

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

Gender

Weight (kg) Height (cm)

e.g., 70 e.g., 175

Dietary Restrictions

Allergies

Health Complications

Nutrition Meal Plan Recipes Shopping List Ingredients

Save and Continue

Nutrition Plan Dashboard

< Nutrition Plan ...

Daily Nutrition Goals

Your personalized targets for a healthier you.

Calories	Protein	Carbs
2,000	150g	250g

Macro Breakdown

Total 100%

40% Protein 35% Carbs 25% Fat

Calorie Tracking

Daily Calorie Intake

MON TUE WED THU FRI SAT SUN

Nutrition Meal Plan Recipes Shopping List Pantry

Weekly Meal Plan

< Meal Plan

Your Weekly Meal Plan

Here's your personalized meal plan for the week, designed to meet your nutritional goals and preferences.

Monday >
Breakfast: Oatmeal with Berries

Tuesday >
Lunch: Chicken Salad Sandwich

Wednesday >
Dinner: Salmon with Roasted Vegetables

Thursday >
Breakfast: Yogurt with Granola

Friday >
Lunch: Lentil Soup

Saturday >
Dinner: Beef Stir-Fry

Sunday >
Breakfast: Scrambled Eggs with Toast

Nutrition **Meal Plan** Recipes Shopping List Ingredients

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