

Healthy Food App - User Flow

1. Onboarding / Registration

- Welcome Screens
- Sign Up / Log In
- Connect Health Data
- Collect Health Data (Age, weight, diabetes type, preferences, goals)
- Consultation preference
- Outcome: Profile Setup

2. Dashboard / Home Screen

- Personalized Meal Plan
- Blood Sugar Monitor
- Nutritional Tracking summary
- Community & AI Recommendations
- Reminders Summary

3. Personalized Meal Plans

- View, Customize, Order, Save Meals
- Nutritional Facts Overview

4. Nutritional Tracking

- Auto-updated from meals
- Daily/Weekly/Monthly nutrient summary

5. Blood Sugar Monitoring

- Manual or device input
- AI suggestions based on results

6. Food Preferences & Allergies

- Update restrictions
- Real-time meal filtering

7. AI Meal Recommendations

- Generated by health data and past preferences
- Accept / Decline / Modify

8. Meal Sharing & Community

- Share recipes, reviews, meal plans
- Engage in discussions and follow experts

9. Doctor & Dietitian Consultation

- Book appointment
- Share stats
- Receive feedback

10. Healthy Restaurants Map

- Locate nearby healthy restaurants
- View menus, reviews

11. Reminders & Notifications

- Meals, Water, Blood Sugar, Community updates

12. Payment & Subscription Flow

- Subscription plans and secure payment

13. Support & Feedback

- In-app chat, surveys, loyalty program

Exit Points:

- Log out or Delete Account