



AAJ KYA KHAYE ?

DIET BUDDY

*Your Personalized Path
to Healthy Eating*

Introduction

Welcome to Diet Buddy, where every day begins with the question, "Aaj kya khaye?"

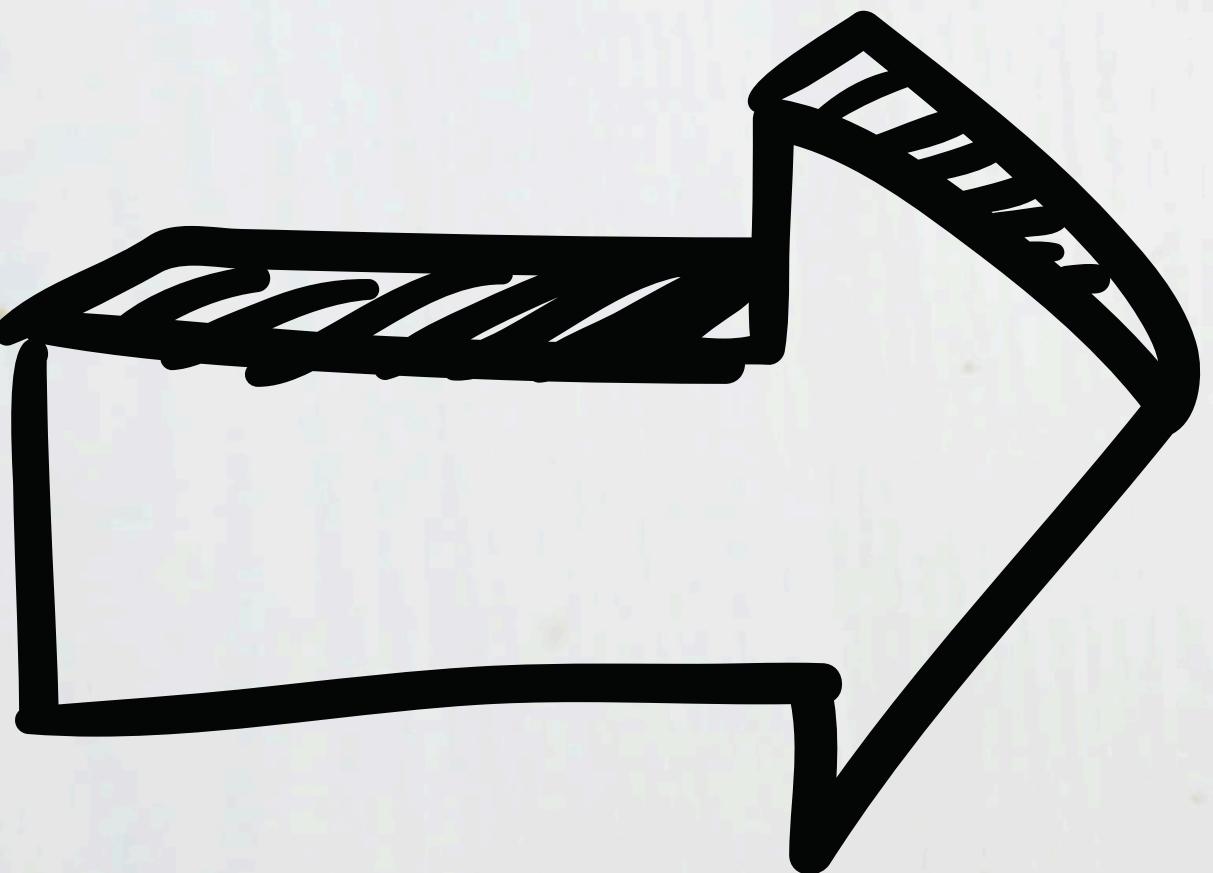
Here, we've revolutionized meal planning, offering personalized culinary guidance tailored to your tastes, health objectives, and dietary needs.

In a fast-paced world, Diet Buddy simplifies nutrition, crafting daily menus that not only nourish your body but also tantalize your taste buds.

Join us on this flavorful journey as we redefine the way you eat, one delicious meal at a time.



Problem Statement Solution



Q1. Having trouble maintaining your daily diet?

Diet Buddy provides personalized meal plans tailored to your taste preferences, dietary needs, and weight goals, ensuring that each meal supports your overall health and wellness journey.



