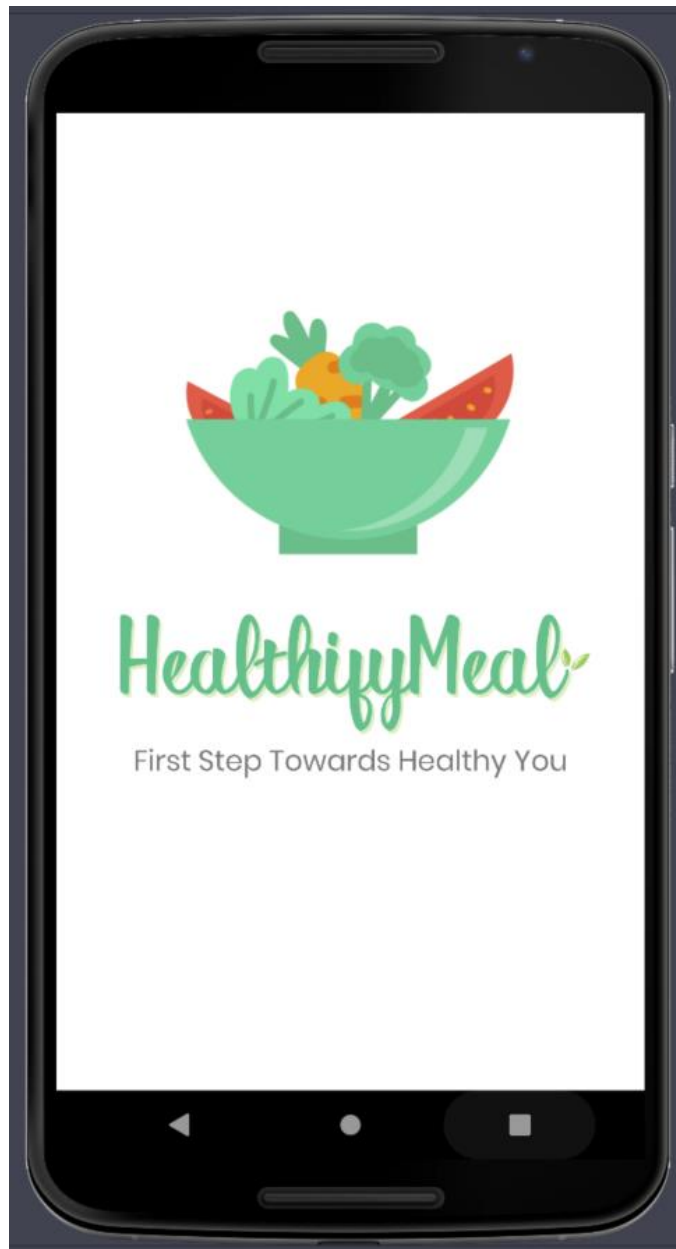# HealthifyMeal

Android Application Manual

Introduction

HealthifyMeal turns healthy meal planning into an effortless and magical experience. Provide an endless supply of delicious and healthy recipes specific to your needs. You can customize and control your diet; whether you are vegetarian or non-vegetarian or looking to gain or lose weight, we have you covered.

Minimum System Requirements
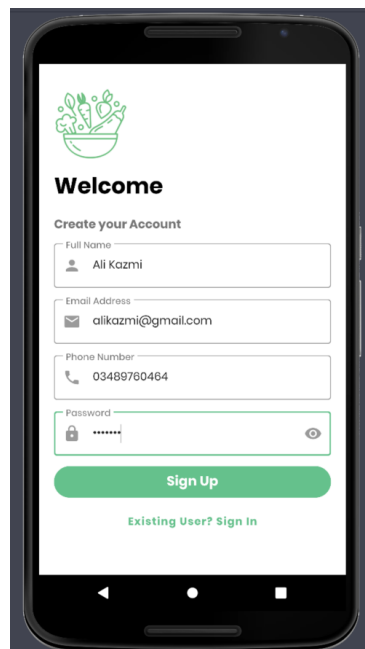
OS: Android 10 or greater

API: Android API 29 or greater
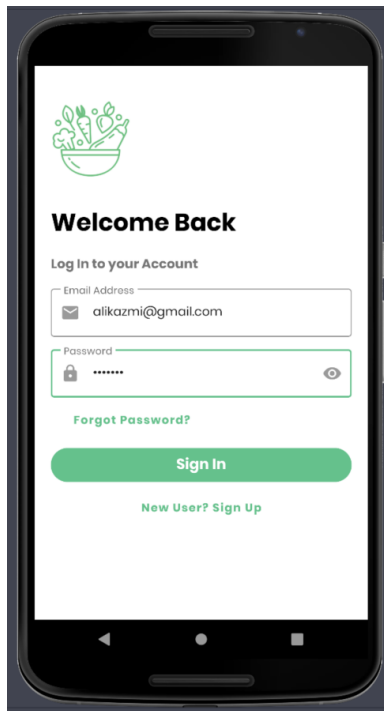
RAM: 2GB RAM or greater

