

Nutrition AI Scenarios

Choose what you want to do:

☐ Dynamic Nutritional Insights

☒ Tailored Meal Planning

☐ Virtual Nutrition Coaching

Tailored Meal Planning

Provide your dietary details and preferences. Gemini AI will generate a meal plan!

Dietary restrictions or allergies

Wheat

Health conditions

None

Generate Meal Plan

Activity level

Sedentary

Taste preferences

Spicy

Deploy

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Your Personalized Meal Plan

↔

Week-Long Spicy Wheat-Free Meal Plan (Sedentary Lifestyle)

This meal plan focuses on delicious, spicy, wheat-free meals suitable for a sedentary lifestyle. Portion sizes can be adjusted based on individual needs.

Grocery List:

Produce:

- 1 red onion
- 2 bell peppers (1 red, 1 green)
- 2 cloves garlic
- 1 jalapeño pepper
- 1 pint cherry tomatoes
- 1 bunch cilantro
- 1 lime
- 1 avocado
- 1 sweet potato
- 1 head broccoli
- 1 can diced tomatoes (undrained)
- Spinach (1 large bag)
- 1 cucumber

Protein:

- 1.5 lbs boneless, skinless chicken breasts
- 1 lb ground turkey
- 1 can black beans (rinsed and drained)

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- 1 can black beans (rinsed and drained)
  - 1 can chickpeas (rinsed and drained)
  - 15 eggs
- Grains/Alternatives:
- Quinoa (1 cup)
  - Brown rice (1 cup)
- Dairy/Alternatives:
- Coconut milk (1 can)
  - Greek Yogurt (plain, unsweetened, 1 container)

- Pantry:
- Olive oil
  - Salt
  - Black pepper
  - Chili powder
  - Cumin
  - Paprika
  - Cayenne pepper
  - Garlic powder
  - Onion powder
  - Coconut aminos (or soy sauce, if soy is tolerated)
  - Rice vinegar

- Day 1:
- **Breakfast:** Scrambled eggs (2) with diced jalapeño and a side of sliced avocado.
  - **Lunch:** Chicken & Black Bean Salad: Grilled chicken breast (4oz) mixed with black beans, diced red onion, bell pepper, cilantro, lime juice, and a pinch of chili powder.

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- **Dinner:** Spicy Turkey Chili: Ground turkey, diced tomatoes, black beans, corn, chili powder, cumin, and a touch of cayenne pepper, served with a dollop of Greek yogurt.

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- Day 2:
- **Breakfast:** Sweet Potato and Egg Scramble: Diced sweet potato sautéed with 2 eggs, a pinch of cumin and paprika.
  - **Lunch:** Leftover Spicy Turkey Chili.
  - **Dinner:** Sheet Pan Chicken and Veggies: Chicken breast (4oz), broccoli florets, cherry tomatoes, and bell pepper tossed in olive oil, garlic powder, onion powder, salt, pepper, and a sprinkle of cayenne pepper, roasted until cooked through.

- Day 3:
- **Breakfast:** Greek yogurt with berries (if desired) and a sprinkle of chia seeds.
  - **Lunch:** Chicken & Black Bean Salad (leftover).
  - **Dinner:** Quinoa Bowl with Spicy Chickpeas: Cooked quinoa topped with spiced chickpeas (cumin, chili powder, paprika), diced cucumber, and a drizzle of coconut aminos.

- Day 4:
- **Breakfast:** Scrambled eggs (2) with spinach and a sprinkle of chili flakes.
  - **Lunch:** Leftover Quinoa Bowl.
  - **Dinner:** Spicy Chicken Stir-fry: Chicken breast (4oz) stir-fried with broccoli, bell peppers, and a spicy sauce made from coconut aminos, rice vinegar, garlic, ginger (if tolerated), and chili garlic sauce.