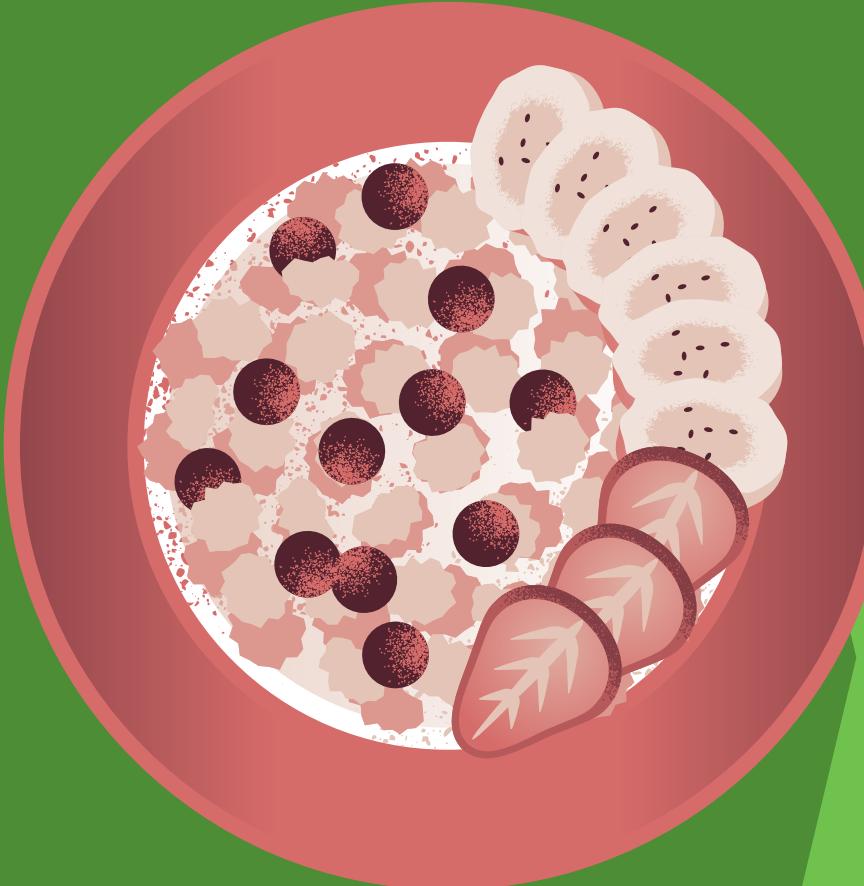
Q2. Not sure how much water you should drink daily?

Diet Buddy calculates your personalized daily water intake recommendation based on factors like your weight, activity level, and environmental conditions, helping you stay hydrated and energized throughout the day.





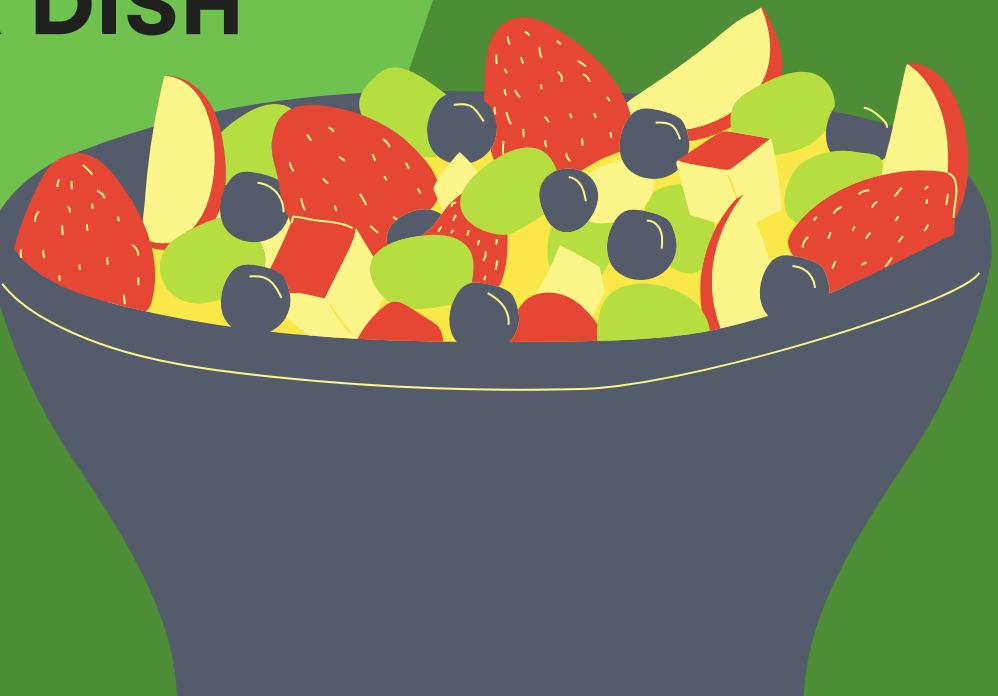
Q3 Curious about the calorie content of a meal?



