0. Signing up / Discovery part

1. Logging In

- user signs into the app using either their social media accounts or their mobile-ID, bank-account. In case of social media authentication, they will connect their data later.
- in case the user uses social media auth. they have to connect with their Kanta account, otherwise the app will not work. At the start it will only work with the Finnish Kanta and one-by-one add access via different national health systems.

2. Main Page / Main View

- loads a plan for the entire week,
- loads a suggestion according to the time of day the app is opened on.
- shows the latest data that connects food with data shown in the dashboard

- the selection of the food is based on swipe left / right logic of Tinder

3. Food Diary View

- search bar to search for food in more detail if you do not like the suggestions.
- the weekly calendar - Monday to Sunday - and every day has room to show for any number of meals that the user has chosen. Click on an individual meal / recipe opens it up in a separate view.

- going back in the weekly calendar shows the users previously used recipes / meals / history <—
- going forward in the weekly calendar shows the users next planned to be used recipes / meals / in the future <—

4. Individual Meal / Recipe View

- image of the meal / recipe
- ingredients, and images or symbols of the ingredients
- nutritional data, in a simple way with icons. Just the main point for each ingredient.
- a button that will lead to instructions: time to make and what you need to make it

5. Health Dashboard

- in the top bar we offer a way to rate the mood currently (with five faces for example)
- shows the effect of the meals / recipes on that person's health based on the data from Kanta.
- it shows in the main view: body weight (BMI index), chol. level, blood sugar level, blood pressure,

Extras.

Notifications:
- "did you like your previous meal" yes/no/did not try that