

## Project Report Template

**Title of Project:** Career path

**Name of the Innovator:** Gokul H M

**Start Date:** 13-09-2025

**End Date:** 17-09-2025

### **Day 1: Empathise & Define**

#### *Step 1: Understanding the Need*

- Which problem am I trying to solve?

NutriBox aims to solve the growing problem of unhealthy eating habits and lack of convenient access to nutritious food for busy individuals. Many office workers, students, and health-conscious people struggle to maintain balanced diets due to time constraints and limited meal options. This platform provides personalized, affordable, and healthy meal plans tailored to users' dietary needs and health goals. It promotes better nutrition awareness, reduces food waste through planned deliveries, and supports a healthier lifestyle. Ultimately, NutriBox bridges the gap between convenience and wellness in everyday life.

#### *Step 2: What is the problem?*

People with busy schedules often struggle to find time to cook or choose healthy meals. They end up eating junk food or skipping meals, leading to poor nutrition and health issues. There's a lack of convenient, affordable, and personalized healthy meal options in daily life.

Why is this problem important to solve?

Poor eating habits directly affect physical health, energy levels, and overall productivity. Providing easy access to nutritious meals helps people maintain a balanced lifestyle. Solving this problem encourages long-term wellness and reduces lifestyle-related diseases.

#### **Take-home task**

Ask 2-3 people what they think about the project:

- **1. Student (College Hosteller):**  
"NutriBox sounds great for students like me who don't have time to cook. We often eat junk food, so getting affordable healthy meals delivered would really help us stay fit and focused."
- **2. Working Professional (IT Employee):**  
"This idea is perfect for people with busy schedules. I rarely get time to cook, and NutriBox can save time while ensuring I eat healthy every day."
- **3. Parent (Health-Conscious Homemaker):**  
"I like that NutriBox offers personalized meal plans. It can make healthy eating simple for families and help manage allergies or diet goals easily."
- Is this conversation helpful so far?

*AI Tools you can use for Step 1 and 2:*

## AI Tools Used:

### 1. Meta MGX

- Used as a no-code development tool to design and deploy the NutriBox app.
  - Helps create dynamic user interfaces, workflows, and backend logic without coding.
  - Ideal for building features like meal customization, subscription plans, order tracking, and user authentication.
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### 2. ChatGPT

- Used for idea generation, feature planning, and refining user experience design.
  - Helped in writing chatbot responses, FAQs, and meal recommendation logic.
  - Also used for generating engaging app content such as diet tips, healthy meal descriptions, and notifications.
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### 3. Zapier (Chatbot Integration & Automation)

- Used to create a smart NutriBox chatbot that automates user interactions.
  - Connects different services like databases, Google Sheets, and email for real-time order updates.
  - Helps the chatbot handle meal suggestions, order status checks, feedback collection, and notifications efficiently.
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## Day 2: Ideate

### Step 3: Brainstorming Solutions

- *List at least 5 different solutions (wild or realistic):*
- *AI-Powered Meal Planner – A virtual assistant that helps users choose balanced meals based on their health goals, allergies, and dietary preferences.*
- *Healthy Subscription Box Service – Weekly or monthly meal delivery plans offering customized, portion-controlled meals.*
- *Nutrition Awareness Workshops – Online or offline sessions to educate people about healthy eating habits and balanced diets.*
- *Calorie Tracker Mobile App – Helps users log their meals, monitor calorie intake, and receive personalized health insights.*
- *Smart Kitchen Integration – Connects with IoT kitchen devices to suggest meals based on available ingredients.*
- *NutriBox Platform – A complete digital platform combining personalized meal planning, subscription-based delivery, and AI-driven dietary guidance, built using Meta MGX, ChatGPT, and Zapier to make healthy eating simple and accessible for everyone.*

### Step 4: My Favourite Solution:

My favorite solution is **NutriBox**, a complete digital platform designed to promote healthy eating and convenience. It combines an AI-powered meal planner for personalized diet recommendations, subscription-based meal delivery for busy individuals, and real-time order tracking for seamless

service. Built using **Meta MGX**, **ChatGPT**, and **Zapier**, the app is easy to access, customize, and update, making it a practical and impactful solution for improving daily nutrition and wellness.

