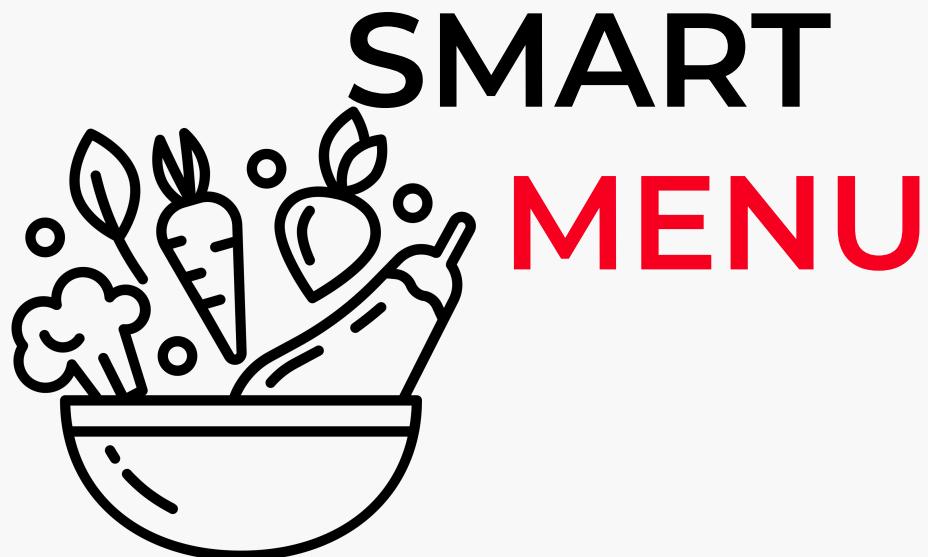


# SMART MENU





E-mail

example@example.com |

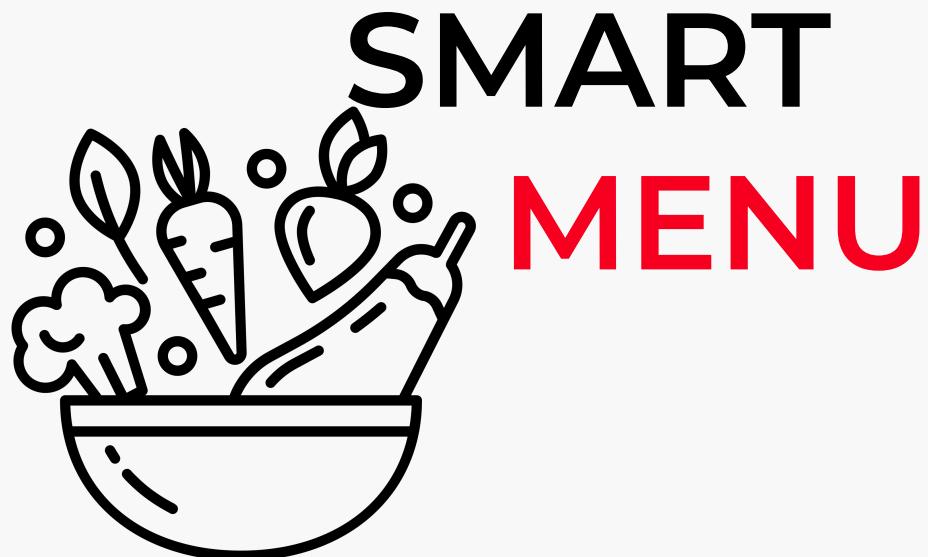
Password

\*\*\*\*\* |

**LOGIN**

Don't have an account? [Register here](#)

Forgot password? [Reset it there](#)



