Features

1. **Personalized Meal Plans** – Users can enter their health data (weight, age, diabetes type) to receive customized meal suggestions.

2. **Nutritional Tracking** – Displays calories, carbohydrates, proteins, and fats for each meal.

3. **Blood Sugar Monitoring** – Allows users to log their blood sugar levels and get meal recommendations accordingly.

4. **Food Preferences & Allergies** – Users can specify dislikes, allergies, or dietary restrictions.

5. **Meal Sharing & Community** – Users can share meal plans, reviews, and recipes with others.

6. **AI Meal Recommendations** – AI-powered suggestions based on user preferences and health data.

7. **Reminders & Notifications** – Alerts for meal times, hydration, and glucose level checks.

8. **healthy restaurants** – A map that provides the nearest healthy restaurants and