*Step 5: Why am I choosing this solution?*

I am choosing CareerPath because it combines AI guidance, skill development, and location-based opportunities in one platform. It is easy to use, accessible anytime, and designed to empower rural youth to make informed career decisions.

*AI Tools you can use for Step 3-5:*

#### **AI Tools you can use for Step 3–5:**

##### **1. Meta MGX**

- Used to design and build the NutriBox app without coding.
- Helps create user interfaces, subscription workflows, and real-time order management.

##### **2. ChatGPT**

- Helps brainstorm ideas and plan health-focused app features.
- Assists in writing chatbot conversations, FAQs, and meal recommendation logic.
- Generates engaging nutritional content and health tips for users.

##### **3. Zapier (Chatbot & Automation Tool)**

- Used to build the NutriBox AI chatbot for user support and meal guidance.
- Automates order updates, notifications, and feedback collection through connected apps.

##### **4. AI Research Tools**

- Google Scholar / Research AI – To explore diet trends, nutrition research, and healthy eating solutions.
- AI Text & Summarization Tools – To refine and summarize ideas, ensuring clear and impactful presentation.

AI Tools for Take-Home Task:

- Canva AI / CoPilot AI / Meta AI – Use these tools to create app mockups, UI designs, and promotional visuals for the NutriBox solution.

### **Day 3: Prototype & Test**

#### **Step 6: Prototype – Building My First Version**

**What will my solution look like?**

- **Home Screen:** Welcomes the user and asks for basic info like age, dietary preferences, and health goals.
- **AI Meal Planner:** Chat interface where users can ask for personalized meal suggestions, calorie info, or diet tips.
- **Meal Subscription Section:** Displays daily, weekly, or monthly meal plans with customization options.
- **Order Tracking Dashboard:** Shows real-time delivery status and previous order history.
- **Profile Dashboard:** Displays user details, saved meal preferences, and subscription status.

**Design Style:**

- Clean, modern, and easy to navigate for all age groups.

- Fresh, health-inspired color palette (greens, whites, and oranges).
- Mobile-friendly layout for quick ordering and easy accessibility.

**Prototype Tools:**

- Built using Meta MGX, a no-code tool, with interactive screens, AI workflows, and live meal data integration.

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**What AI Tools Will I Need to Build This?**

**AI Tools Needed to Build NutriBox**

**1. Meta MGX**

- No-code platform to design and deploy the NutriBox app.
- Allows building interactive screens, subscription plans, and order-tracking workflows without coding.

**2. ChatGPT (or similar LLMs)**

- To generate meal descriptions, chatbot conversations, and personalized diet recommendations.
- Helps design the AI-powered meal planner that tailors suggestions based on user goals and preferences.

**3. Zapier (Chatbot Automation Tool)**

- To automate chatbot functions like meal plan suggestions, order status notifications, and feedback collection.
- Connects NutriBox with Gmail, Google Sheets, or databases for real-time updates.

**4. AI Recommendation Tools (Optional but useful)**

- For suggesting meals based on calories, health goals, and past user data.
- Can use ML-based ranking algorithms or nutrition APIs for personalization.

**5. AI Data Analysis Tools (Optional for insights)**

- Python AI libraries (Pandas, Scikit-learn) or integrated analytics platforms.
- To analyze user preferences and optimize meal recommendations over time.

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**What AI Tools I Finally Selected to Build This Solution:**