- Day 5:
- **Breakfast:** Greek yogurt with a side of sliced avocado.
  - **Lunch:** Leftover Spicy Chicken Stir-fry.
  - **Dinner:** Brown Rice with Spicy Black Bean Burgers: Homemade black bean burgers (mashed black beans, spices, egg) pan-fried and served on a bed of brown rice.

- Day 6:
- **Breakfast:** Sweet potato and egg scramble (leftover or repeat).
  - **Lunch:** Leftover Brown Rice with Black Bean Burgers.
  - **Lunch:** Leftover Quinoa Bowl.
  - **Dinner:** Spicy Chicken Stir-fry: Chicken breast (4oz) stir-fried with broccoli, bell peppers, and a spicy sauce made from coconut aminos, rice vinegar, garlic, ginger (if tolerated), and chili garlic sauce.

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- Day 5:
- **Breakfast:** Greek yogurt with a side of sliced avocado.
  - **Lunch:** Leftover Spicy Chicken Stir-fry.
  - **Dinner:** Brown Rice with Spicy Black Bean Burgers: Homemade black bean burgers (mashed black beans, spices, egg) pan-fried and served on a bed of brown rice.

- Day 6:
- **Breakfast:** Sweet potato and egg scramble (leftover or repeat).
  - **Lunch:** Leftover Brown Rice with Black Bean Burgers.
  - **Dinner:** Chicken and Vegetable Curry (coconut milk based, using a store-bought spice blend or homemade with turmeric, cumin, coriander, and chili powder). Serve with brown rice.

- Day 7:
- **Breakfast:** Scrambled eggs (2) with diced bell pepper.
  - **Lunch:** Leftover Chicken and Vegetable Curry.
  - **Dinner:** Simple Salad with grilled chicken breast (4oz) and a spicy vinaigrette (olive oil, lime juice, chili powder, cumin).

**Recipe Notes:** Adjust spice levels to your preference. Feel free to substitute vegetables based on availability and preference. Ensure all chicken is cooked thoroughly to an internal temperature of 165°F (74°C).

**Disclaimer:** This meal plan is a suggestion and may not be suitable for everyone. Consult with a registered dietitian or healthcare professional before making significant dietary changes, especially if you have any underlying health conditions.

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## Scenario 2: Dynamic Nutritional Insights

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Dynamic Nutritional Insights

Upload an image of food or input its name for detailed nutritional analysis.

Food item name (optional)

Upload an image...



Drag and drop file here

Limit 200MB per file • JPG, JPEG, PNG

Browse files

Analyze Nutrition

This scenario enables users to receive detailed nutritional breakdowns of their meals or individual food items. Users can either upload images of food or enter food names directly into the app. The application then utilizes the Gemini model to analyze the input and instantly display a comprehensive report on macronutrients (protein, fat, carbohydrates), micronutrients (vitamins, minerals), and calorie content. This allows users to make more informed dietary choices and monitor their nutritional intake with ease.

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Dynamic Nutritional Insights

Upload an image of food or input its name for detailed nutritional analysis.

Food item name (optional)

Aubergine and sesame noodles


Upload an image...



Drag and drop file here

Limit 200MB per file • JPG, JPEG, PNG

Browse files




Aubergine-and-sesame-noodles-6138de6.jpg

98.8KB

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The use\_column\_width parameter has been deprecated and will be removed in a future release. Please utilize the use\_container\_width parameter instead.





## Nutrition AI Scenarios

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Uploaded Image

Deploy

Analyze Nutrition

### Nutrition Analysis

It's impossible to give an exact macronutrient, micronutrient, and calorie breakdown for the pictured food without knowing the specific ingredients and quantities used in the recipe. The image shows a dish of noodles with eggplant, a sauce (likely containing sesame and possibly other ingredients like soy sauce or tahini), and sesame seeds. Scallions/green onions are also visible.

However, I can provide an *estimation* based on common ingredients and typical serving sizes. This is just an approximation, and the actual nutritional values could vary significantly depending on the recipe.

