**Menu Generator**

**1. Introduction**

The website will generate a weekly menu for menstruating people considering the phase of the cycle they are in. It will allow people to be more in sync with their cycles.

The website will also provide a notes section to add any comment regarding the cycle.

**2. Expected List of Features**

* Sync with menstruation app/control menstrual cycle – this feature will allow the tool to decide in which phase the user is in
* Add allergies – to exclude those aliments from the menu
* Divulgation section – the idea is to empower menstruating people to have more control over their cycle.

**3. Market Survey**

I could not find any similar app.

**4. References**

<https://yoppie.com/blog/menstrual-cycle-nutrition>

<https://www.healthline.com/health/womens-health/guide-to-cycle-syncing-how-to-start>