Diet Buddy's food image recognition feature allows you to quickly determine the calorie content of any dish by simply uploading a picture, making it convenient to track your calorie intake and make healthier choices

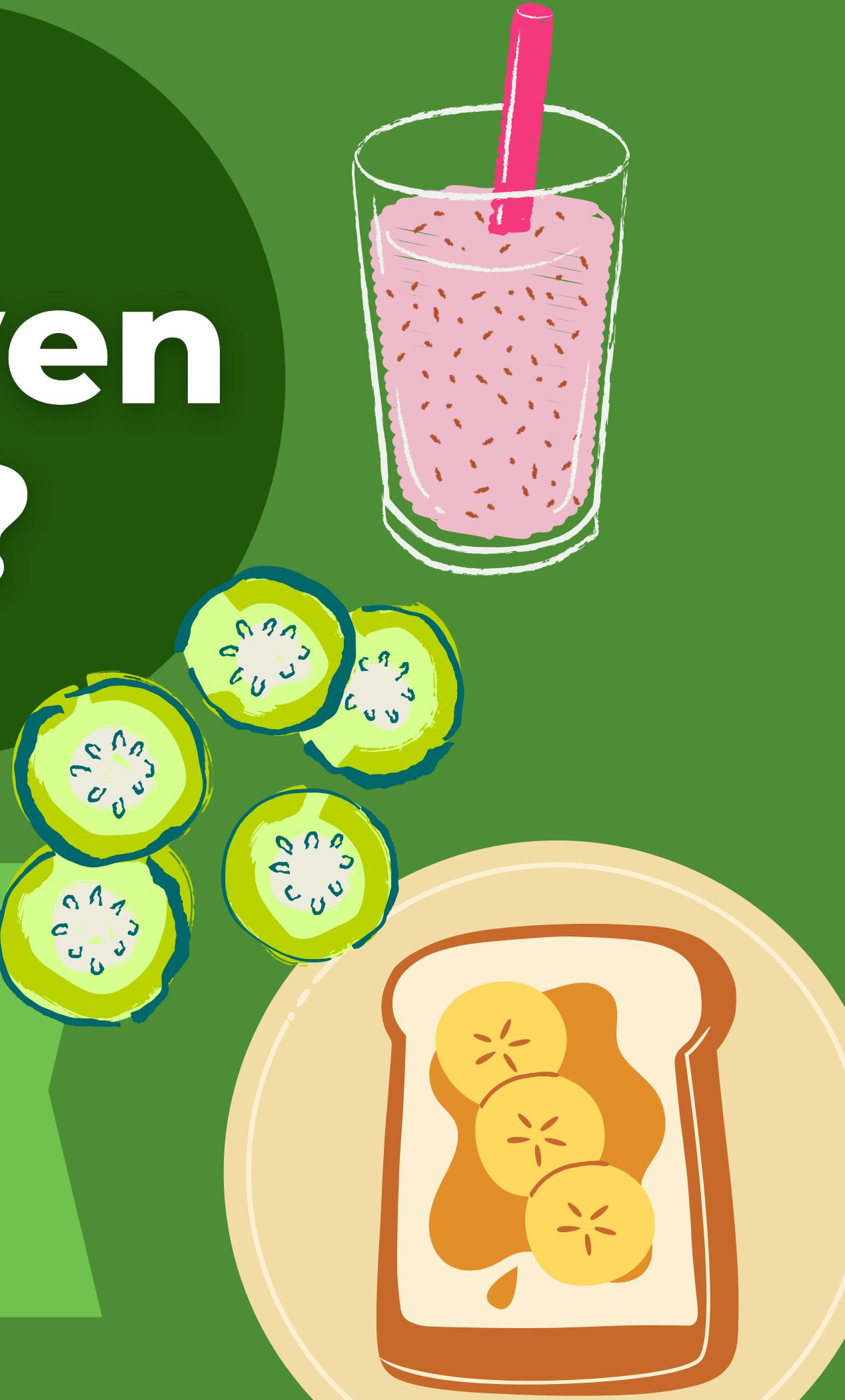
Q4. Want any specific food to include in your diet ?

DIET BUDDY CAN FACILIATE YOU TO ADD YOUR DISH IN THIER MEAL



Q5. Want to substitute the given meal ingredients?

With Diet Buddy, you can effortlessly substitute ingredients in your meal plans to accommodate allergies, preferences, or ingredient availability, maintaining both taste and nutrition balance.