1. ChatGPT
2. Meta MGX
3. Zapier

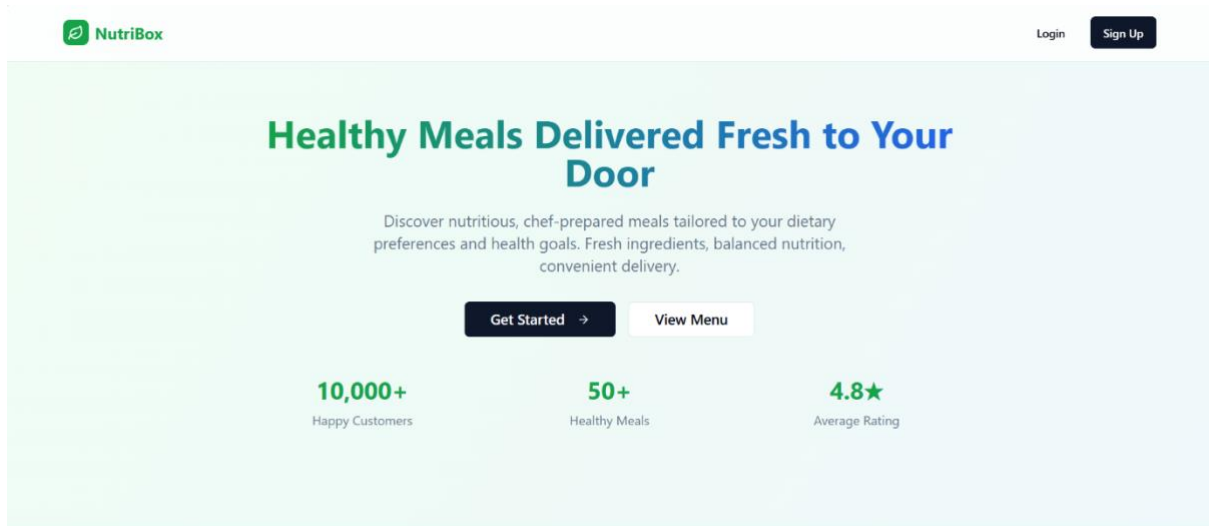
## **< Build The Innovation >**

**<DASHBOARD OF THE TOOL>**

Tool Link: <https://careerpath.mgx.world/>

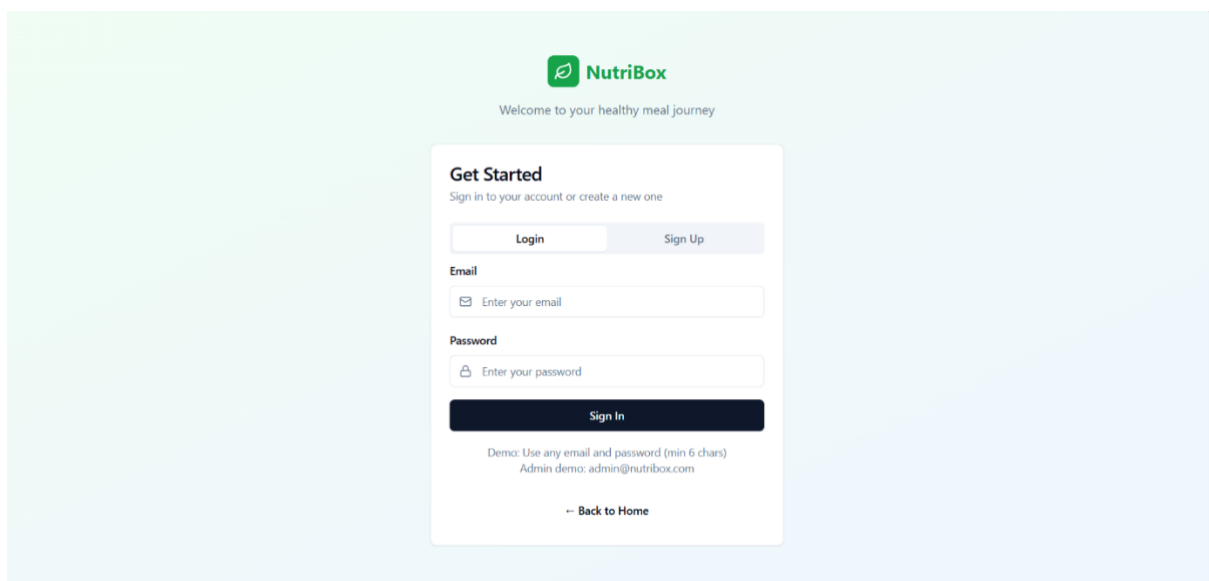
## 1. Home Page / Landing Interface

This image displays the **initial screen** presented to the user, offering a clear view of the overall application branding and primary navigation options. It serves as the gateway for new and returning users to begin their meal ordering experience.



