

Daily Overview:

Tuesday

Breakfast:
8:00 - 10:00 a.m.
Strawberry Waffles
Learn more about this!

Lunch:
2:30 p.m.
Pizza

Dinner:

Learn more

Strawberry Waffles:

Nutritional Facts	Recipe
Serving Size	
Amount per serving	
Calories	

Lists the ingredients

-
-
-

Option to search
where this food is served
near you

← Displays the meals planned for that specific day. Depending on user input there could be a range of time set for meals or one specific time set. In addition, the learn more button offers up areas when the potential meal could be found alongside its caloric count and other nutritional facts. If going somewhere for the meal doesn't suffice then it could offer the recipe?

If a meal is missed beforehand then the proceeding meal will be highlighted a different color to signify importance.

← On the daily Overview there is an option to view more about your meals. This offers Nutrition facts, ingredients, the recipe, and an option to go out and purchase the meal. (This is dependant on the users' location)

→ This screen allows for users to scroll through a variety of meals chosen based on the preferences of the user. This also takes into accountability the time of day.

Meal Suggestions:

Lunch items (12:00 - 3:00 p.m.)

Chicken Tenders
How to make
Where to find

Cheese Burger

Baked Salmon

Welcome

to your first step to a healthier you

First, we need to know a few things about you

Continue

The app first launches with a friendly, modern interface.

Who Are You?

This will help us recommend you meals that similar users enjoy

Or, you can skip this page.

Name (optional)

Age (optional)

Gender (optional)

Disclaimer: if provided, your age and gender will be sent for processing when finding recommended meals based on this information. More information on your data and your options are on the next page, and you can opt-out at any time if you decide to continue.

Continue

It then asks the user for a small amount of personal information. It reinforces the fact that this app both wants to work for the user, and provide it with helpful information, as well as keeping the user involved in everything that the app is doing with their information.

Your Data and Your Options

We want to make it easy for you to understand your data, where it's going, how it's used, and how you can control it.

You can change these options at any time in settings.

- Age and Gender

Both categories are optional on the previous screen.

If you provide either option, that will be sent by default when recommending meals to you based on this information.

- General Usage Statistics

By default, this is disabled. If you choose to send this information, data such as device brand, model, operating system, screen resolution, and app version will be sent to help us learn how the app is used and how we can improve functionality.

- Meal Sharing








When you share a meal in the app, you will need to sign up for an account, which has a separate data policy. By default, your age and gender will be attached as metadata, but not visible to any individual user. You can choose to not share either information.

Extra terms apply. You will be informed again should you choose to share a meal with the community.

☒ Share General Usage Statistics

Continue

The next screen tells the user about how the app could be using their data. The descriptions are made so that the user should not be confused about what is happening with their information, and reinforces the idea that they have complete control over the data that the app can send.

SUN	MON	TUE	WED	THU	FRI	SAT
						

Displays the calendar with memos about the specific meals planned for the week; automatically check off days that have passed.








MON

- Breakfast - Ham & Cheese Omelette W/ Turkey Bacon - 8:00 AM
- Lunch - Ham or Turkey Sub W/ Side Salad - 12:00 PM
- Dinner - Grilled BBQ Chicken and Rice W/ Broccoli - 7:00 PM

Edit Meals

Focused screen of the individual day in a week. Allows for the user to edit what the meal consists of, around when they'll eat the meal as well as the ability to add in possible snacks throughout that day.

