

Plan Diet

"Your Health is our wealth".

Description

A digital diet planner that will suggest you healthy diet taking into account to your various parameters like yours's eating habits, weight and region etc. Plan diet will be the answer to your daily diet questions and help you to live even fitter. Are you techy or doing gym, just enter your details and take our advice to live a healthy lifestyle.

App Functions

1. Collect user data and categorize hem according to their attributes e.g. weight, region.
2. Suggest meal plans according to attributes provided.
3. Remind for current meal times.
4. Show the progress of the user.

Potential Users

1. Fat People
2. Lean People
3. People not doing any exercise
4. People doing Gym/exercises

Sample Profile

Mr. X

- 25 years old
- Pakistani
- Married
- No exercise routine
- No eating routine
- Have Good Earning

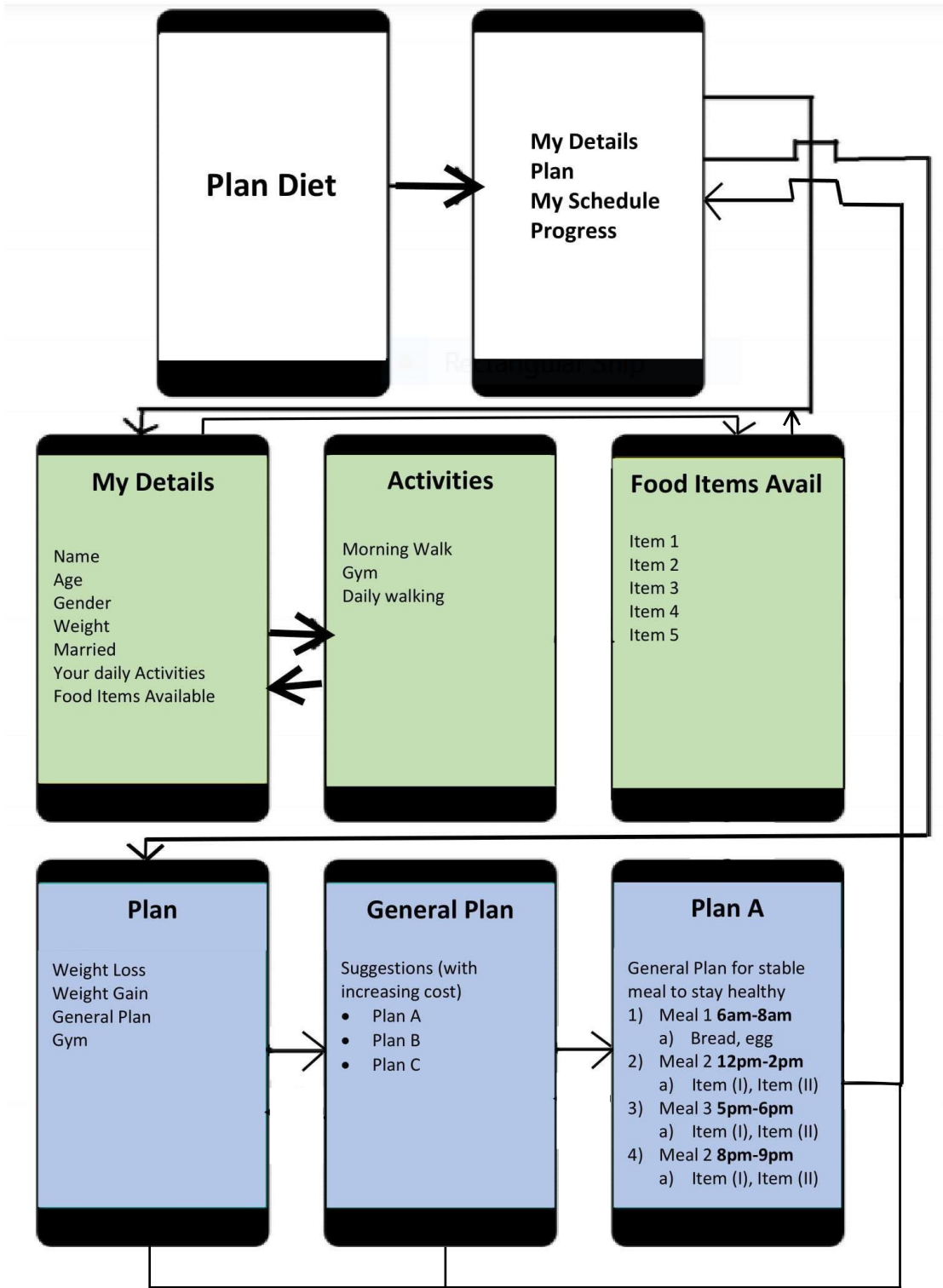
Research

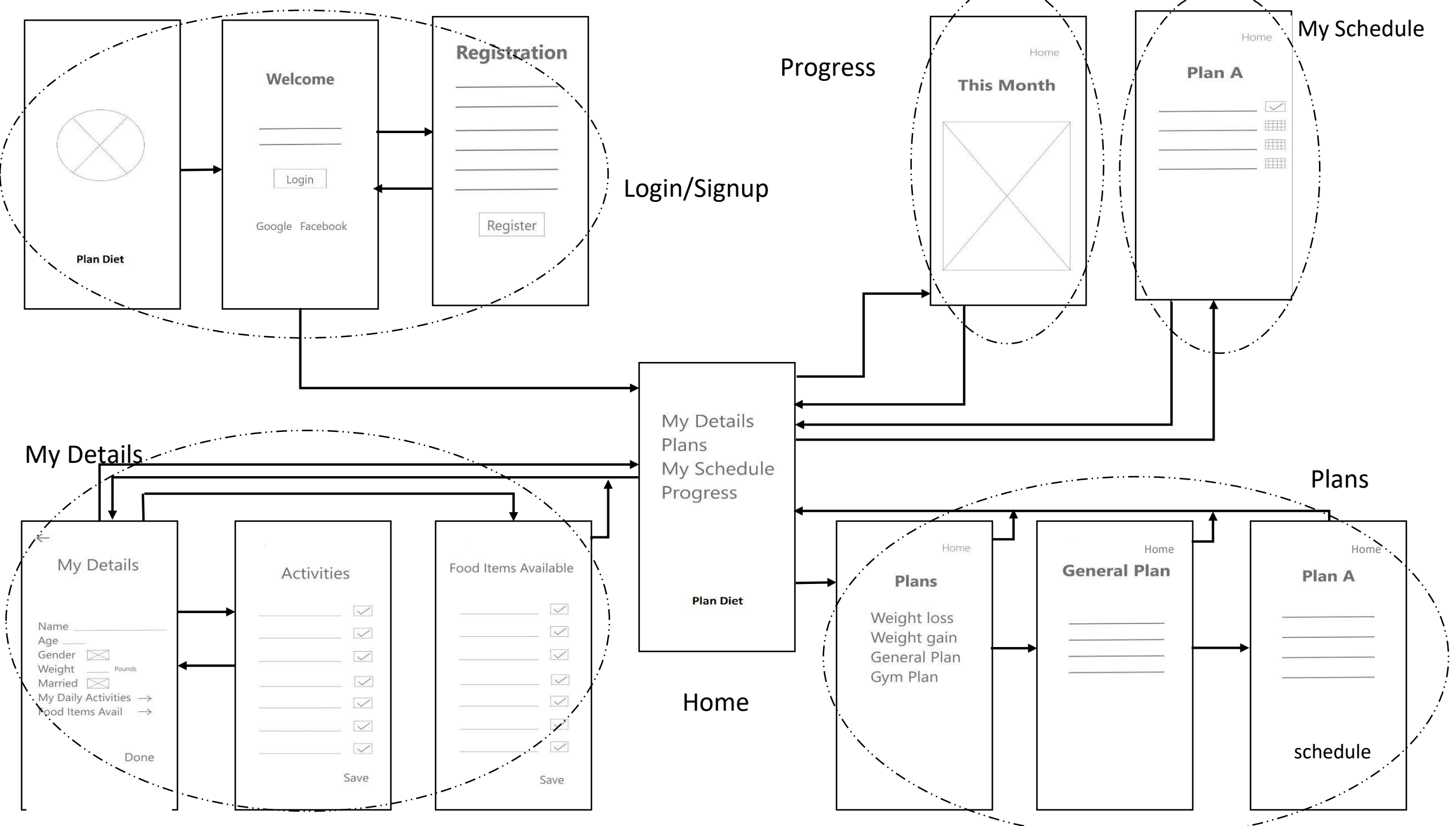
1. [Mealime](#) offers user-friendly, customizable meal plans that you can tailor to your diet while excluding specific foods you don't like.
2. [Paprika](#) is marketed primarily as a recipe manager, but it also includes menu planning features. It's available with one-time fee of \$5.99.
3. [PlateJoy](#) creates customized meal plans for you and your household according to your dietary preferences and weight loss goals.

