My Groceries

***Description:*** My Groceries is an application that help users plan and prepare healthy meals that fit their dietary needs and preferences. It also helps users save time and money by generating a grocery list based on their meal plan and providing information on the best deals and discounts available at their local grocery stores.

***Problem Statement:*** Many people today struggle with maintaining a healthy diet due to busy schedules, lack of time and limited access to fresh ingredients. Unhealthy eating habits can lead to weight gain, chronic health problems and chronic health problems. Additionally, grocery shopping can be time consuming and confusing with one unsure of what to buy and where to find the best deals. One is also tempted to buy unhealthy food when in search for groceries, therefore there is need for a user-friendly and personalized meal planning and grocery shopping application that can help people easily plan and prepare healthy meals, save time and money, and improve their overall health and well-being.

***Features of the application:***

* Personalized meal suggestion-based on user’s diet and restrictions.
* Grocery list generation-app generates grocery list based on selected meals.
* Grocery deals and discounts- app provides info on deals and discounts at local grocery stores.
* Nutrition information-app tracks user’s daily food intake and provide nutritional info for the meals selected, helping in decision making.
* Recipe sharing- app allows users to share their favourite recipes with each other, building a community of healthy eaters.
* Calendar view-app provides a calendar view of user’s meal plan making it easy to see what meals are planned for and when.
* Pantry management-app allows users to keep track of ingredients they have on hand and suggest recipes based on it.
* Customizable grocery list- app allows users to add or remove items from their grocery list, adjusting their shopping list as needed.
* User profile-app allow users to create a profile with their dietary preferences, restrictions and other relevant info, making it easier for the app to generate personalized meal suggestions.

Flow chart.

