

# TEAM CODEX

## Team Members:

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**University: United International University**

## **Project Idea:**

**HealthyEats** is your fitness and nutrition companion that adapts to your lifestyle, whether you're hitting the gym or taking a break. With personalized local diet plans, meal photo analysis and daily exercise suggestions, it helps you stay fit, motivated and nourished, anytime, anywhere.

## **Problems:**

Many people are forced to pause their workouts due to exams, travel, or such other issues. At such times proper nutrition becomes even more crucial to maintain fitness progress. But, most lack guidance on what to eat during these breaks, and these diets are often too strict, too generic, and not designed for someone who's on a break. These plans ignore personal preferences, culture, budget, and the fact that the person isn't exercising actively. And people always have a tendency of maintaining the local cuisine, which is absent in these plans. So people feel lost, lose motivation, and sometimes even stop coming back.

## **Solution:**

Our system, the "HealthyEats" app provides personalized daily diet plans based on local foods to help users maintain their physique during breaks from the gym. It analyzes meal photos to estimate nutrient content. It also offers healthy recipes, and suggests freehand exercises based on daily calorie intake.

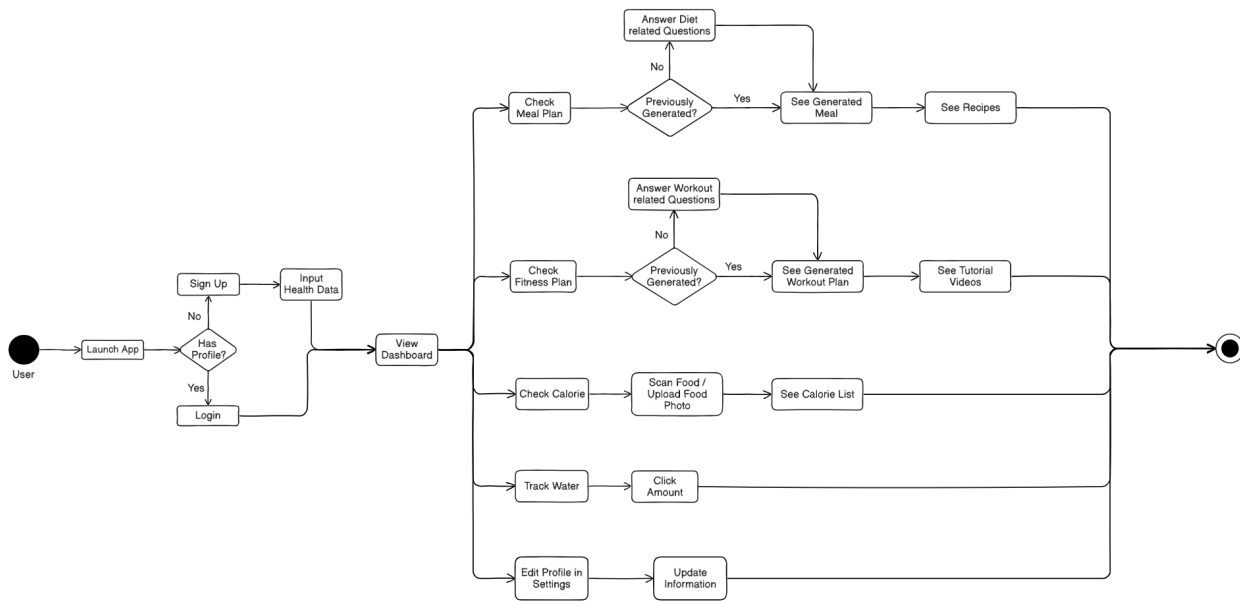
## **MVA:**

The Minimum Viable Audience (MVA) for this product are the gym owners operating in 5 upscale areas of Dhaka city that are Gulshan, Banani, Dhanmandi, Mohakhali, and Bashundhara. These gyms typically serve clients who are health conscious and more likely to value personalized and nutrition solutions. Partnering with such gym owners can help introduce our system to a motivated and premium user base.

## **Our Expectations from the Program:**

By the end of the program, we want to polish our business plan, build a more scalable version of the Healthy Eats app, and connect with relevant companies like gyms, wellness brands, or food partners to grow together.

