

FUNCTIONALITIES:

- grocery list in meal planning area
 - ingredient database could include calorie tracker which could go hand in hand with the fitness tracker
- breakfast, lunch, dinner, snack option
 - could maybe add dessert option also or maybe make that optional for the user (they can choose to add it)
- weekly tracking is most efficient unless we wanted to do daily
 - have breakfast, lunch, dinner, snack option for all days
- the brainstorm box is kinda cute, we could add randomly chosen options to give the user some things to think about like: italian, picnic vibes, seafood, etc.
- water intake would also be a good option especially since we want a fitness tracker (could also be implemented there)
 - could have like an ounces to cups generator and could give a general idea of how much water you should drink
- recipe database/recipe organizer
- make sure to have a good balance of options (carbs, proteins, fats, vitamins, and minerals)
 - could be included in ingredients
- [How to Create a Meal Plan App Like Whisk? - DevTeam.Space](#)

EXAMPLES BELOW

DAILY MEAL PLAN

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BRAINSTORM

WRITE DOWN ALL YOUR MEAL IDEAS FOR THE WEEK

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MEAL PLAN

ORGANIZE YOUR MEALS INTO SPECIFIC DAYS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACK							



GROCERY LIST

LOOK AT YOUR MEAL PLAN AND WRITE DOWN ITEMS YOU NEED TO BUY

MEAT:	DAIRY:
PRODUCE:	DRY/CANNED GOODS:
FROZEN:	MISC:



MAKE AHEAD

IS THERE ANYTHING YOU WANT TO MAKE AHEAD?

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