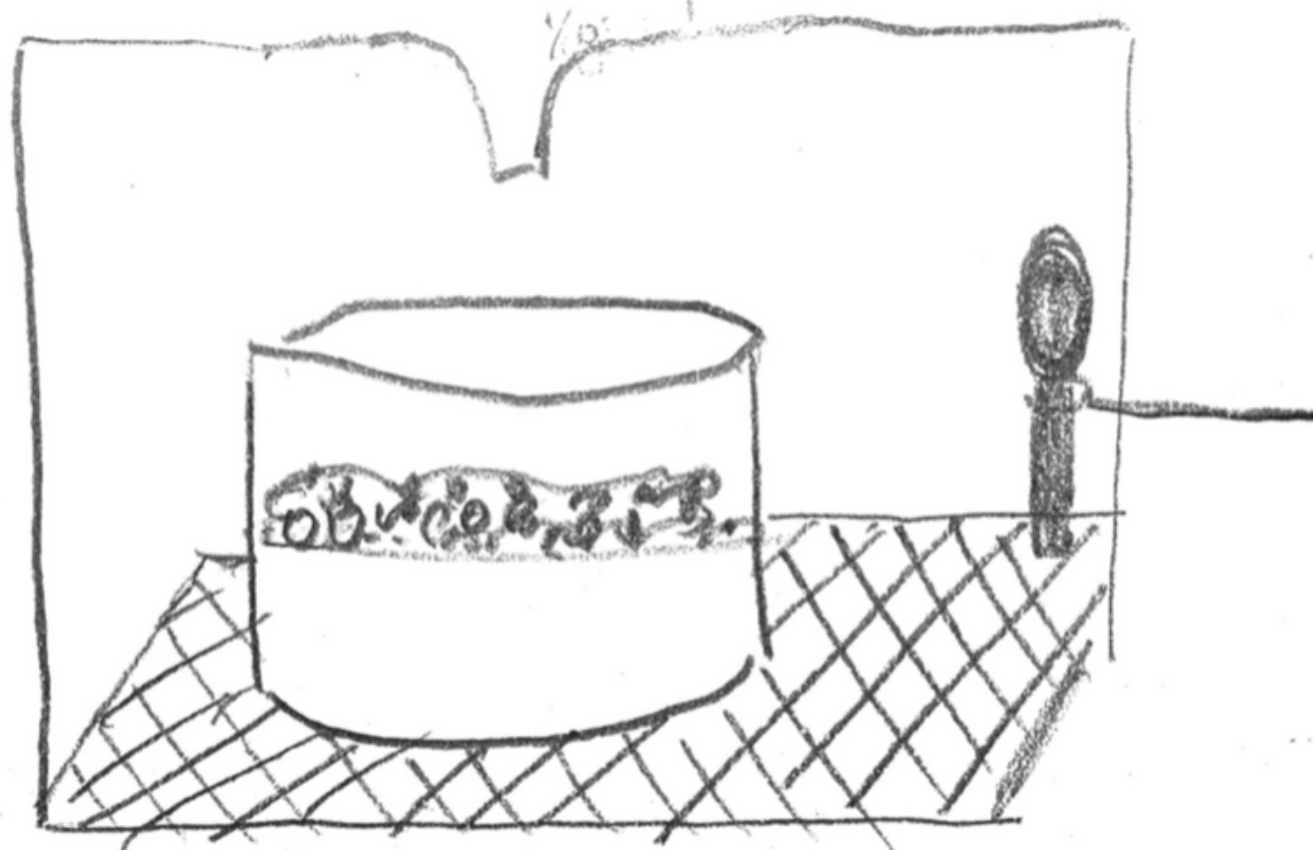
Next →

Current Stats:

| | |
|-------------|----------|
| calories: 0 | Carbs: 0 |
| Protein: 0 | Fat: 0 |

Next Screens:
Granola
Nut-Butters
Honey

above: front view screen for ingredient selection. 'X' button on top right is signifier to cancel current selection. current nutrition stats always visible in bottom section of screen.



above: front view of completed parfait and spoon ready for consumption

04 Enjoy!

Enjoy yo-gains!

- remove bowl
 - gently remove finished bowl from the loading platform, careful to not touch and contaminate the spouts on the top
- remove spoon
 - grab spoon handle from the spoon dispenser. dispenser is soft and rubber based to allow for flexibility in the retrieval
- enjoy your parfait! yummy gains in the belly + long term gains in performance = true peak performance