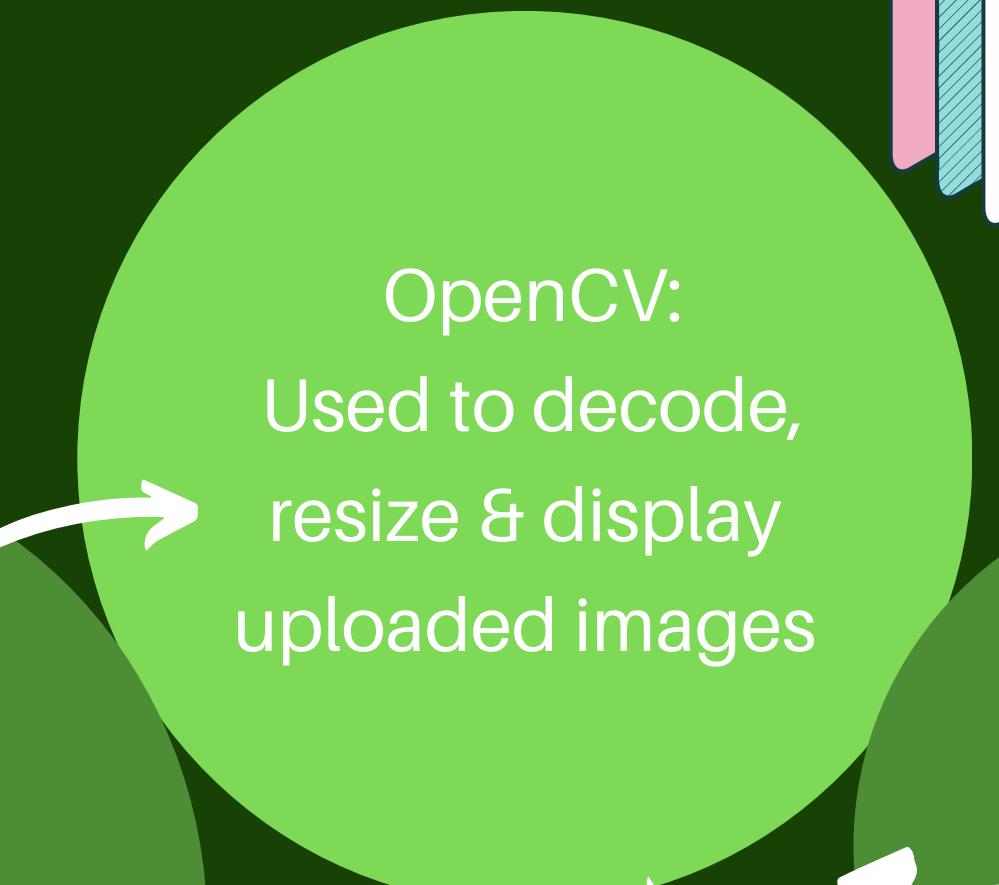
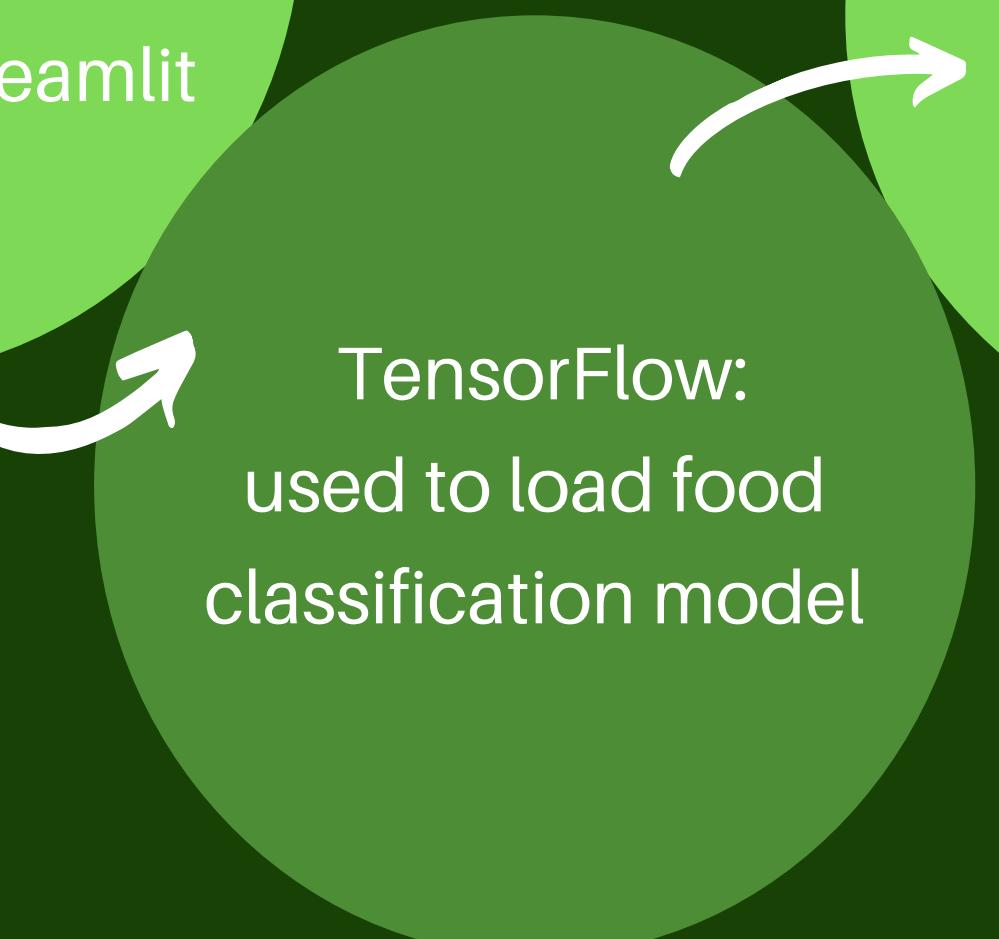
