



TASK - #07

prototyping model on AI meal planning
application

Made by -



Product selection -

AI Personalized Meal Planning App

Overview: This app will help users plan their meals based on dietary preferences, restrictions, and health goals. Users can input their preferences, and the app will generate meal plans and shopping lists accordingly.



Problems and Solutions in a Personalized Meal Planning App

1. User Dietary Preferences and Restrictions -

Problem: Users have varied dietary needs (e.g., allergies, vegetarian, vegan).

Solution:

- Implement a comprehensive onboarding questionnaire to capture dietary preferences and restrictions.
- Enable customizable recipe filters based on these preferences.

2. Ingredient Availability -

Problem: Users may struggle to find specific ingredients locally.

Solution:

- Integrate with local grocery APIs to show real-time ingredient availability.
- Offer substitution suggestions for hard-to-find ingredients.

3. Time management -

Problem: Users often lack time for meal prep.

Solution:

- Include filters for recipes based on prep and cooking time.
- Provide meal prep plans with batch cooking options.

4. User engagement -

Problem: Users may lose interest over time due to repetitive suggestions.

Solution:

- Use algorithms to rotate recipe suggestions dynamically.
- Introduce community features where users can share and discover new recipes.

5. Nutritional tracking -

Problem: Tracking nutritional intake can be cumbersome.

Solution:

- Integrate a nutritional dashboard that automatically calculates calories and macros.
- Allow users to set and track daily nutritional goals.

6. Culinary skills variation -

Problem: Users have varying levels of cooking skills.

Solution:

- Tag recipes with difficulty levels (easy, medium, hard).
- Provide video tutorials for more complex recipes.

7. Cost management -

Problem: Users are concerned about the cost of meals.

Solution:

- Allow users to filter recipes by budget.
- Provide estimated costs for shopping lists and suggest budget-friendly alternatives.

8. Feedback mechanism -

Problem: Lack of user feedback limits recipe personalization.

Solution:

- Implement a rating and review system for recipes.
- Use this feedback to improve and tailor future meal suggestions.

9. Integration with fitness goals -

Problem: Users want meal plans aligned with their fitness objectives.

Solution:

- Enable integration with fitness tracking apps to tailor meal plans.
- Offer goal-oriented meal plans that cater to specific fitness targets (e.g., weight loss, muscle gain).

10. Data privacy concerns -

Problem: Users may hesitate to share personal information.

Solution:

- Clearly communicate the app's data privacy policy and how user data will be utilized.
- Provide robust privacy settings allowing users to control their data sharing preferences.

**Solution design to the problem is
in github README.MD**



Thank you

