

Splash Screen



# MealPrep Pro

Plan meals, reduce waste, eat healthy.



Loading your culinary journey...

Welcome/Account Check



# Welcome to MealPrep

Your smart kitchen assistant.

**Sign In**

**Create Account**

By continuing, you agree to our [Terms of Service](#) and [Privacy Policy](#).

## User Profile Setup



### Tell Us About You

Age

Enter your age

Gender

Select your gender



Weight (kg)

e.g., 70

Height (cm)

e.g., 175

Dietary Restrictions

e.g., Vegetarian, Gluten-Free

Allergies

e.g., Peanuts, Shellfish

Health Complications

e.g., Diabetes, High Blood Pressure



Nutrition



Meal Plan



Recipes



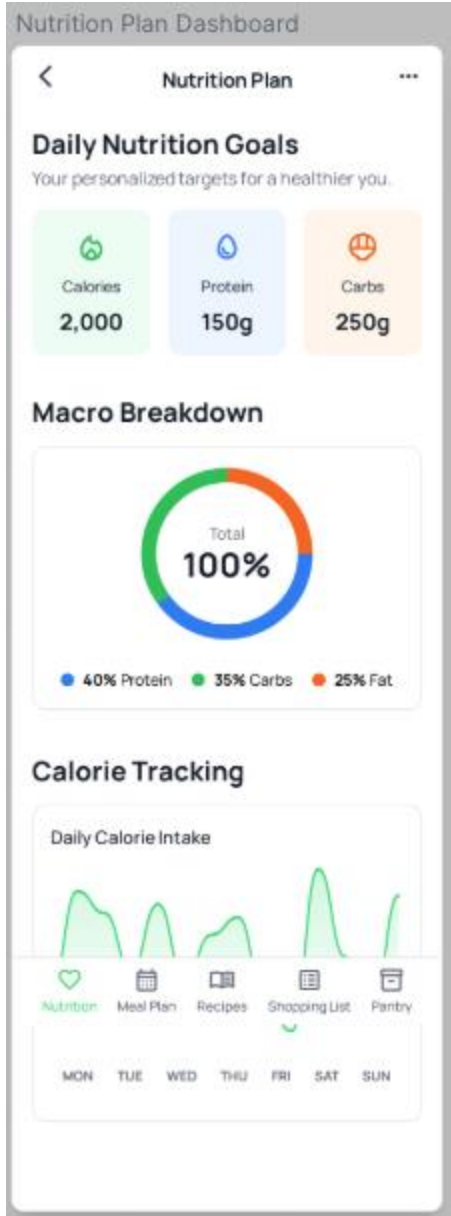
Shopping List

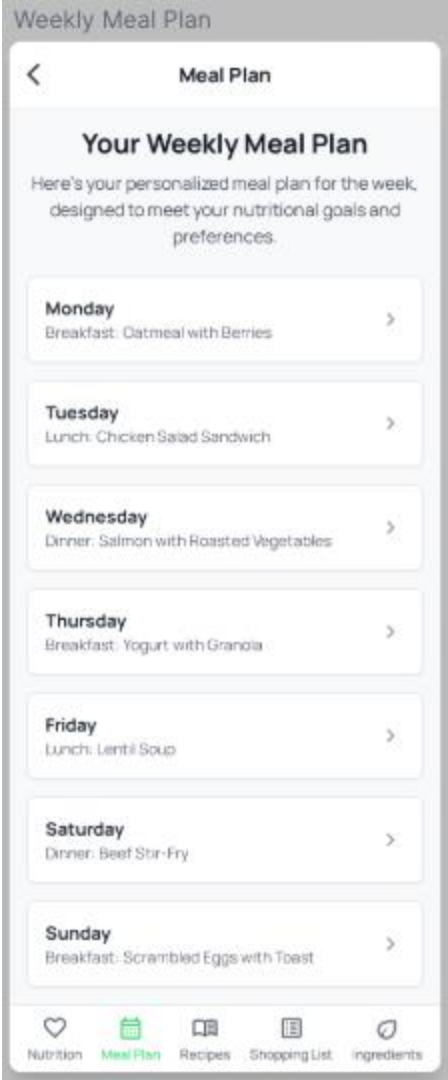


Ingredients

e.g., Lose weight, Build muscle

Save and Continue





## Recipe Suggestions



### Recipes

Search recipes

All

Ingredients

Preferences

Cuisine

### Suggested For You

HEALTHY

#### Quinoa Salad with Lemon Dressing

A refreshing salad packed with protein and nutrients.



[View Recipe →](#)

QUICK & EASY

#### Chicken Stir-Fry with Vegetables

A simple and delicious stir-fry ready in under 30 minutes.



[View Recipe →](#)

VEGETARIAN

#### Lentil Soup with Spinach

A hearty and flavorful soup perfect for a chilly evening.



[View Recipe →](#)



Nutrition



Meal Plan



Recipes



Shopping



Pantry

Shopping List Generator

←

Shopping List

Meal Plan

Deduct from pantry

Monday

3 items

>

Tuesday

4 items

>

Wednesday

2 items

>

Generated List

Cluster by Aisle

☐

Chicken Breast

☐

Broccoli

☐

Quinoa

☐

Tomatoes

☐

Olive Oil

☐

Garlic

☐

Lemon

☐

Salt

☐

Pepper

↻ Regenerate

+ Add Item

## Ingredient Tracker

### My Pantry



Search ingredients...

#### Expiring Soon



**Tomatoes**

Expires in 2 days



**Spinach**

Expires in 3 days



#### All Ingredients



**Chicken Breast**

Expires in 5 days



**Eggs**

Expires in 7 days



**Milk**

Expires in 10 days



Nutrition



Meal Plan



Recipes



Shopping



Pantry