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**Problem Statement:**

People who work full time jobs typically do not have the time or energy to brainstorm meal ideas. They do not have the time to think through what will be easy or hard to make, and often they just want to be able to have food in front of them. This adds extra stress to the daily work life and can lead towards unhealthy, quick food alternatives.

**Solution 1:**

An app designed to linked to a few solid web sources to provide many different meal ideas. The user can begin on the main page by selecting 1 of 3 options: Cook, Eat Out, Surprise Me. Each button will lead down a trail.

1. Cook-> genre options > easy or hard > 5 meal ideas
2. Eat out-> genre options > cheap or expensive > 5 restaurant ideas
3. Surprise me-> a random restaurant or meal to cook

This solution will provide a no to low thinking option that can help people meal prep. Users can save their favorite recipes to their profile along with leaving public reviews and ratings on recipes for other users to see. Users will also be able to select recipes and place them on the weekly calendar on the app to help them meal prep. This solution will provide an efficient way for users to be told what to eat.

We will focus on the ease of using the app for the user and we will focus on giving them recipes instead of searching for them.

**Solution 2:**

An app that requires a user to sign up and to input their weight, fitness goals, gender, and other data points. This app will create grocery lists with meal ideas based on the groceries it suggests. It will give the user the ability to track their weight, track their calories, and to easily select and plan meals all based on their weekly budget.

We will focus on providing easy ideas just based off of what the user’s goals are. This way they do not need to overthink their groceries each week.

Solution 3:

An app that allows users to pick recipes and has videos with each recipe walking the user step by step how to cook it. This will allow users to easily choose recipes and not have to overthink how they can make them.

We would focus on providing an easy step by step cooking process for the user.