Profile: Bulking

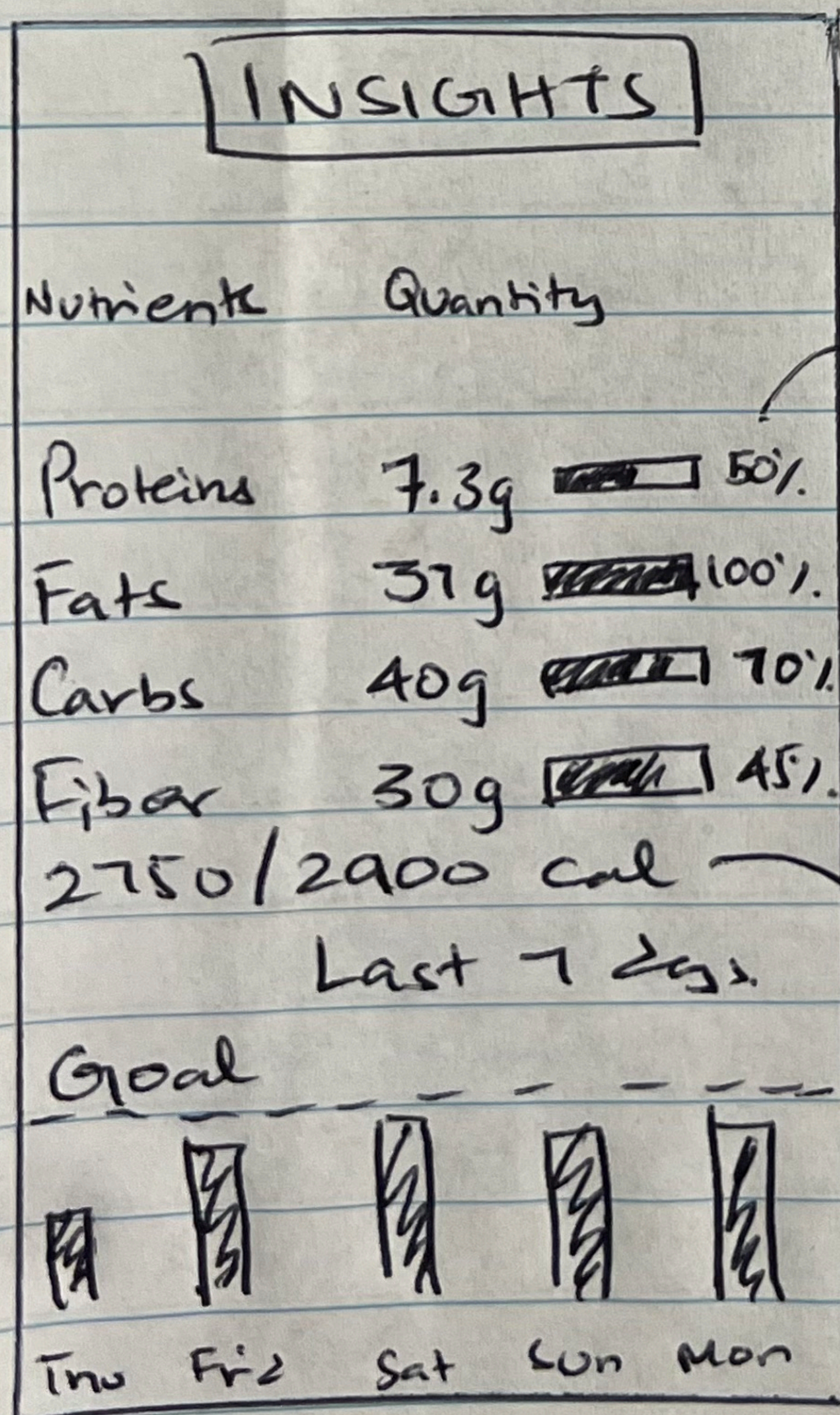
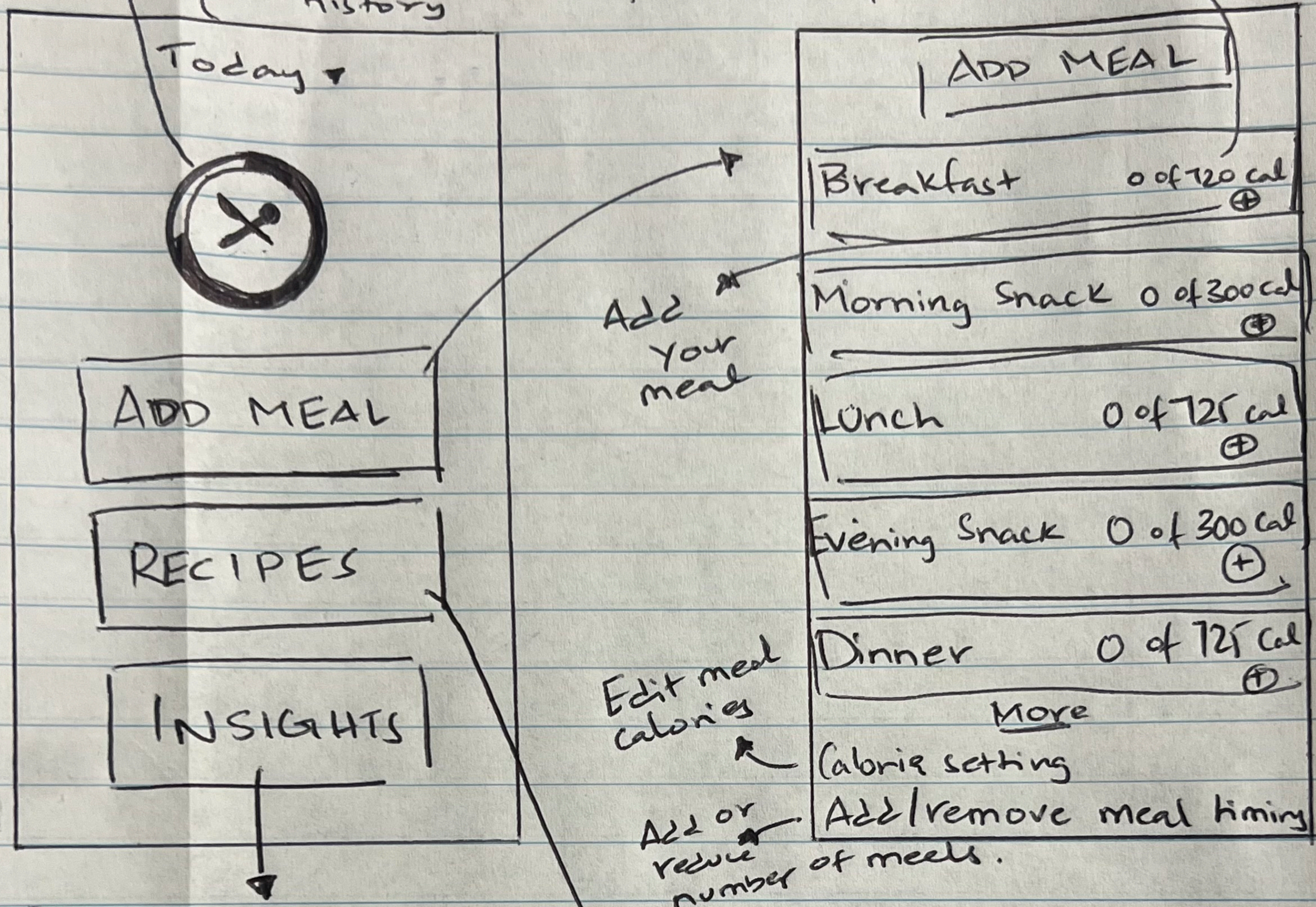
SUN	MON	TUE	WED	THU	FRI	SAT
						
Set As Active Profile			Cancel	Share		

This showcases the use of presets or profiles that can be made depending on what type of diet you are currently on. You can select a specific preset and it'll automatically apply certain pre-planned meals throughout the week. There is also the option to share profiles/presets with others on the app.

Shows how
much you have
consumed.

Can go back
to check your
history

Calories are
divided
throughout
the day



Insight
of food
you
consume

Different
Categories
of
healthy
recipes.

Your
goal
(Calorie
intake)

