

Build your Ship



HANDS ON BUILD



30 minutes



Quartz

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

Expected Outcome: * 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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