E-mail

example@example.com

Name

Dan Popescu

Password

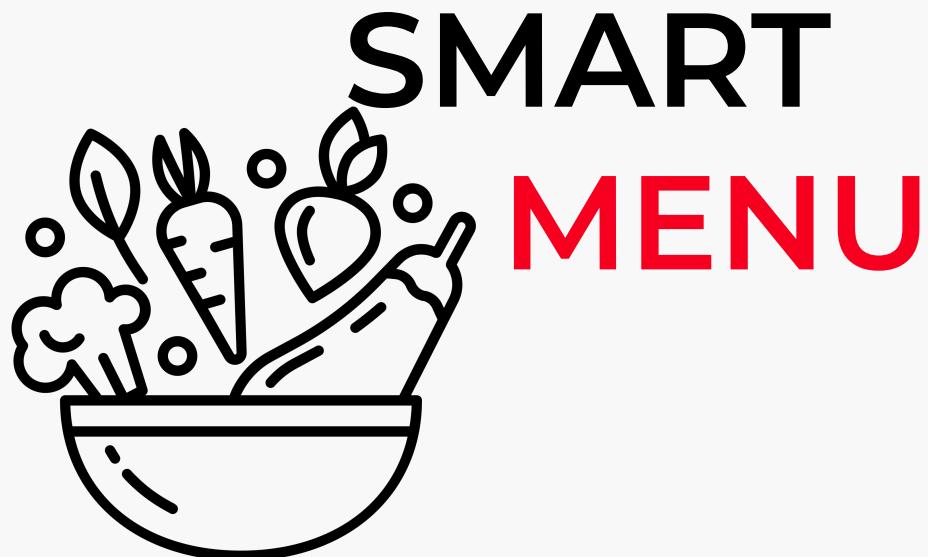
\*\*\*\*\*

Confirm password

\*\*\*\*\*

**REGISTER**

Already have an account? [Login](#)



E-mail

example@example.com |

**RESET**

Remember your password? [Go to login](#)

Don't have an account? [Register here](#)



# SMART MENU



Hello,  
**Raul**

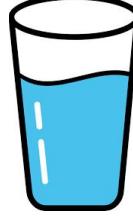
Today's goal

**1200**



Consumed

**1850**



Water Drunk quantity



0



## Recommended meals



Grilled Chicken  
with Quinoa &  
Broccoli



Salmon Bowl  
with Brown  
Rice & Avocado



Turkey &  
Vegetable



Greek Yogurt  
Breakfast



Recipes



Search



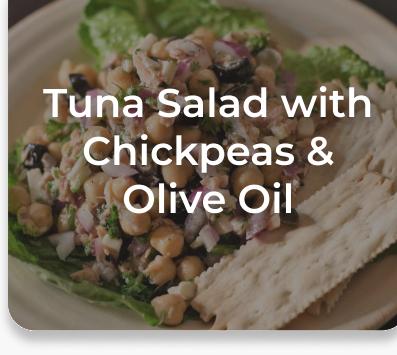
Home



Saved



Profile



Tuna Salad with  
Chickpeas &  
Olive Oil



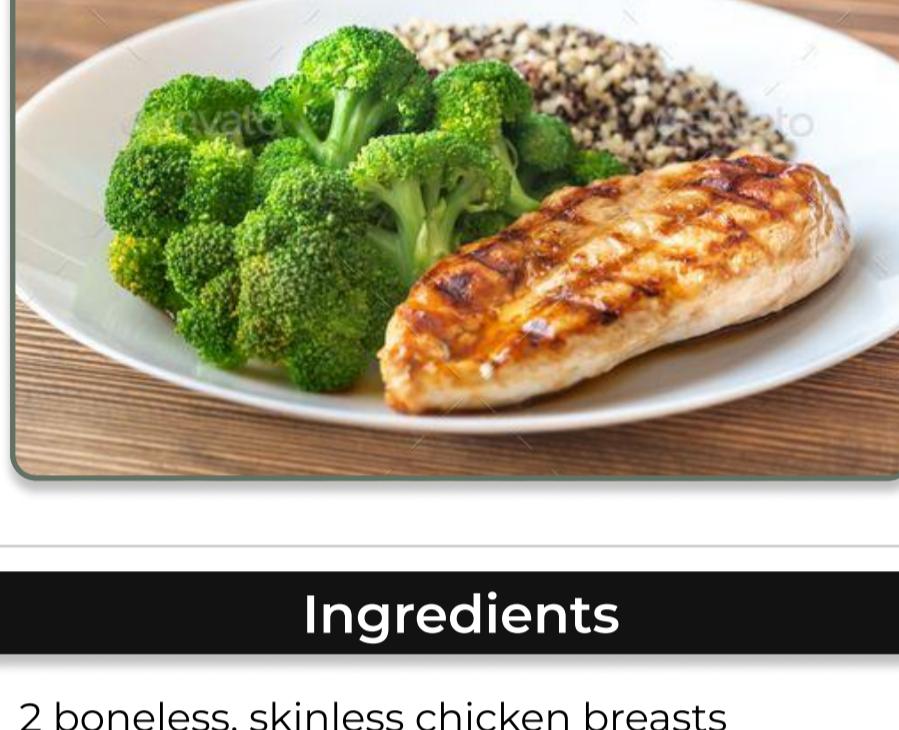
Egg, Feta &  
Spinach  
Omelette with  
Whole Grain  
Toast



