

# Nutri-AI: User Guide

Your Personal Nutrition Companion

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## 1. Introduction

Welcome to **Nutri-AI**, your smart companion for a healthier lifestyle. Whether you are looking to lose weight, build muscle, or simply maintain a balanced diet, Nutri-AI makes tracking your nutrition effortless and accurate.

### Why Nutri-AI?

Forget manual entry. Nutri-AI uses advanced artificial intelligence to analyze your food from photos and voice descriptions, giving you instant nutritional data.

This guide will walk you through everything you need to know to get the most out of Nutri-AI.

## 2. Getting Started

### 2.1. Creating Your Account

When you launch Nutri-AI for the first time, you will be greeted by our Welcome Screen.

To get started:

1. Tap on the **Sign Up** button.
2. Enter your email address and create a secure password.
3. Follow the on-screen prompts to complete your profile.

### 2.2. Setting Your Goals

To provide personalized recommendations, Nutri-AI needs to know a bit about you. During setup, you will be asked for details such as your age, weight, height, and activity level. Based on this, the app calculates a daily calorie and macronutrient goal tailored specifically to you.

#### Pro Tip

You can always adjust these goals later in the **Settings** tab if your needs change.

## 3. The Dashboard

Your **Home** screen is your daily command center. It gives you a quick snapshot of your progress for the day.

### 3.1. Daily Summary

At the top of the screen, you will see your **Activity Rings**. These visual indicators show you exactly how many calories you have consumed and how much is remaining to hit your daily target.

- **Outer Ring:** Calories
- **Inner Rings:** Protein, Carbs, and Fat

Below the rings, you will find a list of your recent meals, allowing you to quickly review what you have eaten today.

## 4. Logging Your Meals

Nutri-AI offers two powerful ways to log your food without typing a single word.

### 4.1. Using the Camera

The easiest way to log a meal is to take a picture of it.

1. Tap the **(Add)** button in the bottom navigation bar.
2. Select **Camera**.
3. Point your camera at your food and snap a photo.
4. Our AI will analyze the image and identify the food items and their estimated portion sizes.



#### Tip

You can also upload a photo from your gallery by tapping the **Image** icon on the camera screen.

### 4.2. Voice Logging & Context

In a rush? You can simply tell Nutri-AI what you ate.

1. Tap the **(Add)** button.
2. Select **Voice**.
3. Say something like, “I had a grilled chicken salad with half an avocado and a glass of orange juice.”



#### Adding Context

Even when using the camera, you can add voice or text notes! For example, if you take a picture of a burger but remove the bun, you can say “I didn’t eat the bun” and the AI will adjust the calories accordingly.

### 4.3. Reviewing Your Meal

After capturing your meal via photo or voice, you will see a **Review Screen**.

Here, you can see the breakdown of what the AI detected.

- **Name & Calories:** Verify the food item.
- **Macros:** Check Protein, Carbs, and Fat.
- **Quality Score:** See how healthy this meal is.

If something looks off, you can easily edit the items or quantities before saving. Once you are happy, tap **Save** to add it to your daily log.

## 5. Understanding Your Data

Nutri-AI provides deep insights into your eating habits. Navigate to the **Insights** tab to explore.

## 5.1. Trends & Charts

The Insights screen provides detailed charts showing your calorie and macronutrient intake over different periods (Day, Week, Month, Year). Use this to spot patterns in your diet.

## 5.2. Meal Quality Score

Nutri-AI doesn't just track **how much** you eat, but **how well** you eat.

Tap on the **Quality** section to see your **Meal Quality Score**. This score (out of 10) rates the nutritional value of your meals based on nutrient density and how well they fit your goals.

## 5.3. Streaks & Consistency

Consistency is key to building healthy habits. We track two types of streaks:

1. **Day Streak:** Consecutive days where you logged your meals.
2. **Goal Streak:** Consecutive days where you met your calorie goal (didn't under-eat or over-eat).



### Keep it going!

To keep your streak alive, make sure to log your meals every day! Missing a day will reset your counter.

## 6. Calendar & History

Want to look back at what you ate last Tuesday? The **Calendar** tab allows you to browse your entire meal history.

Simply tap on a date to view your logs for that specific day. This is great for identifying patterns in your eating habits.

## 7. Profile & Settings

The **Profile** tab is where you manage your account and preferences.

- **Update Weight:** Log your weight regularly to track your physical progress.
- **Edit Goals:** As your fitness journey evolves, your nutritional needs might change. Update your calorie and macro targets here.
- **Preferences:** Customize app settings to suit your needs.

## 8. Conclusion

Nutri-AI is designed to be simple, smart, and supportive. By logging your meals consistently and reviewing your insights, you are taking a powerful step towards a healthier you.



### We are here to help

If you have any questions or need support, please contact our team at [support@nutri-ai.com](mailto:support@nutri-ai.com).

Stay healthy!