# Screen 1 – Sign Up

## ■ Create Your Profile

| Age | Height | Weight | Nationality |
|-----|--------|--------|-------------|

**Next →**

# Screen 2 – Lifestyle & Preferences

1■■ Dietary goals: Weight loss | Muscle gain | Maintenance
2■■ Preferred cuisines: Mediterranean | Asian | Egyptian | Indian
3■■ Foods you like: [input]
4■■ Foods you dislike: [input]
5■■ Allergies: [checkboxes/input]
6■■ Daily activity: Low | Moderate | High
7■■ Workout frequency: None | 1–2x | 3–5x | Daily

**Next →**

# Screen 3 – Meal Planning Setup

■ Quick meals vs. Cooking time (Toggle/Slider)
■ Budget-friendly? Yes / No
■■■■■ Plan type: Individual / Family
■■ Meals to plan: Breakfast | Lunch | Dinner
■ Duration: 1 Week | 2 Weeks | 1 Month | Custom Range

**Generate Plan**

# Screen 4 – Generated Meal Plan

## Your personalized plan is ready ■

| Day | Breakfast | Lunch | Dinner |
|-----|-----------|-------|--------|
| Mon | Oatmeal & Berries | Grilled Chicken Salad | Salmon & Veggies |
| Tue | Smoothie Bowl | Quinoa Salad | Chicken Curry |

**Save as PDF & Share**

**Save Plan**

**Prepare Grocery List**

# Screen 5 – Grocery List

## ■ Ingredients you need

| Ingredient | Amount | Notes |
|---|---|---|
| Chicken Breast | 500g | |
| Oats | 200g | Gluten-free option |
| Spinach | 1 bunch | Fresh |

| Save as PDF |
|---|
| Place Order |