

# Nutri-Good

## *Value Proposition*

Independent Nutrition, Delivered.

## *Problem/Solution Overview*

Problem: The elderly need to keep track of their nutritional intake, but it is often hard or tedious to log

Solution: Nutri-Good, an app that allows the elderly to choose a set meal plan, which is guaranteed to contain all the macro and micro-nutrients that are essential to a well-balanced diet. The ingredients for these meals are delivered, allowing the elderly to cook for themselves and maintain independence.

## *Three Tasks*

- Knowing what nutritional value you get from your meals (simple)
- Maintaining independence through food prep (medium)
- Choosing a well balanced meal (complex)

## *Video Storyboard*