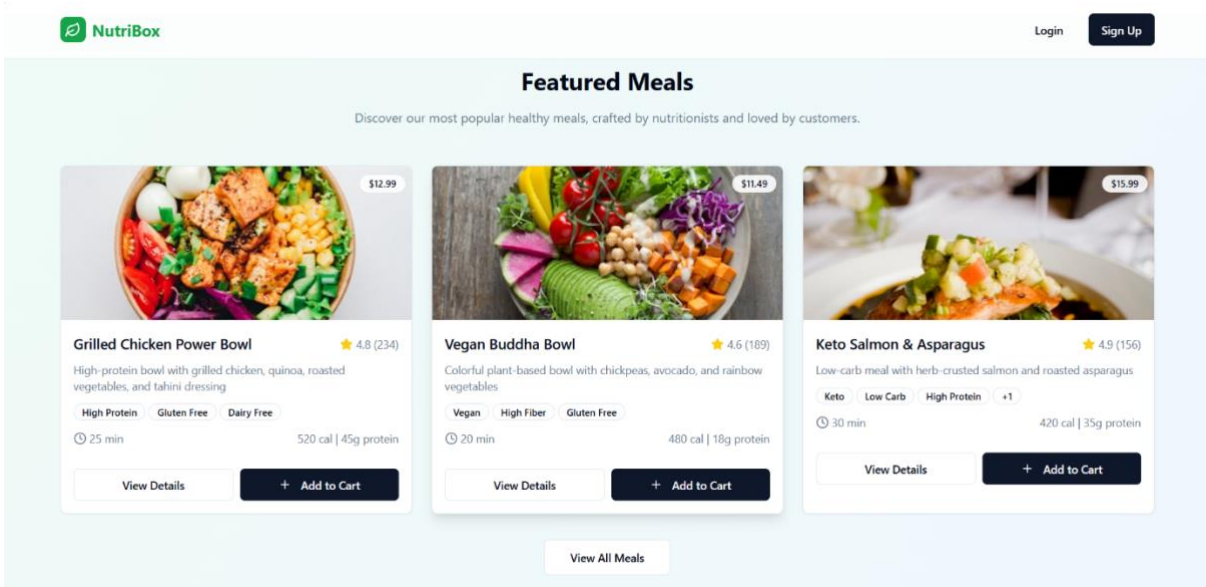
## 2. User Login / Sign Up Page

This interface is dedicated to **user authentication**, allowing existing users to log in or new users to register an account. It securely captures necessary credentials to personalize the application experience.