Aims and Goals

1. Suggest and prohibit meals according to attributes provided.
2. Reminders for meal times
3. Collect all required user data
4. Login/Signup for each user to save individual data

Sitemap and Wireframe





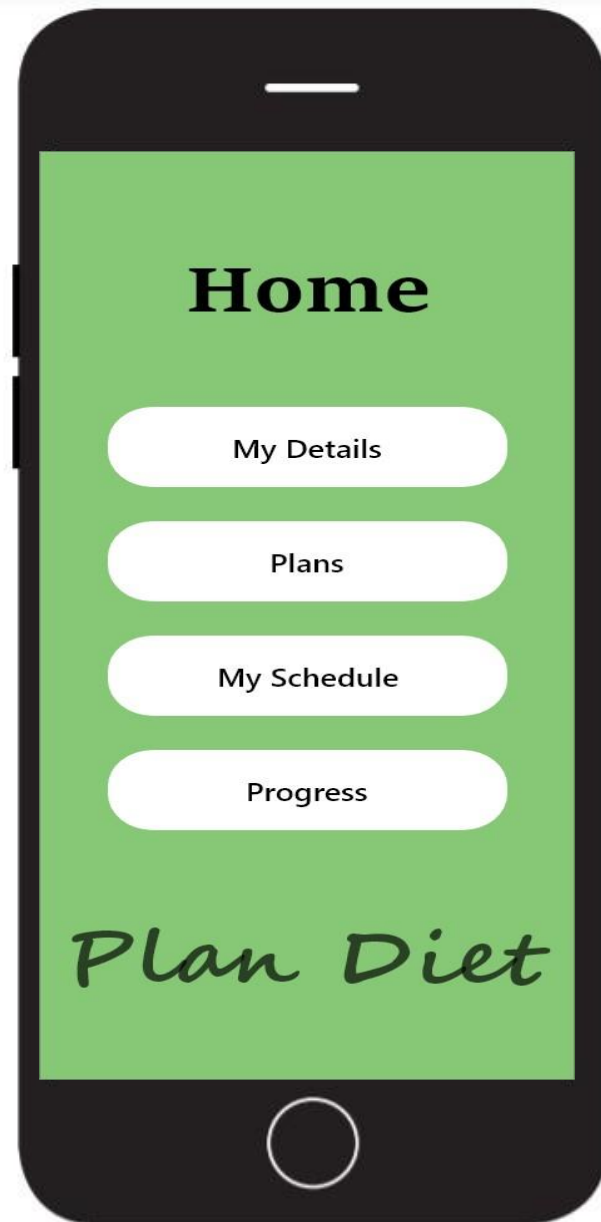
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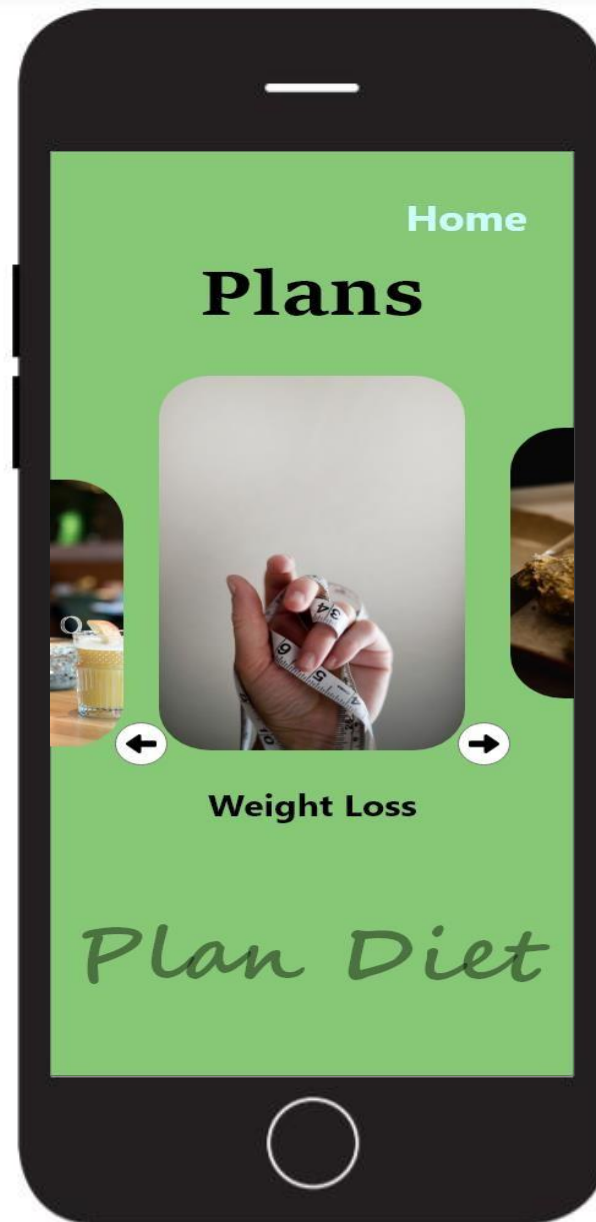


