App Name: BalanceBliss

**Proposal:**

Introducing BalanceBliss, a revolutionary app designed to promote healthier lifestyle choices and overall well-being. BalanceBliss offers a comprehensive solution that combines diet planning, calorie tracking, and meditation features to help individuals achieve balance and bliss in their lives.

**Key Features:**

Plan your Meal: BalanceBliss allows users to plan and track their meals, set dietary goals, and receive personalized recommendations based on their nutritional needs and preferences. Users can access a database of healthy recipes and meal plans to support their journey towards better eating habits.

Calorie Tracker: With BalanceBliss, users can easily log their daily calorie intake, view nutritional information for various foods, and monitor their progress towards achieving weight management goals. The app provides insights and feedback to help users make informed decisions about their diet and lifestyle.

Calm (Meditation Related): BalanceBliss offers a variety of guided meditation sessions, breathing exercises, and mindfulness activities to help users alleviate stress, improve focus, and enhance overall mental well-being. Users can customize their meditation experience based on their preferences and schedule.

Community Support: 24 hours support available.

**Uniqueness:**

BalanceBliss distinguishes itself by offering a holistic approach to health and well-being, integrating diet planning, calorie tracking, and meditation features into a single platform. While other apps may focus on individual aspects such as diet tracking or meditation, BalanceBliss provides a comprehensive solution that addresses the physical, nutritional, and emotional dimensions of wellness.

**Conclusion:**

BalanceBliss is not just an app; it's a lifestyle companion that empowers users to make positive changes towards a healthier and more balanced life. By combining diet planning, calorie tracking, meditation, and community support, BalanceBliss offers a holistic solution for anyone seeking to improve their health and well-being. Join the BalanceBliss community today and embark on a journey towards balance and bliss.