

## Project Initialization and Planning Phase

Date	11 July 2024
Team ID	SWTID1720188483
Project Name	Nutrition App Using Gemini Pro : Your Comprehensive Guide to Healthy Eating and Well-being
Maximum Marks	3 Marks

### Nutrition App Using Gemini Pro :

Your Comprehensive Guide To Healthy Eating And Well-Being Nutritionist AI is an innovative mobile application designed to provide personalized dietary recommendations and nutritional advice using the advanced capabilities of the Gemini Pro model. The app leverages artificial intelligence to analyze user data, dietary preferences, and health goals, delivering tailored meal plans, nutritional insights, and wellness tips. The primary aim of Nutritionist AI is to promote healthier eating habits and improve overall well-being through intelligent and data-driven recommendations.

Problem Statement (PS)	I am (Customer)	I'm trying to	But	Because	Which makes me feel
Confused Dieter	I am Sarah, a 25-year-old office worker..	Eat healthier and lose some weight, but I'm not sure where to start.	I don't know much about nutrition and I'm overwhelmed by all the different diet plans out there.	I'm worried about making the wrong choices and not seeing any results.	Frustrated and discouraged about reaching my goals.
Diabetic Struggling with Meal Planning	I am John, a 50-year-old who recently diagnosed with Type 2 Diabetes.	Manage my blood sugar levels through diet, but I'm unsure what foods I should be eating.	I find it difficult to create healthy meal plans that fit my dietary restrictions.	I don't want to constantly monitor my blood sugar or feel deprived of delicious food options.	Overwhelmed and anxious about managing my diabetes effectively.
Gym-Goer Lacking Protein Guidance	I am Emily, a 32-year-old dedicated gym enthusiast looking to gain muscle.	Build muscle mass, but I'm unsure how much protein I need and what types of foods are best for muscle growth.	I struggle to find recipes that are high in protein and fit my taste preferences.	I don't want to waste time or money on ineffective meal plans.	Discouraged and unsure if I'm providing my body with the right nutrients to reach my fitness goals.