## User Activity Diagram for HealthyEats:



 eraser

## Deployment Requirements:

- 1) Render paid (19\$) -> Backend & ML models

500 GB Bandwidth of included for that as we are using vectorDB for that we need high production Bandwidth

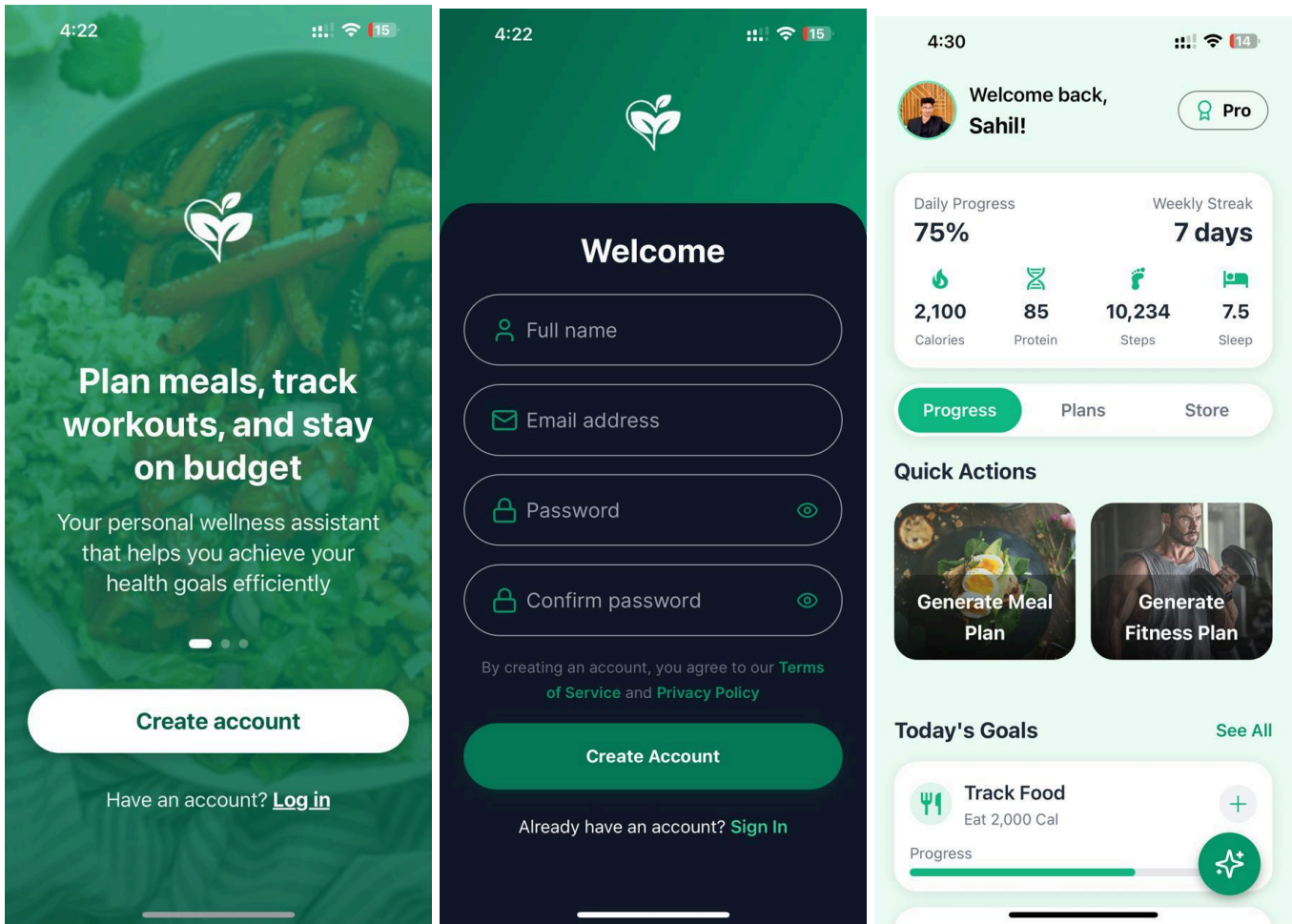
- 2) Frontend - (Vercel)