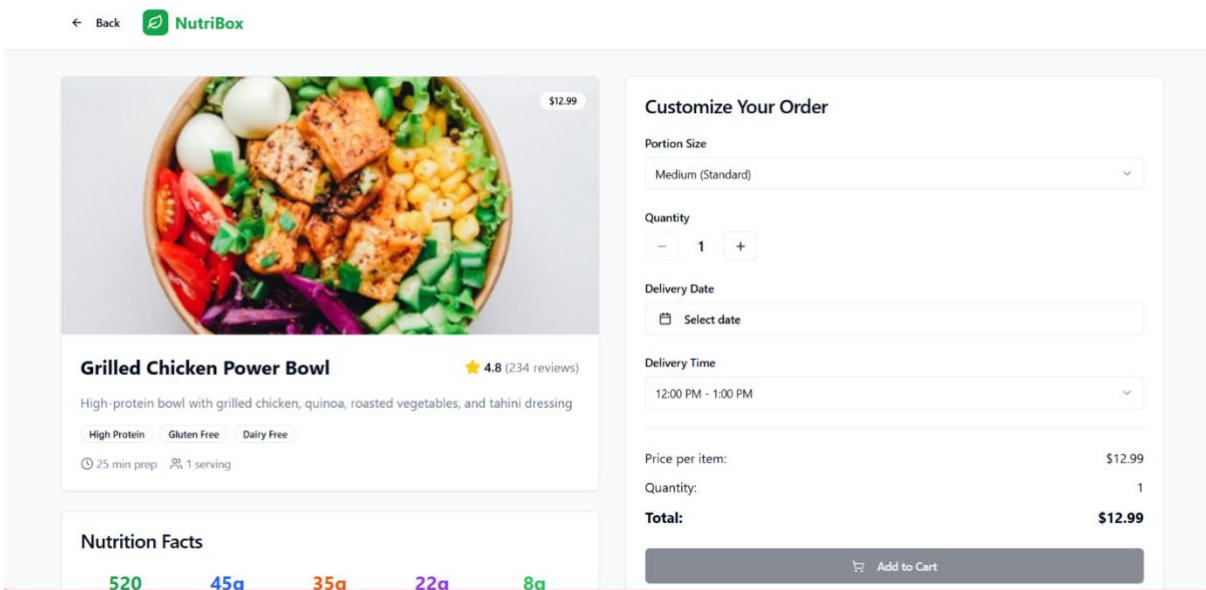
### 3. Featured Meals Display

This section highlights a curated selection of **popular and recommended meals**, categorized for easy browsing. It provides immediate visual appeal and quick access to the most sought-after food items



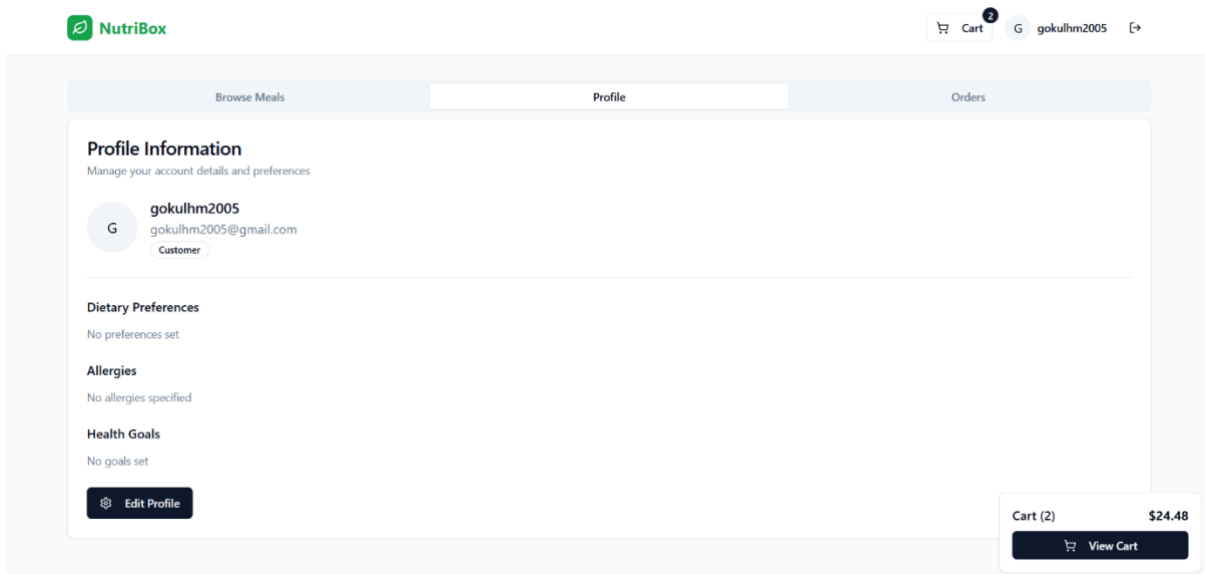
### 4. Meal Customization and Order Details

This screen shows the process of **customizing a specific meal** (e.g., adding sides, changing ingredients) and reviewing the final order before checkout. It ensures the user has full control over their order specifications.