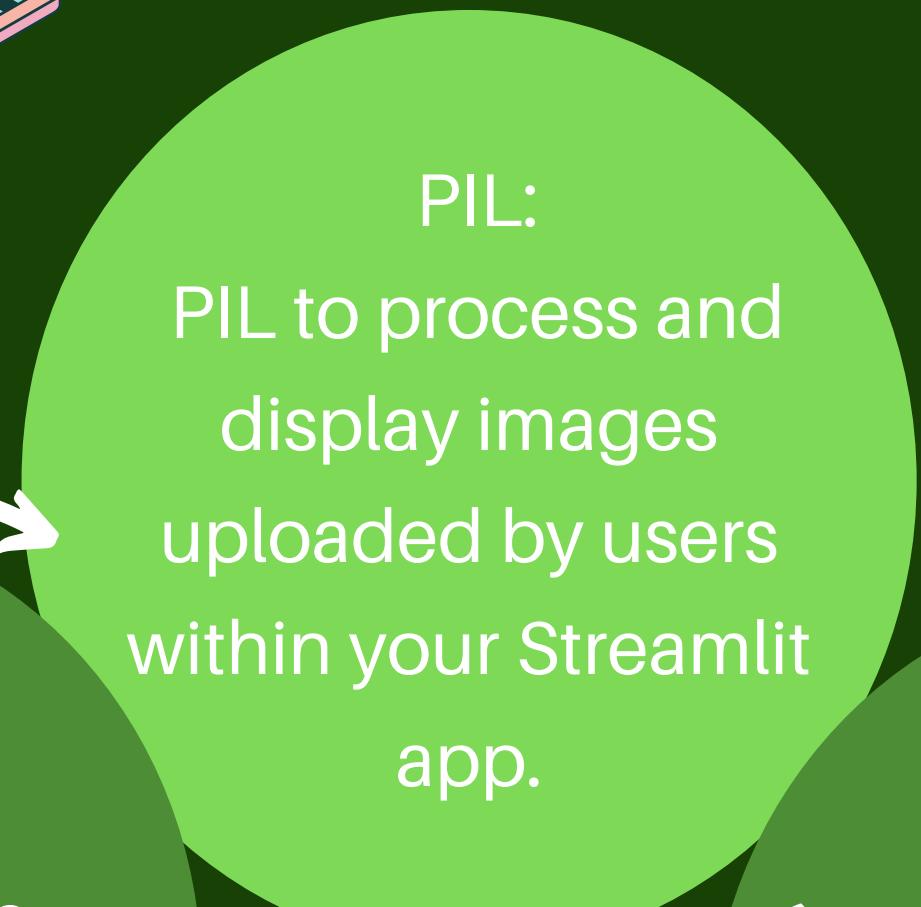