## Dataset Aligning with our project

- 1) <https://universe.roboflow.com/bengali-street-food-dataset/bangladeshi-street-food-dataset/browse?queryText=&pageSize=50&startIndex=0&browseQuery=true>

- 2)

App UI



4:35

Camera

79

# Your Food Preferences

Help us create personalized meal plans just for you

Food Types \*

Vegetarian

Vegan

Keto

Chicken

Beef

Mutton

Gluten-Free

Dairy-Free

Paleo

Low-Carb

High-Carb

None

Allergies \*

Nuts

Dairy

Fishes

Eggs

Soy

Wheat

Shrimp

Beef

None

Medical Conditions \*

Diabetes

Heart Disease

4:25

Camera

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# Your Daily Meal Plan

Breakfast

Foods:

- Oatmeal (1/2 cup dry) with water and a pinch of salt
- Chopped vegetables (tomato, onion, bell pepper - 1 cup)
- Lentil Curry (1 cup)

Fruits:

- Banana (1 medium)

Drinks/Tea:

- Black tea (unsweetened)

Nutrition:

This breakfast provides complex carbohydrates, fiber, and protein. It's dairy-free, helps manage blood pressure, and offers sustained energy. It's also a low glycemic option for managing blood sugar levels.

Estimated Cost: **80 TK**

Generate Recipe

4:25

Camera

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Breakfast Recipe: Hearty & Healthy Breakfast: Oatmeal, Lentil Curry, and Fresh Veggies

Ingredients

- 1/2 cup dry rolled oats
- Water (1 cup or as needed)
- Pinch of salt
- 1 cup chopped vegetables (tomato, onion, bell pepper)
- 1 cup Lentil Curry (pre-made or homemade)
- 1 medium banana
- 1 cup brewed black tea (unsweetened)

Steps

- \*\*Prepare the Oatmeal:\*\* In a small saucepan, combine the rolled oats, water, and a pinch of salt.
- Bring the mixture to a boil over medium-high heat.

4:35

Camera

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Welcome back, Sahil!

Pro

Daily Progress

Weekly Streak

75%

7 days

2,100

85

10,234

7.5

Calories

Protein

Steps

Sleep

Progress

Meal Plan

Fitness Plan

Breakfast

Foods:

- Oats (1/2 cup) cooked with water
- 1 boiled egg (yolk discarded)
- 1/4 cup low-fat cottage cheese

Fruits:

- 1/2 cup Berries (mixed)

Drinks/Tea:

Not specified.

Nutrition:

Focus: Low in carbohydrates and saturated fat, high in fiber and protein. Controls blood sugar, cholesterol and

4:36

Camera

79

Create Your Fitness Plan

Your Profile

Age: 24

Height: 5'2"

Gender: female

Weight: 56 kg

Fitness Goal:

☐ Muscle Gain

☒ Weight Loss

☐ Strength

☐ Endurance

Experience Level:

☐ Beginner

☒ Intermediate

☐ Advanced

Available Equipment:

dumbbells

barbell

bench

resistance bands

pull-up bar

kettlebells

none

Health Conditions:

none

4:38

Camera

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Welcome back, Sahil!

Pro

Daily Progress

Weekly Streak

75%

7 days

2,100

85

10,234

7.5

Calories

Protein

Steps

Sleep

Progress

Meal Plan

Fitness Plan

Today's Workout ( Sunday )

Day 3

Clean and Press


Full Body • 3 sets of 6-8 reps

Jump Squats

Quads, Glutes, Cardio • 3 sets of 12-15 reps

Bicep Curls

Biceps • 3 sets of 10-15 reps



**Sahil Al Farib**

Wellness Journey • 2 Years

Pro Member

120

8.4k

3.7k

98%


Workouts


Calories

Miles


Consistency


My Account

 My Goals




 Health Metrics


Preferences


 Settings

 Privacy Policy

4:25


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**AI Nutrition Guide**

Your personal wellness assistant



Welcome back! Let's continue your healthy eating journey.


Hi



Hello there! Welcome to HealthyEats! I'm here to help you on your journey to a healthier lifestyle.

How can I assist you today? Are you looking for a diet plan, a fitness routine, or some wellness advice? Just let me know! 😊

Make a meal routine for me



Ask about nutrition, meal plans, or healthy recipes...