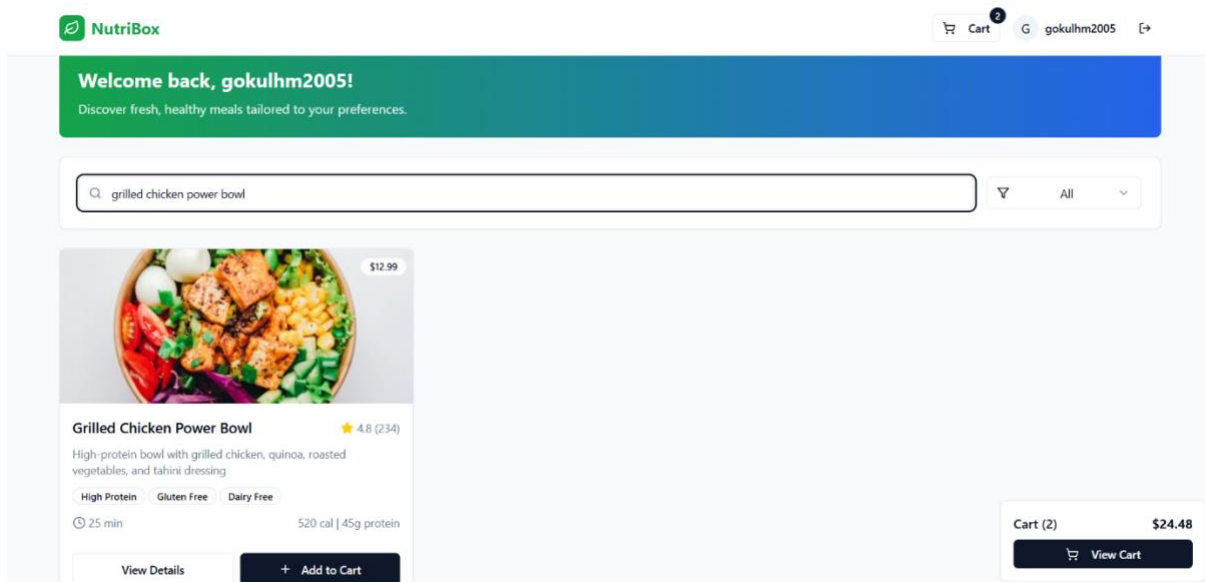
## 5. User Profile Information

This image presents the **user's personal dashboard**, displaying saved addresses, past orders, and account settings. It allows users to manage and update their details efficiently.



## 6. Search Results Page (Post-Login)

This view displays the **results of a specific meal search**, filtering the available options based on the user's query. It confirms the system's ability to efficiently locate desired food items from the catalog.



## Step 7: Test – Getting Feedback

**Who did I share my solution with?**

*I shared my **NutriBox** solution with:*

- **Students and working professionals** – to get feedback on usability, meal preferences, and convenience.

- **Nutritionists and dieticians** – to check the accuracy and health value of meal suggestions.
  - **Parents and homemakers** – to see if it helps families manage healthy meals easily.
  - **Peers and mentors** – for suggestions on improving features, design, and delivery workflow.
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#### **What feedback did I receive?**

##### **Feedback: Pros and Cons**

##### **Pros (Positive Insights from Feedback):**

1. Users found the AI meal planner very helpful for choosing healthy meals based on their goals.
2. The concept of meal subscriptions and customization was appreciated for convenience.
3. Real-time order tracking and dietary recommendations were seen as useful features.

##### **Cons (Areas to Improve Noted in Feedback):**

1. Some chatbot suggestions repeated options, which could confuse users.
2. Certain customization and meal scheduling features were not fully interactive in the prototype.
3. Limited integrations meant users could only access a basic version of personalized meal plans and notifications.

#### **My Response to the Feedback:**


NutriBox is an idea created using a no-code tool (Meta MGX). As it's an initial prototype, some features and integrations are limited. To fully enable personalized meal plans, real-time order updates, and AI-driven dietary recommendations, collaborations with nutrition APIs, delivery partners, and payment gateways would be needed. The current limitations are due to the constraints of the prototype environment, but the concept demonstrates the potential, usability, and impact of the platform in helping users maintain a healthy lifestyle

👍 What works well:

##### **What Works Well**

- **Lifetime Access:** NutriBox built on Meta MGX doesn't require subscriptions and can be updated or modified anytime.
- **No-Code Development:** The app can be created and maintained without coding knowledge, making it accessible for beginners and small teams.
- **Personalized Meal Planning:** AI assistant provides tailored meal suggestions based on dietary preferences, allergies, and health goals.
- **Healthy Meal Options:** Users can choose from customizable meal plans, portion sizes, and subscription schedules.
- **Real-Time Tracking:** Orders can be tracked in real-time, ensuring smooth delivery and convenience.
- **Mobile-Friendly and Intuitive:** Designed for easy navigation and continuous accessibility on smartphones for all users.



