

Smart Meal Planner

Welcome to Smart Meal Planner, your personalized guide to healthy and delicious meals! Our platform helps you create meal plans tailored to your dietary needs, preferences, and goals.



Dietary Preferences and Nutritional Needs

Food Intolerances and Allergies

Dietary Restrictions

Nutritional Needs

We consider your food intolerances and allergies, ensuring a safe and enjoyable meal planning experience.

Whether you're vegetarian, vegan, or follow specific dietary guidelines, Smart Meal Planner caters to your needs.

Our platform allows you to set nutritional goals, such as protein intake, calorie targets, or macro ratios.

Dietary Preferences



Protiens and Fats

10-35% of daily calories; found in lean meats, fish, and nuts. Essential for tissue repair and muscle building. and 20-35% of daily calories; healthy fats from avocados, nuts, and olive oil



Vitamins and Minerals

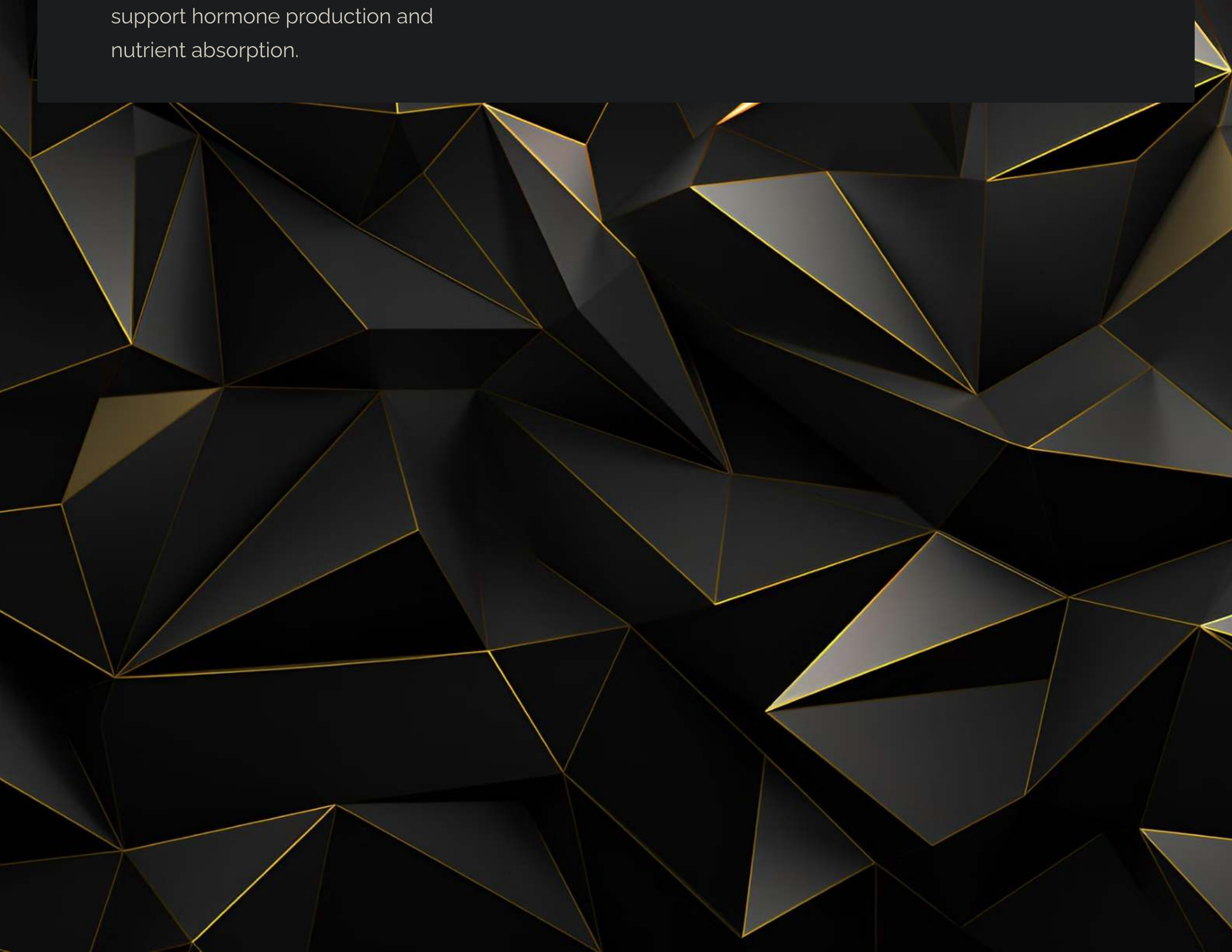
Necessary for many functions (such as Vitamin A for sight, Vitamin C for immunity and Essential for health such as Calcium for bones, Iron for oxygen transport.



Water

- 2-3 liters (8-12 cups) daily, necessary for hydration and for processing food.

support hormone production and
nutrient absorption.



Recipe Suggestions and Ingredients

1

MORNING

~Vegetable upma

(Semolina , mixed vegetables , mustard seeds, curry leaves, green chilies, salt, water.)

~masala dosa

(Dosa batter , boiled potatoes, mustard seeds, onions, green chilies, salt.)

~idli with sambar

(Idli batter , sambar dal , salt.)

2

AFTERNOON

~vegetable biryani

(basmati rice, mixed vegetables , onion, ginger-garlic paste, biryani masala, mint, coriander leaves, oil)

~sambar

(Toor dal , mixed vegetables , tamarind paste, sambar powder, mustard seeds, curry leaves, salt.)

~rasam

(Tomatoes, tamarind paste, rasam powder, mustard seeds, curry leaves, coriander leaves, salt.)

3

EVENING

~Pani Puri

(Semolina

Boiled potatoes and
chickpeas

Mint and coriander

Green chilies and spices)

~Baked Samosas

(cup Whole wheat flour
medium-sized potatoes,
boiled and mashed cup
boiled green peas Spices
like cumin, coriander, garam
masala Salt Oil)

~Drink Daily Milk

4

NIGHT

~Khichdi

(cup rice cup split yellow
moong dal medium onion,
chopped tomato, chopped
green chilies, chopped
Ginger, grated Spices Salt
Ghee or oil)

~Palak Paneer

(cups spinach, blanched
and pureed 200g paneer ,
cubed onion, chopped
tomato, chopped Spices
Salt Oil or ghee)

Weight Loss, Muscle Gain, and Dietary Restrictions

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|----------------------|---|
| Weight Loss | Provides calorie-controlled meal plans and recipes for safe and effective weight loss. |
| Muscle Gain | Offers protein-rich meal plans and recipes to support muscle growth and repair. |
| Dietary Restrictions | Caters to various restrictions, including vegetarian, vegan, gluten-free, dairy-free, and more. |





Budget-Friendly Meal Planning



Grocery Budgeting

Set a budget and Smart Meal Planner will suggest recipes and meal plans that fit your financial constraints.



Deals and Discounts

Our platform provides alerts on grocery store promotions and discounts to help you save money.



Affordable Recipes

Discover budget-friendly recipes that are delicious, nutritious, and won't break the bank.



Meal Planning Strategies

Learn tips and tricks for budget-friendly meal planning, including meal prepping and batch cooking.



Meal Plan Adjustments and Tracking

1

Progress Tracking

Monitor your progress, track your meals, and adjust your meal plan as needed.

2

Personaliz ed Insights

Receive personalized insights based on your tracked data to optimize your meal plan.

3

Flexibility and Customiza tion

Smart Meal Planner allows you to easily adjust your meal plan to accommodate your evolving

needs and
preferences.