# SMART MENU

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## Grilled Chicken with Quinoa & Broccoli



### Ingredients

- 2 boneless, skinless chicken breasts
- 1 cup quinoa
- 2 cups broccoli florets
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper to taste
- 1 tbsp lemon juice
- 1 tsp dried oregano

for about 15 minutes or until fluffy

2. **Prepare the chicken:** Rub the chicken breasts with olive oil, garlic powder, paprika, salt, and pepper.
3. **Grill the chicken:** Heat a grill or grill pan over medium-high heat. Cook the chicken for about 6-7 minutes per side until fully cooked.
4. **Steam or roast the broccoli:** Steam broccoli for 5 minutes or roast in the oven at 200°C (400°F) for 15 minutes with a drizzle of olive oil.
5. **Assemble the dish:** Slice the grilled chicken and serve it over a bed of quinoa with broccoli on the side. Drizzle with lemon juice and sprinkle oregano for extra flavor

Give it a rating

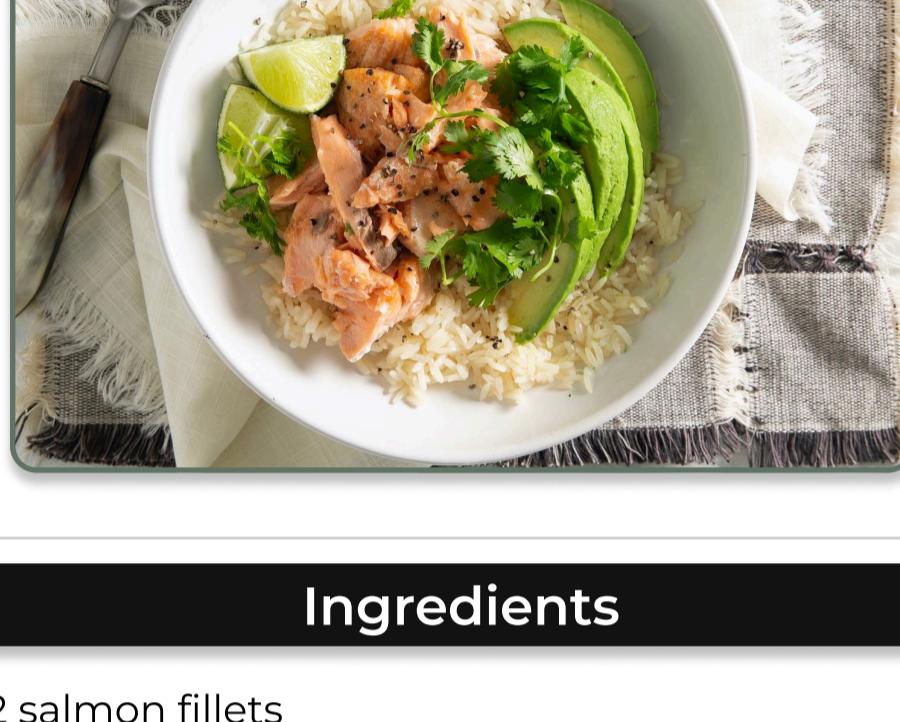




# SMART MENU

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## Salmon Bowl with Brown Rice & Avocado



### Ingredients

- 2 salmon fillets
- 1 cup cooked brown rice
- 1 ripe avocado, sliced
- 1 tbsp olive oil
- 1 tbsp soy sauce
- 1 tsp sesame seeds
- 1 tsp garlic powder
- 1 tsp ginger, grated
- ½ cup shredded carrots
- ½ cup cucumber slices
- ¼ cup edamame beans



