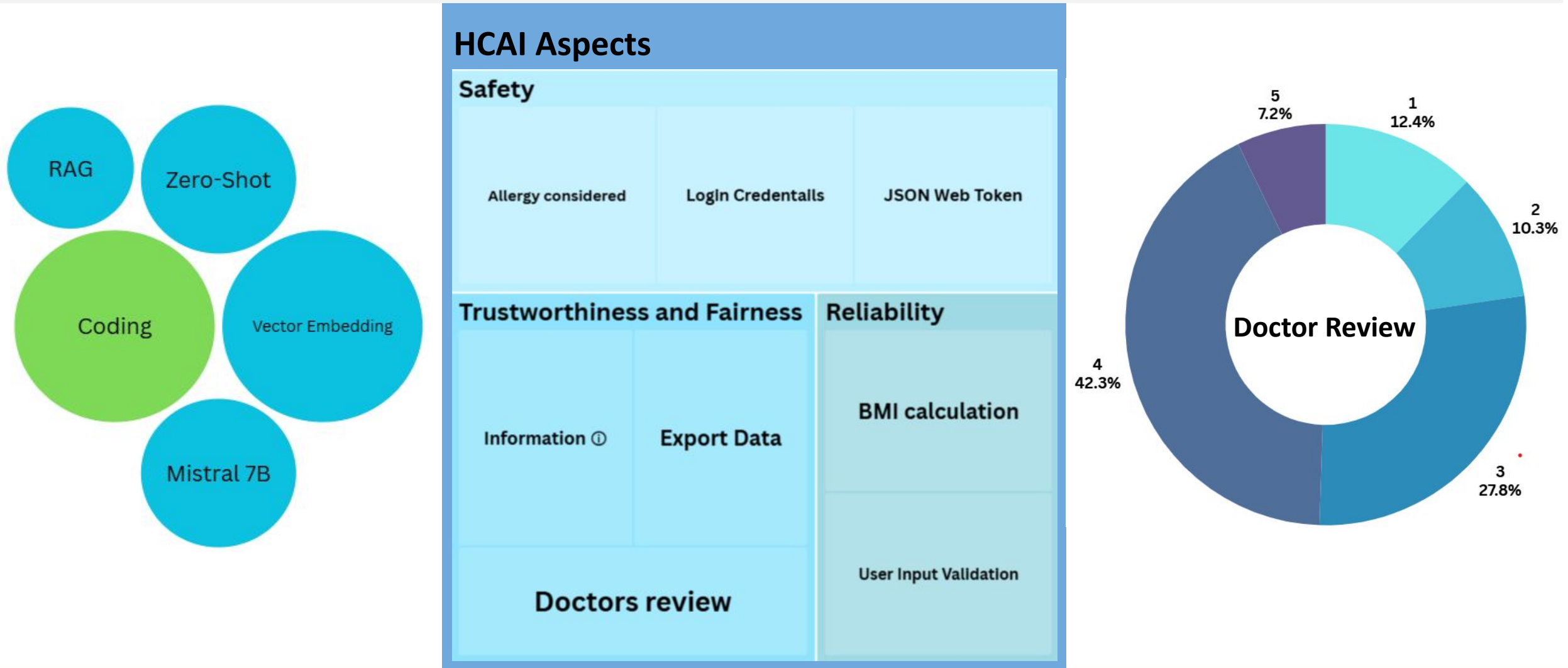


Human-Centric Evaluation of LLM-Generated Meal Plans

Team:
Digbijaya Shakya
Vaishnavi Katdare
Sourya Shome
Sourav Salkoppalu Lingaraju

Components

Goal: To generate meal plans according to BMI: Body Mass Index (WHO Standards)





Build Your Healthier Self – One Meal at a Time

About You

Weight (kg) - + Height (cm) - + Start Date

Diet Preference ☒ veg ☐ non-veg Allergies (comma-separated)

Generate My Plan

BMI

15.57



View Meals by Day



Meals for 2025-07-20

Breakfast: Quinoa Berry Bowl with Almonds & Chia

Snack 1: Date Ball & Celery Sticks

Lunch: Lentil Soup & Celery Salad

Snack 2: 1. Mini Quinoa Salad with Almonds & Cucumber

Dinner: Lentil Soup with Celery Salad & Date Balls (600kcal)

BMI & Progress Tracker Info

BMI Explanation

BMI = weight / height² (in meters)

Healthy range = 18.5 – 24.9

- BMI < 18.5 → Underweight
- BMI > 24.9 → Overweight
- $18.5 \leq \text{BMI} \leq 24.9$ → Healthy



Progress Tracker Explanation

Progress is calculated as:

$1 - (\text{kg change remaining} / (\text{initial change} + \text{estimated duration} * \text{daily rate}))$

This gives you a visual percentage of your journey!

Information 

Goal: Gain 8.5 kg to reach healthy weight.

Progress Tracker

51% toward your gain goal



Your Personalized Meal Plan

	Date	Breakfast	Breakfast Time	Breakfast Tags	Snack
3	2025-07-20	Quinoa Berry Bowl with Greek Yogurt	08:00	Low Fat, Low Sodium	Quinoa Berry Bowl
4	2025-07-21	Quinoa Berry Bowl with Greek Yogurt	08:00	Low Fat, Low Sodium	Quinoa Berry Bowl
5	2025-07-22	Berry Quinoa Bowl with Poached Egg & Avocado	08:00	Low Fat, Low Sodium	Quinoa Berry Bowl
6	2025-07-23	Quinoa Berry Bowl with Almonds & Flaxseeds	08:00	Low Fat, Low Sodium	Quinoa Berry Bowl
7	2025-07-24	Quinoa Berry Bowl with Greek Yogurt	08:00	Low Fat, Low Sodium	Quinoa Berry Bowl
8	2025-07-25	Quinoa Berry Bowl (without Onion)	08:00	Low Fat, Low Sodium	Mirrored
9	2025-07-26	Berry Quinoa Bowl with Egg & Avocado	08:00	Low Fat, Low Sodium	Quinoa Berry Bowl
10	2025-07-27	Quinoa Berry Bowl with Almonds & Coconut Flakes	08:00	Low Fat, Low Sodium	Quinoa Berry Bowl
11	2025-07-28	Berry Quinoa Bowl with Egg & Avocado	08:00	Low Fat, Low Sodium	Quinoa Berry Bowl
12	2025-07-29	Berry Quinoa Bowl with Almond Trail Mix	08:00	Low Sodium	Quinoa Berry Bowl
13	2025-07-30	Quinoa Berry Bowl (without onions)	08:00	Low Fat, Low Sodium	Quinoa Berry Bowl

Download CSV

Average Feedback Score



Doctor Feedback on Meal Plan

Select a day to review

2025-07-17

Breakfast: Quinoa Berry Bowl with Almonds & Chia

Snack 1: Date Ball (Lentil Soup excluded due to multiple components, high calorie count and lack of a separate snack category)

Lunch: Lentil Soup & Celery Salad

Snack 2: Quinoa Apple Cinnamon Bites

Dinner: Lentil Soup & Celery Salad

Doctor's Name

Neetin

Rate this day's meal plan (1 = poor, 5 = excellent)

1 4 5

Additional Comments (optional)

Submit Feedback

Feedback submitted successfully!

Download Doctor Feedback CSV

THANK YOU!