

# Meal Planning Tool

For some people, meal planning can be time-consuming and stressful. In order to help users save time, cut down on waste, and cook more efficiently, our tool creates customized weekly plans based on diet, cooking time, and pantry items.



# Target User's

	Busy Professional	Parent	Health-Conscious Individual
Goals	Cook quick meals after long workdays	Feed family healthy, varied meals daily	Maintain vegetarian high-protein diet for fitness
Pain Points	No time → relies on takeout, wastes groceries	Kids get bored, grocery shopping is overwhelming	Difficult to find quick, healthy recipes that fit restrictions
Behaviors	Tech-savvy, prefers <30 min meals, values automation	Shops weekly, cooks family-style, multitasks constantly	Tracks calories, enjoys cooking but dislikes long prep
Needs	Auto-generated weekly plan with pantry-based quick recipes	Family-friendly plans with variety + auto grocery list	Personalized healthy plans with nutrition info + quick prep

# Problem Statement

User's need a way to quickly plan their weekly meals based on time, diet, and pantry items, so they can save time, reduce stress, and avoid food waste.



## Key Pain Points

1. **Time Pressure:** Users don't have time to think of meals daily → need a quick weekly plan.
2. **Personalization:** Diet restrictions/preferences make choosing meals harder.
3. **Pantry Overload:** Users already have some ingredients → want recipes that fit what they have.
4. **Flexibility:** Plans change, so meals should be easy to swap or adjust.

# UUD Framework

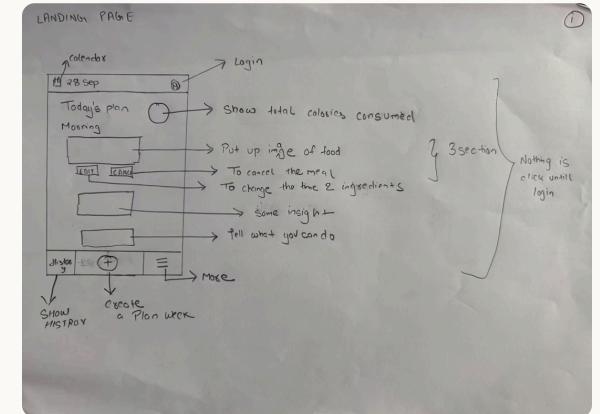
	Busy Professional	Parent	Health-Conscious Individual
How it will be Usable	Auto-generates weekly plans from pantry + cooking time → saves decisions	Family-friendly recipes + utilization idea → reduces stress	Custom diet plans (veg, high-protein) + nutrition info
How it will be Useful	Simple calendar view, quick swap meals	Drag-and-drop meals, data helps categorized grocery list for easy shopping	Pantry highlighting (have / missing) for fast prep
How it will be Delightful	Personalized suggestions, less takeout, feels efficient	Variety keeps kids happy, reusable weekly plans save effort	Staying on track with fitness feels rewarding, discovers new healthy meals

# User Flow

We have mapped different user flows across various pages.

## Landing Page :-

1. Login-first flow ensures personalization and secure access to their data.
2. Access to history and weekly planning makes it easier for users to track patterns and stay consistent.
3. Users immediately want to see today's meal plan and understand their calorie intake at a glance.
4. Quick actions like edit, cancel, or add food images give them flexibility to adjust meals on the go.



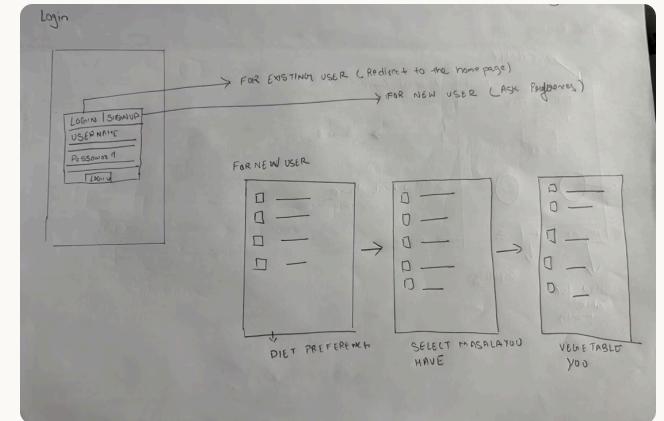
## Onboarding New User/Existing User

After login user can login if account exist or sign up for user after answering questions for meal planning