 What needs improvement:

- **Chatbot Responses:** Currently, the AI sometimes repeats meal suggestions, which can confuse users.
- **Interactive Features:** Some customization and scheduling options are restricted or not fully functional in the prototype.
- **Resource Integration:** Limited access to nutrition data, delivery updates, and personalized recommendations.
- **Collaborations Needed:** To expand functionality, partnerships with nutrition APIs, delivery services, and payment gateways are required.
- **User Experience Enhancements:** Improvements in navigation, visuals, and engagement could make the app more intuitive and appealing.

*AI Tools you can use for Step 6-7:*

**ChatGPT/Perplexity AI/Claude AI/Canva AI/Chatling AI/Figma AI/Metamgix/Gamma AI:** You can use these tools to build solutions/models or mock-up dummy prototypes

## Day 4: Showcase

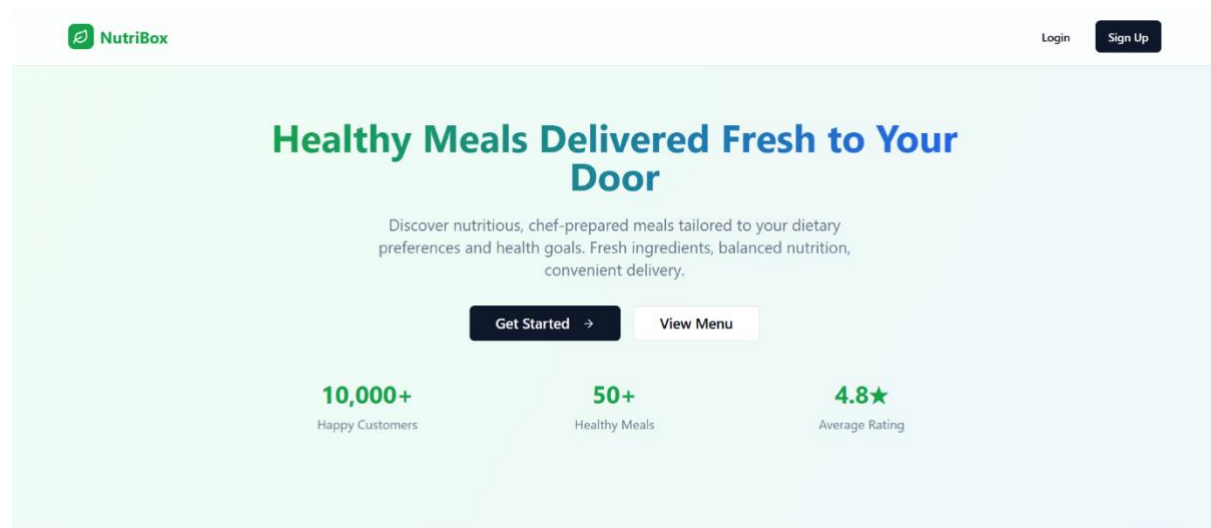
### Step 8: Presenting My Innovation:

*I am presenting NutriBox, a digital healthy meal prep and delivery platform. It features:*

- *An AI-powered meal planner that provides personalized meal suggestions based on dietary preferences, allergies, and health goals.*
- *Customizable subscription plans with daily, weekly, or monthly meal options.*
- *Real-time order tracking and notifications for smooth delivery.*
- *A user-friendly, mobile-friendly interface built on Meta MGX with lifetime access and easy updates.*

*Impact: NutriBox helps users maintain a balanced diet, saves time, promotes healthy eating habits, and makes nutritious meals easily accessible for everyone.*

### <SHOWCASE YOUR INNOVATION TO YOUR PEERS>



### Step 9: Reflections

#### **What did I enjoy the most during this project-based learning activity?**

*I enjoyed building **NutriBox** using a no-code tool and seeing my idea come to life in an interactive form. It was exciting to design the AI meal planner, customizable meal subscriptions, and real-time order tracking, and imagine how it could help people maintain a healthy lifestyle conveniently.*

#### **What was my biggest challenge during this project-based learning activity?**

*My biggest challenge was integrating all features smoothly in the prototype using a no-code tool, especially ensuring the AI meal suggestions, customization options, and order tracking worked together effectively with limited resources.*

**Take-home task**

<https://github.com/punithhcreator/Careerpath-No-code-application>

*AI Tools you can use for Step 8:*

**Canva AI:** You can use this to design your pitch document. Download your pitch document as a PDF file and upload on GitHub