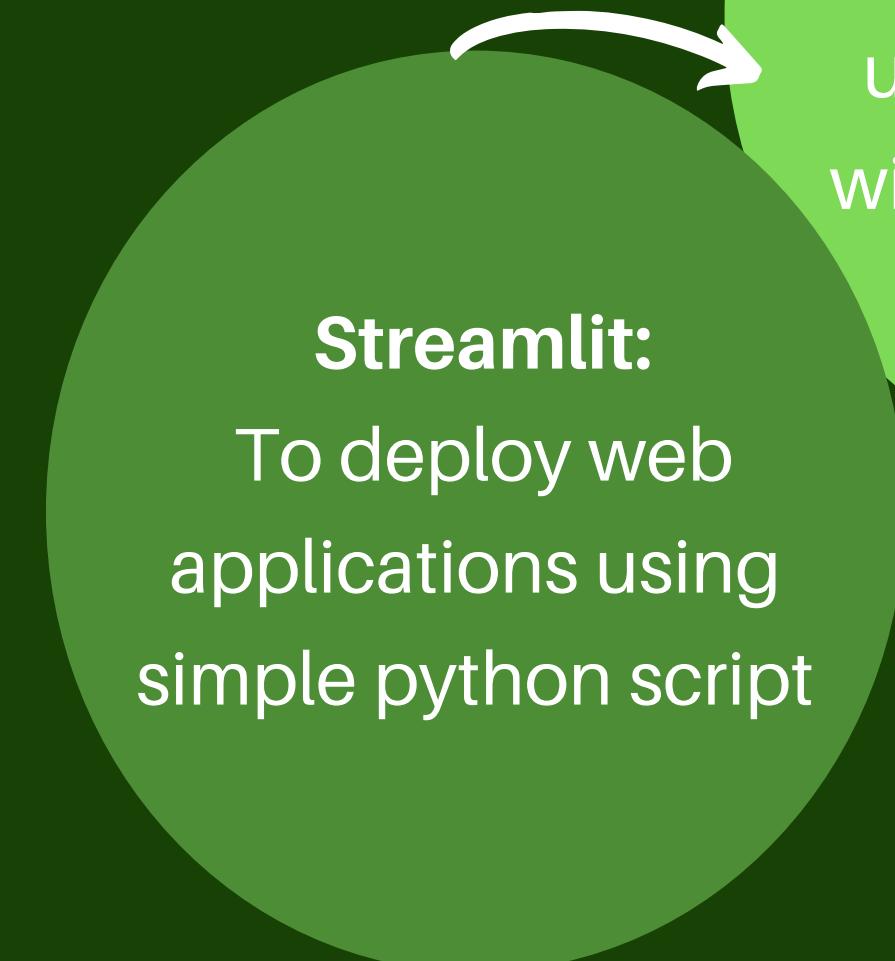
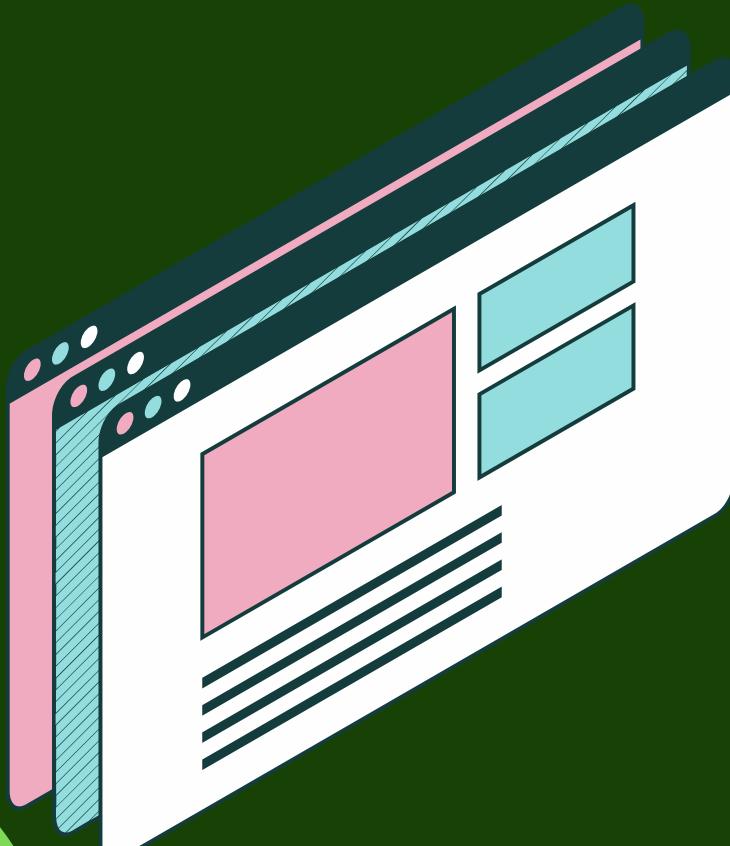