few

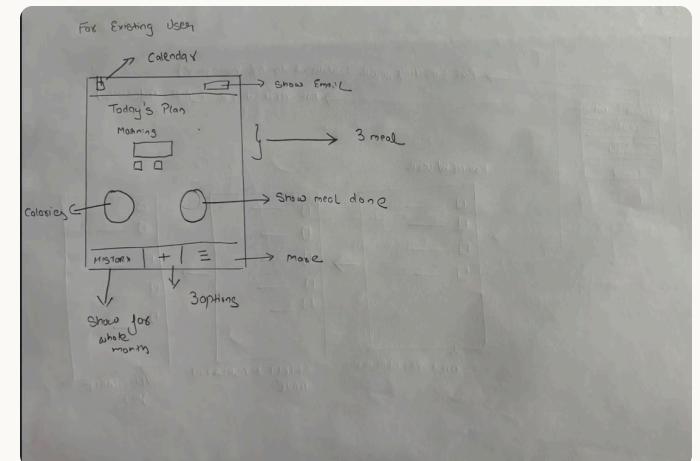
### New User:-

1. New users need easy onboarding with diet preferences, available ingredients (masala, vegetables), so the app feels personalized from the start.
2. They want minimal effort setup—quick checklists instead of long forms to avoid drop-off.



### Existing User:-

1. User want to track calories and completed meals at a glance, keeping focus on progress.
2. Features like history view and monthly insights help them see long-term benefits and stay consistent.



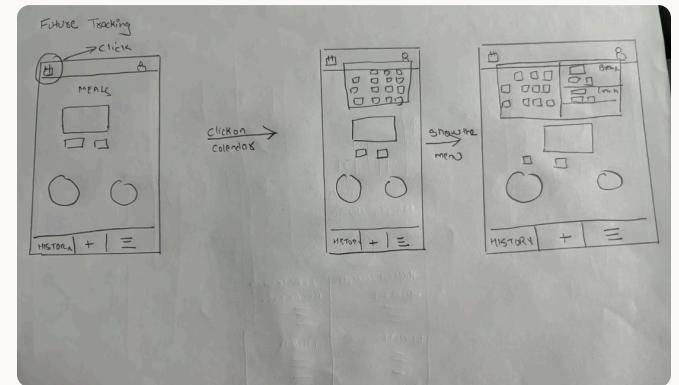
## Future Viewing & History Viewing

On click top left calendar ,you will see calendar with date opening ,on clicking on particular date ,the menu for that day is visible.

On clicking on History you can get the Time you have spend everyday on cooking ,plus most cooked dish across various meal and least cooked dish across various meal.

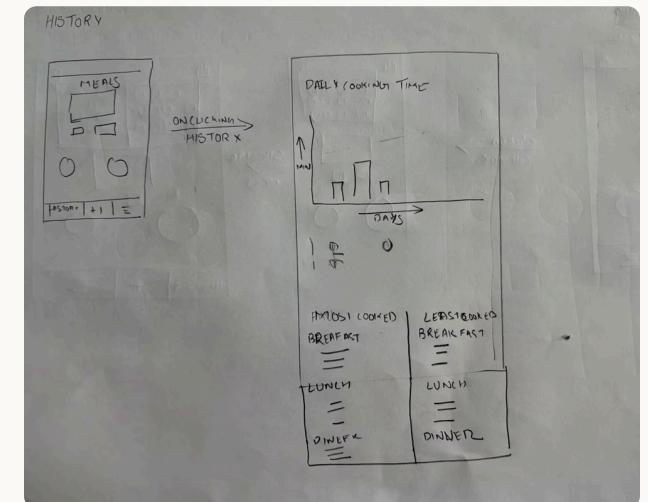
### Future Viewing:-

- 1.A simple calendar interface ensures quick navigation across days without overwhelming the user.
- 2.Seeing a preview of planned meals (breakfast, lunch, dinner) gives clarity and reduces decision fatigue.



### History:-

- 1.Users want to review past meals and cooking times to identify patterns in their eating habits.
- 2.Insights like most cooked meal vs least cooked meal help users understand preferences and gaps.