Available Storage: 100MB or greater (Application size is 24MB)
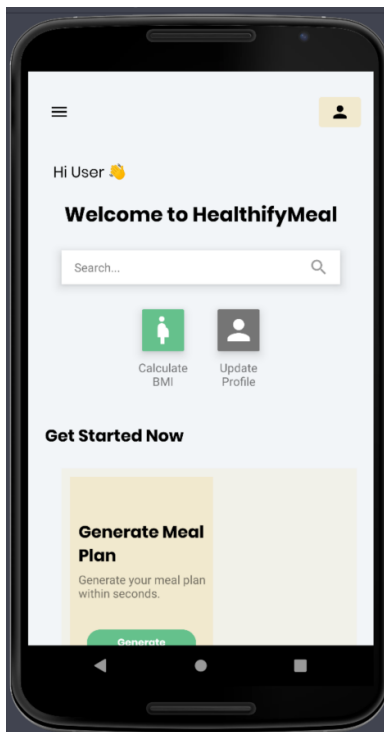
How to Use HealthifyMeal Application

1. First of all, install the application on your device. Please ensure your device meets the minimum system requirements.
2. **Register** yourself by inputting the required information.
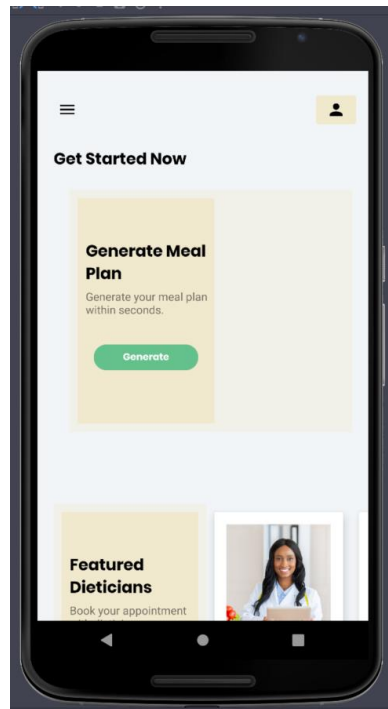
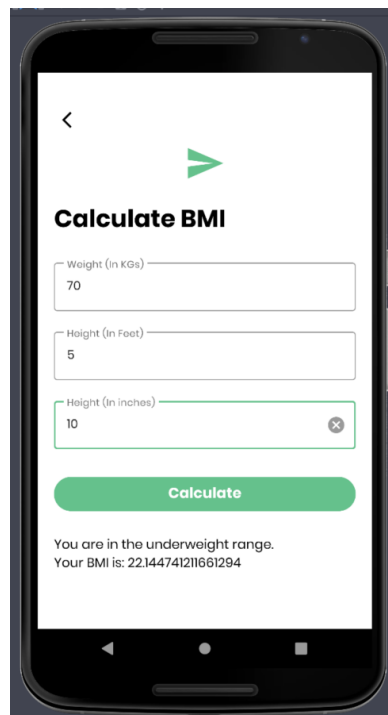3. Next, **sign in** using the same credentials.

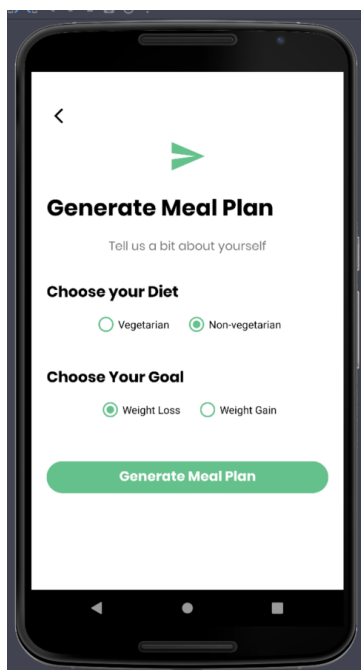4. You may calculate BMI by clicking **Calculate BMI**.

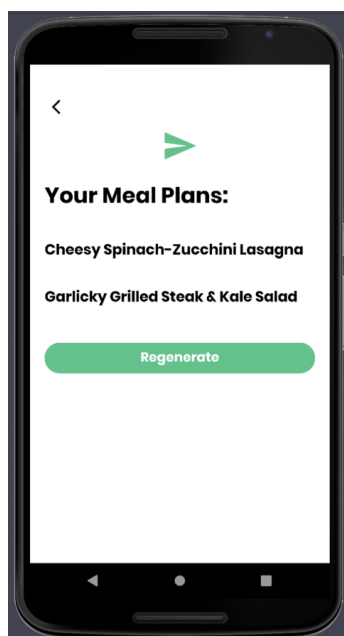5. You may get your meal plan by scrolling down and clicking **Generate**.

6. Enter your **weight (in KGs)**, enter your **height (in feet and inches)** and click **Calculate**. This will show your BMI and the range you fall in.

7. Choose your **Diet** and **Goal**. Once done, click **Generate Meal Plan**.

8. It will generate your meal plan; you may click **Regenerate** if you are unsatisfied with the current one.

Should you have any questions, please reach out to HealthifyMeal support at emmad.43302@iqra.edu.pk or shahbaz.43208@iqra.edu.pk.