Q6. Concerned about allergens in your meals?

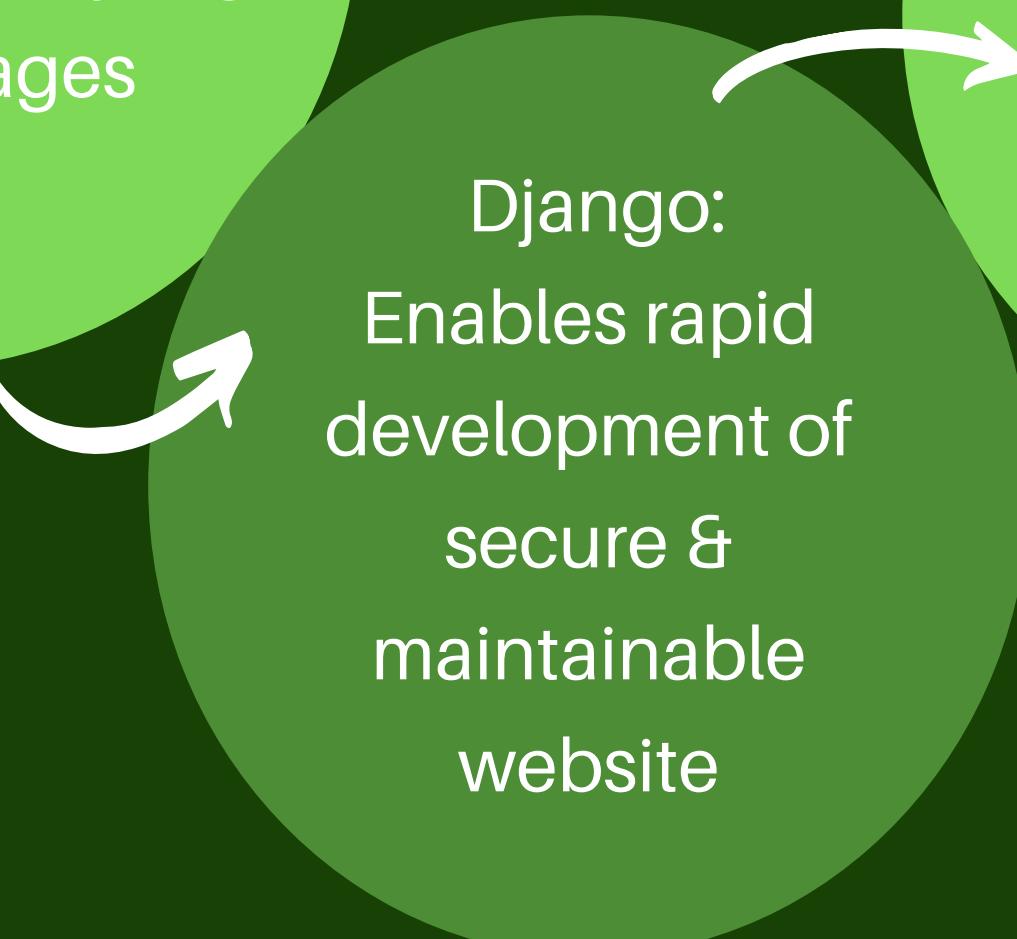
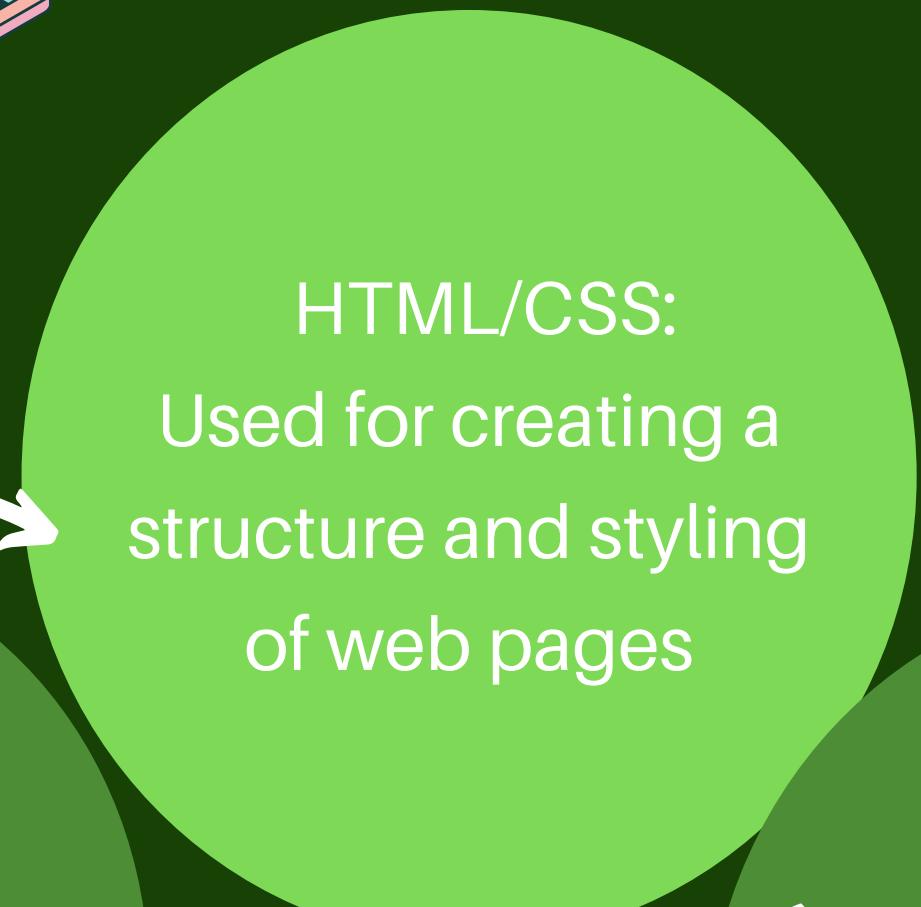
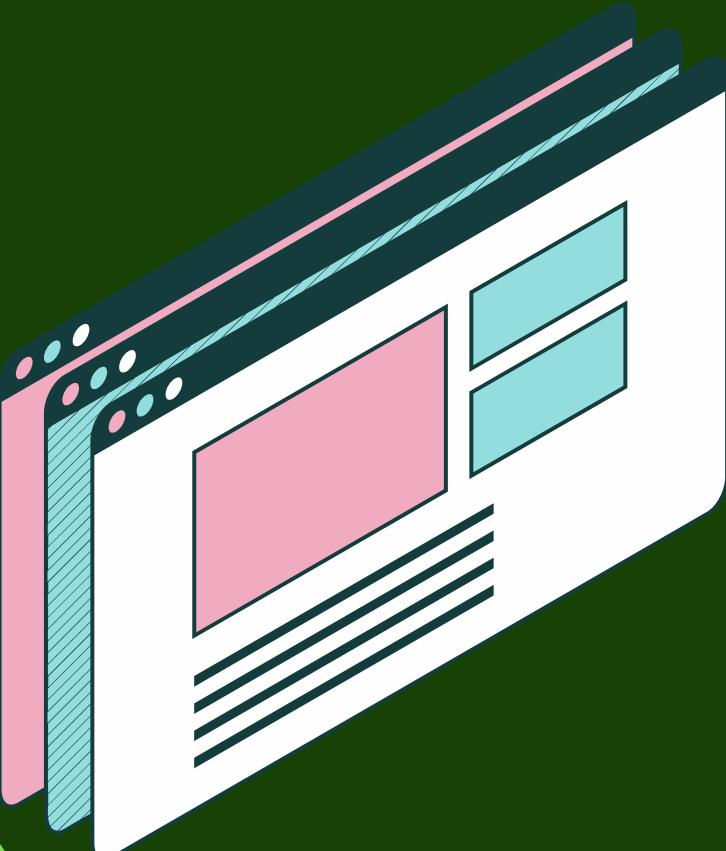
Diet Buddy takes into account your specific allergies and automatically excludes allergenic ingredients from your meal plans, ensuring that every meal suggestion is safe and compliant with your dietary restrictions.



