

## Challenges

Meal planning is time-consuming and overwhelming for busy people.

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Forgetting ingredients leads to incomplete meals and additional trips to the store.

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Balancing dietary preferences and nutritional need complicates the planning process.

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Making a balanced grocery list every week with all ingredients is difficult.

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Frequent mistakes in planning or forgotten items can cause food waste.

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How do I get a large library of food and their ingredients?

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Interesting UI for adjusting meals and ingredients.

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Built-in reminders of what items are used for what

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## User Needs

A program that generates meal plans to fit users' dietary preferences automatically.

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Adherence to personal tastes and cooking abilities with personalized results.

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A way to warn people if their meal plans go against their dietary restrictions.

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## Benefits

People can save time by automating the grocery list creation process.

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This will minimize necessary additional store visits.

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This will help users plan healthier meals, since they have better control over the ingredients they need.

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This will alleviate people's stress dealing with grocery collection.

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It can lead to better dietary choices and reduce food waste.

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It helps with budgets since unnecessary items will not be bought.

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## Possible Solutions

A website that generates a grocery list based on selected, weekly meal plans.

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A feature to adjust portion sizes.

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A tracker of the planned meal's nutrition.

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A web platform for users to store, categorize, and manage their favorite meals.

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An integration to search for items from a database.

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Organization per day and meal of the week.

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