

MacroThenRecipe

Problem Statement:

I like to meal plan based on recipes that I see on Instagram and Pinterest. But usually these recipes do not include macros. Or I want to adjust the recipe to better fit my macro goals. The process I follow to do this is:

1. Calculate the protein and calories in each ingredient using ChatGPT
2. Determine minimum amount of the protein ingredient I need to hit my protein goal
3. Tweak the amounts of the other ingredients until the goal is under my calorie goal (takes multiple math steps and is annoying)
4. Multiply each ingredient amount by number of servings I want
5. Cook the meal

This is a time consuming process that no existing app solves for (that I have seen yet). Available apps allow the user to create recipes by specifying ingredients and amounts, but they have the following pain points:

1. Choices for ingredients are limited (e.g. only cooked rice instead of uncooked rice, or multiple steps are required to select the right ingredient/log it)
2. Unclear fidelity of nutritional information (MyFitnessPal has huge range of values)
3. User has to manually tweak each ingredient until macros fit desired goals

Some apps also generate recipes based on macro goals but they are usually boring and do not solve my pain point of wanting to quickly doctor delicious/fun things I see on Pinterest and Instagram to meet my goals.

Solution:

Create an app that has the following features:

1. User can enter minimum protein required/serving
2. User can enter maximum calories/serving
3. User can enter desired servings
4. User can enter primary protein ingredient
5. User can enter secondary protein ingredient
6. User can enter vegetable ingredients
7. User can enter additional ingredients
8. Each ingredient has option to fix grams, protein, or calorie amount
9. App will retrieve nutritional information of item from openai (will use exact string, so can specify "uncooked rice", "rotisserie chicken without skin" etc.)
10. The app will then calculate:
 - a. Suggested grams for each ingredient, along with protein + calories for that amount
 - b. Nutrition facts for total recipe and per serving

11. The user can edit desired protein, calories, or amount values of any ingredient and the app will recalculate a new suggestion
12. App will save the recipe

Order of features:

1. User enters ingredient and chatgpt returns protein and calories per 100 grams

Next steps:

- Ask Cole if the plan makes sense
- Get feedback from users who might use it
- Determine tech stack
- Determine steps to create
- It's actually difficult to find exact macros - so maybe store and as a backup can lookup