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### Preparation Mode

- 1. Cook the rice:** Prepare brown rice according to package instructions.
- 2. Prepare the salmon:** Rub salmon fillets with olive oil, soy sauce, garlic powder, and ginger. Grill or pan-sear for about 4-5 minutes per side until cooked through.
- 3. Assemble the bowl:** In a bowl, place a serving of brown rice. Top with salmon, avocado slices, shredded carrots, cucumber slices, and edamame.
- 4. Season and serve:** Drizzle with rice vinegar and sriracha (if using). Sprinkle sesame seeds on top. Enjoy!

### Give it a rating

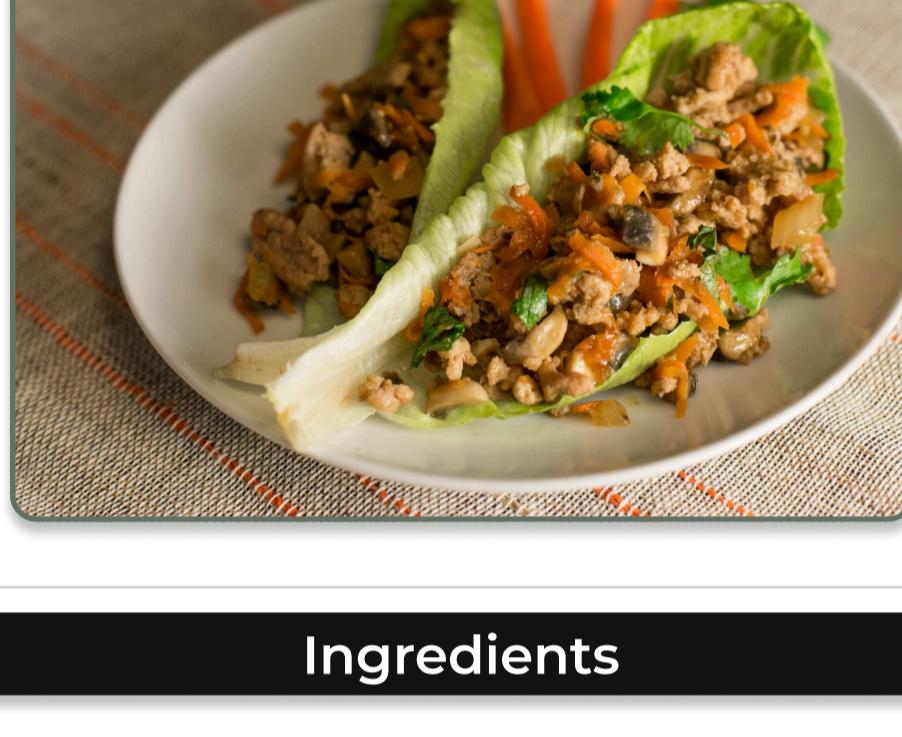




# SMART MENU

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## Turkey & Veggie Lettuce Wraps



### Ingredients

- 1 pound ground turkey
- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 1 large bell pepper, diced
- 1 garlic clove, minced
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 large avocado, diced
- 6 lettuce leaves (butter or iceberg)
- 1 tablespoon fresh herbs ('cilantro or parsley)



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1. **Cook the turkey:** Heat olive oil in a skillet over medium heat. Add diced onions and cook until soft. Add ground turkey and crumble while cooking.
2. **Season and mix:** Stir in garlic, bell pepper, chili powder, salt, and pepper. Cook until turkey is fully browned.
3. **Prepare the wraps:** Spoon the turkey mixture onto lettuce leaves. Top with diced avocado and fresh herbs.
4. **Serve and enjoy:** Wrap them up and enjoy a light, flavorful meal!

Give it a rating



[Back to Home](#)

## DASHBOARD

At the top of the dashboard:

- See your profile picture and name.
- Track your calorie goal (e.g., 2500 kcal).
- Track your meals consumed and water consumed
- View a progress bar showing your daily intake progress.

## RECOMMENDED MEALS IN DASHBOARD

Below the profile section:

- You'll see a list of recommended meals shown as images with names.
- These meals are clickable, leading to detailed information (ingredients, nutrition, etc.).

