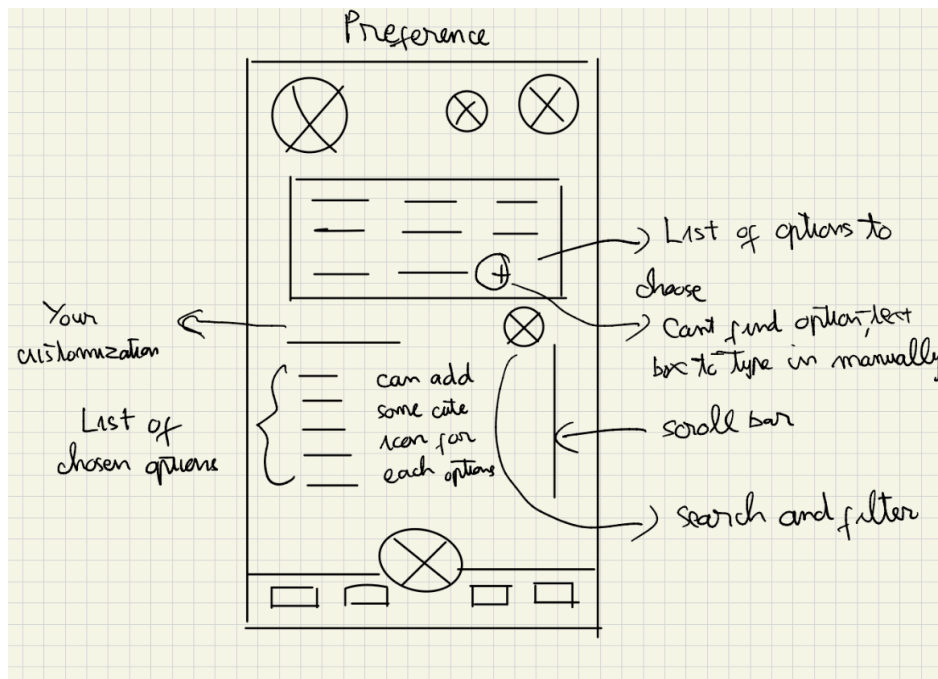
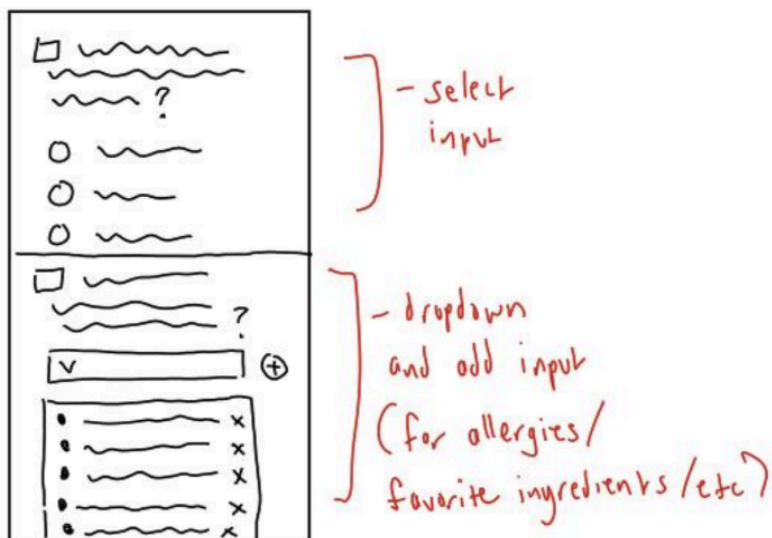


## Strong User Preference for Personalized Meal Plans:

- Most interviewees were interested in personalized meal plans tailored to their individual needs, dietary restrictions, and health goals.
  - This suggests that our wireframes should prominently feature a section for users to input their preferences (e.g., dietary restrictions, favorite ingredients, health goals).



## Selecting preferences



### **Low Interest in Social Features:**

- Interviewees showed little interest in social features like sharing meals or interacting with others.
  - Therefore, our wireframes should prioritize core functionalities like meal planning, recipe management, and grocery list generation over social features.

### **Desire for Simplicity and Efficiency:**

- Many interviewees emphasized the need for a simple and easy-to-use interface.
  - The wireframes should reflect this by having a clean design, intuitive navigation, and clear instructions.

### **Focus on Health and Dietary Goals:**

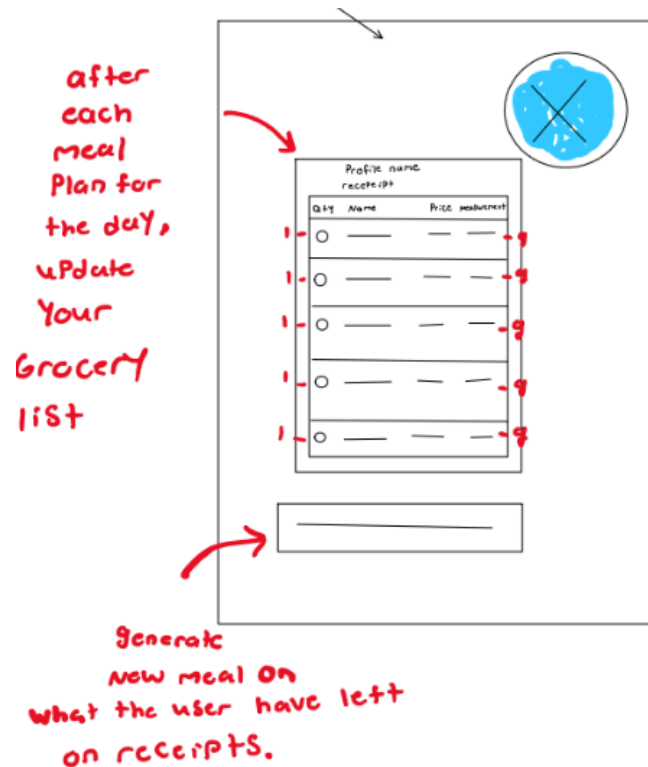
- A significant number of interviewees expressed interest in using a meal planning app to achieve their health and dietary goals.
  - The wireframes should include features that support this, such as tracking calories, macronutrients, or specific dietary requirements.

### **Consider Different Levels of User Interaction:**

- Based on the user research, it's clear that users will have varying levels of desired interaction with the app.
  - Some users will want quick, low-interaction meal suggestions, while others will want more control and customization over their meal plans.
  - The wireframes should try to accommodate these different preferences by offering multiple ways to create meal plans.

## Address Food Waste Reduction:

- This is a unique feature that can set your app apart from competitors.
  - The wireframes should include a section where users can input ingredients they already have, and the app can suggest recipes based on those ingredients.



## Specific Features to Consider:

- Recipe management features, including importing, organizing, and categorizing recipes.
- Automatic grocery list generation based on selected recipes.
- Meal planning tools with varying levels of complexity.
- Dietary customization options to cater to various restrictions and preferences.
- Visual progress trackers or other motivational tools to encourage healthy eating habits.