

MoodMeal – Product Requirement Document (PRD)

1. Product Overview

MoodMeal is a lightweight food suggestion app designed to help users choose meals based on their emotional state. Unlike traditional food apps that focus on taste or calories, MoodMeal recommends comforting food options tailored to how users feel.

2. Problem Statement

People often feel overwhelmed, tired, or anxious and don't know what to eat. Mood impacts cravings and energy, yet no tool currently addresses this emotional need. Users want clarity and comfort - not more scrolling or decision fatigue.

3. Target Users

- College students facing stress, exams, or burnout
- Working professionals juggling long work hours and low energy
- Anyone seeking food options that align with their mood and well-being

4. Goals

- Reduce decision fatigue around food
- Suggest emotionally aligned and healthy options
- Help users reflect on mood-eating patterns over time

5. MVP Features

Feature	Description
Mood Selector	User selects current mood (e.g., Tired, Anxious, Happy, Lazy)
Food Suggestions	3 curated food ideas appear based on selected mood
Saved Meals	User can tap to save favorite suggestions

6. Out of Scope (for MVP)

- Account login or authentication
- Full nutritional or calorie tracking
- Recipe details or delivery integration
- AI-based personalization

7. Success Metrics

- Number of moods logged per week per user
- Percentage of food suggestions saved
- Frequency of app re-visits per user
- (Optional) Mood satisfaction rating after using suggestions (1–5)

8. User Flow Summary

1. Open app
2. Select mood
3. View 3 food suggestions
4. Tap to save or skip
5. Repeat as needed

9. Tools Used

- **Google Docs** – for writing PRD documentation
- **Miro** – for mapping user journey and flow
- **Figma** – for wireframes and UI visualization