## Edit & Cancel Button

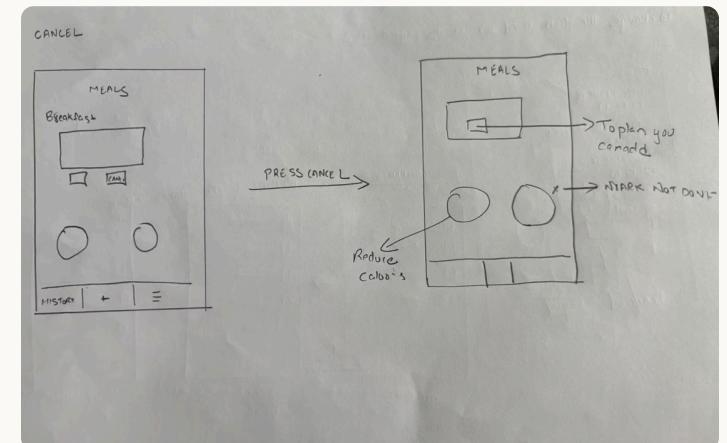
On clicking Edit button on meal ,Give to choose time and ingredients to be changed .Give dishes after filtering out ,it will replace that particular meal and adjust the calories in the tracker below.

On clicking Cancel button on meal ,will cancel the meal ,reduce the calories from the tracker and mark the meal not done.It will give you a option to add a meal as well.

## Cancel button

1.Users need the ability to cancel meals easily when plans change, ensuring flexibility.

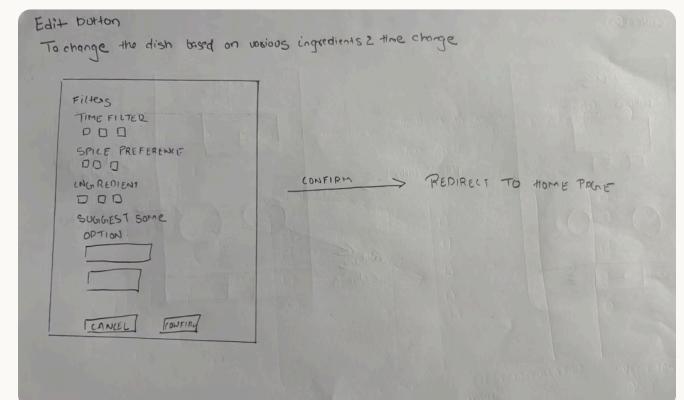
2.Marking meals as “not done” instead of permanent delete helps maintain accurate tracking history.



## Edit button

1.Users want to modify meals quickly (change time, ingredients, spice preference) without starting from scratch.

2.Adding filters and suggestions makes editing smarter, helping users discover better meal options.



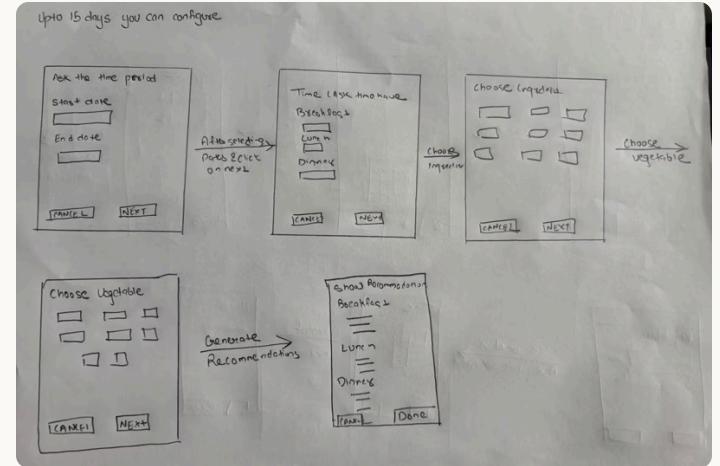
## Create Meal & Dishes

To create meals ,select the start and end date ,choose a time frame for meals,select ingredients &vegetables.You will get recommendation.

To create custom dish, ,select ingredients &vegetables and give a name.It will shown and considered in future meal forming.