## MENU BAR

At the bottom of the screen (icons are faint but visible):

- Home/Dashboard – you're already here.
- Saved meals – quick access to your favorites.
- Profile – manage your user info.
- Settings – adjust app configurations.
- i - Possibly Help or Tutorial – revisit onboarding instructions.

## CLICK ON MEALS

- Each recommended meal takes you to a detailed page:
- Tap to open full ingredients, nutrition, and rating options.
- Option to save or "order" the meal (simulate meal planning).



# SMART MENU

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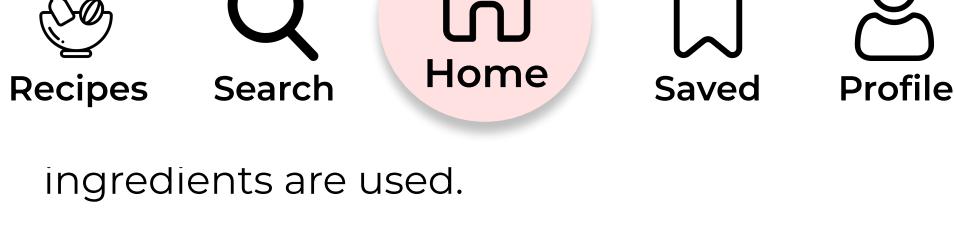
## Greek Yogurt Parfait with Berries & Nuts



### Ingredients

- 1 cup Greek yogurt (plain or vanilla)
- ¼ cup fresh or frozen raspberries
- ¼ cup fresh or frozen blueberries
- ¼ cup sliced almonds (toasted if desired)
- 2 teaspoons honey
- ½ cup granola (optional, for crunch)

### Preparation Mode



ingredients are used.

**3. Drizzle with honey:** Add honey on top for a touch of sweetness.

**4. Serve and enjoy:** Eat immediately or refrigerate for up to 4 hours.

### Give it a rating

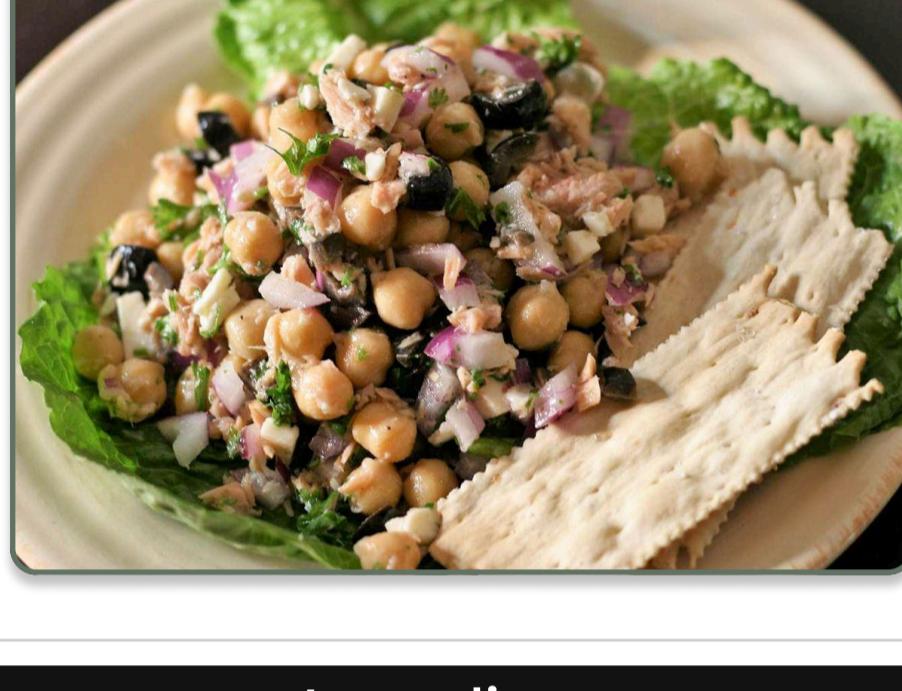




# SMART MENU

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## Tuna Salad with Chickpeas & Olive Oil



### Ingredients

- 1 can tuna (preferably packed in water)
- 1 cup canned chickpeas, drained and rinsed
- 2 tbsp olive oil
- 1 tbsp lemon juice
- ½ tsp Dijon mustard
- ¼ cup diced red onion
- ¼ cup chopped parsley
- ½ cup cherry tomatoes, halved
- Salt and pepper to taste

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SALT, SALT PEPPER.