Estimated Macronutrient Breakdown (per serving, assuming a ~1.5 cup serving size):

- **Calories:** 400-550 (This range accounts for variations in noodle type, sauce richness, and amount of eggplant)
- **Carbohydrates:** 60-80g (Primarily from the noodles)
- **Protein:** 15-25g (From the eggplant, possibly some protein in the sauce depending on its ingredients)
- **Fat:** 15-30g (From the sauce – sesame oil, tahini, or other oils would contribute significantly)

Estimated Micronutrient Breakdown (per serving, approximate and highly variable):

The exact micronutrient content is very difficult to estimate without a recipe. However, we can list likely contributors:

- **Vitamin K:** From the eggplant.
- **Potassium:** From the eggplant.

- **Carbohydrates:** 60-80g (Primarily from the noodles)

- **Protein:** 15-25g (From the eggplant, possibly some protein in the sauce depending on its ingredients)
- **Fat:** 15-30g (From the sauce – sesame oil, tahini, or other oils would contribute significantly)

Estimated Micronutrient Breakdown (per serving, approximate and highly variable):

The exact micronutrient content is very difficult to estimate without a recipe. However, we can list likely contributors:

- **Vitamin K:** From the eggplant.
- **Potassium:** From the eggplant.
- **Fiber:** From the noodles and eggplant.
- **Iron:** Potentially from the eggplant and sesame seeds.
- **Magnesium:** Potentially from the sesame seeds.
- **Calcium:** Potentially from sesame seeds (if tahini is present).
- **Vitamin E:** Potentially from the sesame seeds and oil.
- **B Vitamins:** Potential contributions from various ingredients.

To obtain a precise nutritional analysis:

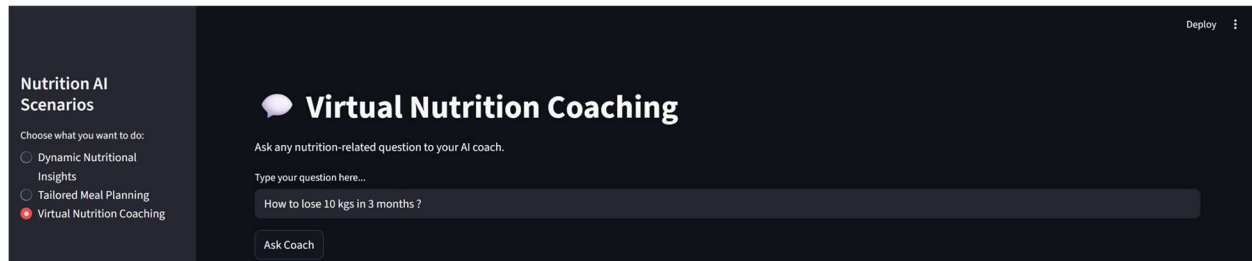
To get accurate macronutrient and micronutrient information, one would need:

1. **The exact recipe:** This includes the specific types and quantities of noodles, eggplant, sauce ingredients (including amounts of oil, soy sauce, tahini etc.), sesame seeds, and any other vegetables used.
2. **A nutrition analysis tool:** Many online tools or apps (e.g., Cronometer, MyFitnessPal) allow you to input ingredients and quantities to calculate the nutritional values of a dish.

**Disclaimer:** This is an educated guess. For accurate nutritional information, consult a registered dietitian or use a nutrition analysis tool with a complete and accurate recipe.

Deploy

## Scenario 3: Virtual Nutrition Coaching



The virtual nutrition coaching scenario provides users with interactive, AI-powered guidance on their nutrition-related questions. Through a chat-like interface, users can type questions about diet, meal timing, nutritional facts, and healthy habits. The application responds with personalized advice generated by the Gemini model, simulating the experience of consulting a professional nutritionist. This feature helps users stay motivated, make sustainable changes, and navigate their wellness journey with expert-level support.

