

# Build your Ship

 HANDS ON BUILD

 30 minutes

 Quartz

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## MealMap — 7-Day Meal Planner & Smart Grocery Generator

Build a mini planner that creates a 7-day meal plan, generates a grocery list with quantities, and suggests swaps based on diet constraints, allergies, pantry items, and budget.

### EXPECTED OUTCOME

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- \* Weekly meal planner UI + recipe selection
- \* Auto-generated grocery list grouped by category (produce, dairy, etc.)
- \* Constraint demo: pantry-first + avoid allergens + budget cap (e.g., €80)
- \* Simple nutrition summary (approximate macros or rule-based indicators)

### EXPECTED DELIVERABLES

TEXT

FILE

IMAGE

LINK

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