Your health is our wealth

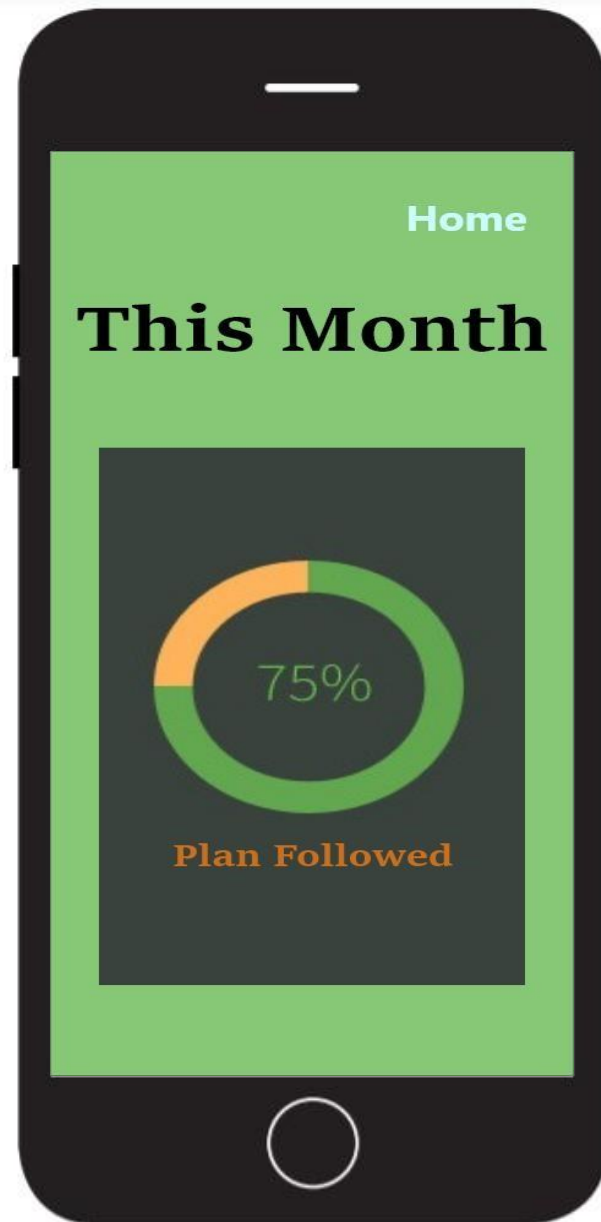
A balanced diet supplies the nutrients your body needs to work effectively. Without balanced nutrition, your body is more prone to disease, infection, fatigue, and low performance.

Next









Prototype Summary

1. Create an account.
2. Enter your attributes and routine.
3. Get food suggestion according to attributes provided (however, in this prototype you will get same schedule for all cases).
4. Check upcoming meals.
5. Check your progress for the current month.

Link to Prototype

[Click here](#)