**2. Mix the ingredients:** In a large bowl, combine tuna, chickpeas, red onion, parsley, and cherry tomatoes.

**3. Combine and serve:** Pour the dressing over the salad and toss gently to coat. Serve immediately or refrigerate for later.

Give it a rating

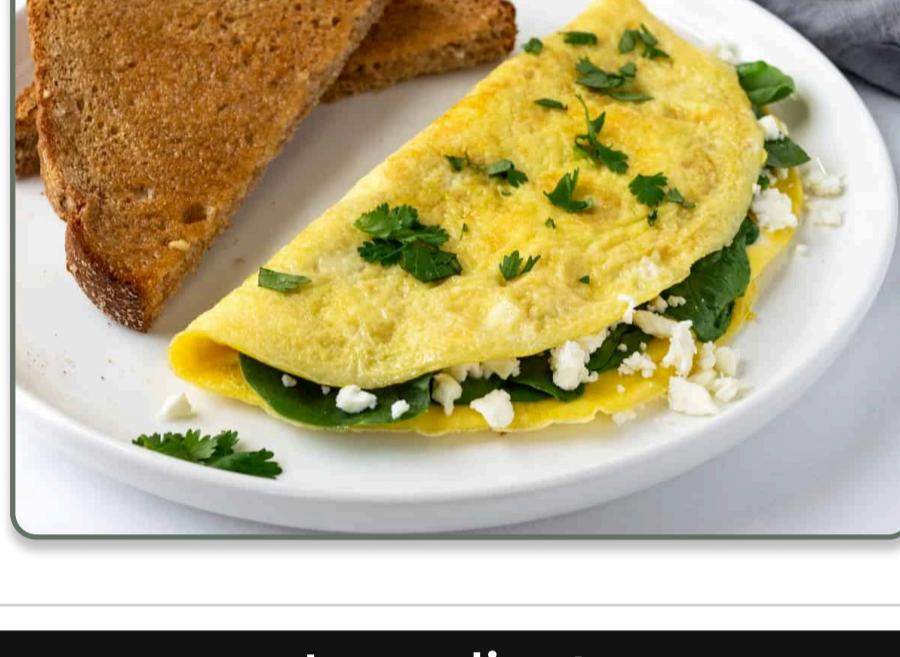




# SMART MENU

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## Egg, Feta & Spinach Omelette with Whole Grain Toast



### Ingredients

- 3 large eggs
- 1 cup fresh spinach, chopped
- ¼ cup crumbled feta cheese
- 1 tbsp olive oil or butter
- Salt and black pepper to taste
- 1 slice whole grain toast

### Preparation Mode

1. **Prepare the eggs:** In a bowl, whisk the eggs



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3. **Make the omelette:** Pour the whisked eggs over the spinach and let cook for a minute. Sprinkle feta cheese on top.

4. **- Fold and finish:** Once the edges start to set, fold the omelette in half and cook for another minute.

5. **- Serve with toast:** Plate the omelette alongside a slice of toasted whole grain bread.

### Give it a rating





# SMART MENU

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## Saved meals



Grilled Chicken with  
Quinoa & Broccoli



Salmon Bowl with Brown  
Rice & Avocado



Turkey & Veggie  
Lettuce Wraps



Greek Yogurt Parfait with  
Berries & Nuts



Tuna Salad with  
Chickpeas & Olive Oil



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Omelette with Whole  
Grain Toast



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## Recipes

Here you can create your own recipes  
by selecting the ingredients



Broccoli



Peppers



Cucumber



Tomatoes



Corn



Avocado



Salmon



Chicken



Beef



Ground Beef



Feta Cheese



Recipes



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Eggs



Yogurt



Bread

Generate suggestions



# SMART MENU

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## Profile

Set your goals below

Kcal for today

1200



Current weight

0



Goal weight

0



Recipes



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