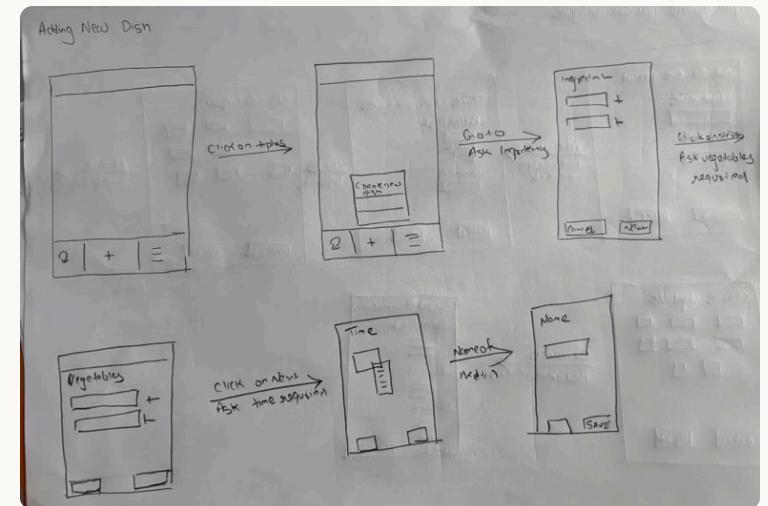
### Create Meal:-

1. Users want to plan meals across multiple days (up to 15 days), which reduces daily decision-making stress.
2. Options like selecting time, ingredients, and preferences help personalize meals while keeping planning flexible.
3. Auto-generated recommendations based on chosen items make the process faster and smarter.



### Create Dish :-

1. Users want the freedom to add new dishes manually when existing recommendations don't match their needs.
2. Saving a created dish for future reuse adds long-term convenience and builds a personal recipe library.



# Design Process

1. Empathize:- Observe how users currently plan meals (manual notes, memory, apps).

Pain points: meal planning feels time-consuming, lack of ingredient-based help, hard to track calories.

2. Define:- Users need a simple way to plan, adjust, and track meals that adapts to their changing schedules and available ingredients.

3. Ideate:- Brainstorm features: ingredient-based dish suggestions, create meal for 15 days, create custom dish, cancel/edit, calorie circle, history insights.

4. Prototype:- Build wireframes of main screens:

1. Landing page (Today's Plan + Calorie circle)

2. Create Meal flow (calendar, meal slots).

3. Create Dish flow

4. History (past meals, most/least cooked).

5. Future planning (calendar scheduling)

5. Test:- Let users interact with the prototype and make changes on the feedback.

# Prototype

To create an interactive prototype of a meal planning and tracking app that helps users plan meals, log dishes, track calories, and manage ingredients with flexibility.

**Lovable Link :-<https://my-masala-menu.lovable.app/>**

**With User Feedback :-**

**What worked:-** 1.I liked seeing my day's meal plan clearly broken into breakfast, lunch, and dinner.

2.The calorie circle gave me a quick sense of how much I've consumed

**What didn't work:-** 1.No proper broke down for ingredients and vegetable for future ordering and use.

2.Nothing for instant cooking

**What was confusing:-** To create a new dish into go to more →under dish →you can create a new dish.User had to click around to figure out how to create it.

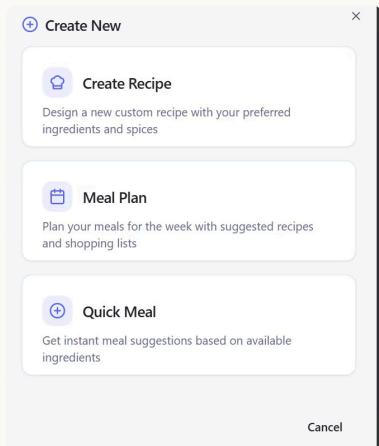
**What was delightful:-** 1.The ingredient-based suggestions felt smart – it made me think "oh wow, I can actually cook something

with what I already have."

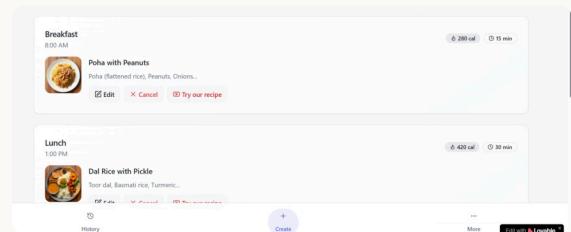
2.I liked that the app gave me insights like most/least cooked meals – it felt motivating and personal.

# Improvements

1. Introduce Quick Meals:-Here we tell something which is quick can be cooked under 30 mins. It is for quick tea break or something occasional. Allow users to instantly log or prepare a meal when they don't have time for detailed planning.



2. Create button contains all the creation happening in the app. Whether it is dish ,meal or instant cooking and build in feature for watching youtube video to take help will cooking .



3.Tells about masala & vegetable usage.So that you can plan your order for item more properly which will help in wastage of unnecessary items ordered.