Tech Stack Used



Tech Stack Used



DietBuddy

[Sign Up](#) [Log In](#)

Stay Fit Eat Healthy

[Daily Meal Plan](#)



Signup

 monkey

 monkey@gmail.com







Submit

Already have an account? [Login now](#)



Login

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Deploy



Daily Diet Planner

Personal Information

Enter your age:

25

- +

Enter your height (in cm):

170.00

- +

Enter your weight (in kg):

60.00

- +

Goal and Activity Level

Select your activity level:

Low

v

Select your weight goal:

Lose

v

Your BMI: 20.76

Recommended Daily Water Intake: 2.21 liters

List any food allergies (comma-separated), or leave blank if none:

Fish

Include a cup of tea in the meal plan

Specify a fruit to include in the meal plan (e.g., Mango):

Apple

Apple (Calories: 52) will be included in the meal plan.

Recommended Food Items:

Breakfast:

A cup of tea will be included in the meal plan.

	Meal Description	Calories
1	Egg White Breakfast Burrito with Salsa	300
2	Yogurt and Berry Smoothie Bowl	300
3	Cup of tea	150

Lunch:

	Meal Description	Calories
1	Quinoa Salad with Cucumber and Tomato	300
2	Black Bean and Corn Salad with Lime Vinaigrette	300
3	Chickpea Salad with Lemon Tahini Dressing	350

Deploy

Dinner:

	Meal Description	Calories
1	Grilled Portobello Mushroom Burgers	350
2	Vegetable Stir-Fry with Brown Rice	350
3	Mushroom and Spinach Stuffed Chicken Breast	400

Total Calorie Intake for the Day: 2352

Regenerate

Find Food Item Substitute

Enter a food item to find its substitute:

Sugar

Substitute for Sugar: Jaggery

Food Detection and Calorie Estimation

Upload an image containing food to detect the food and estimate its calories.

Choose an image...



Drag and drop file here

Limit 200MB per file • JPG, JPEG, PNG

Browse files



Screenshot 2024-04-28 023251.png 313.2KB



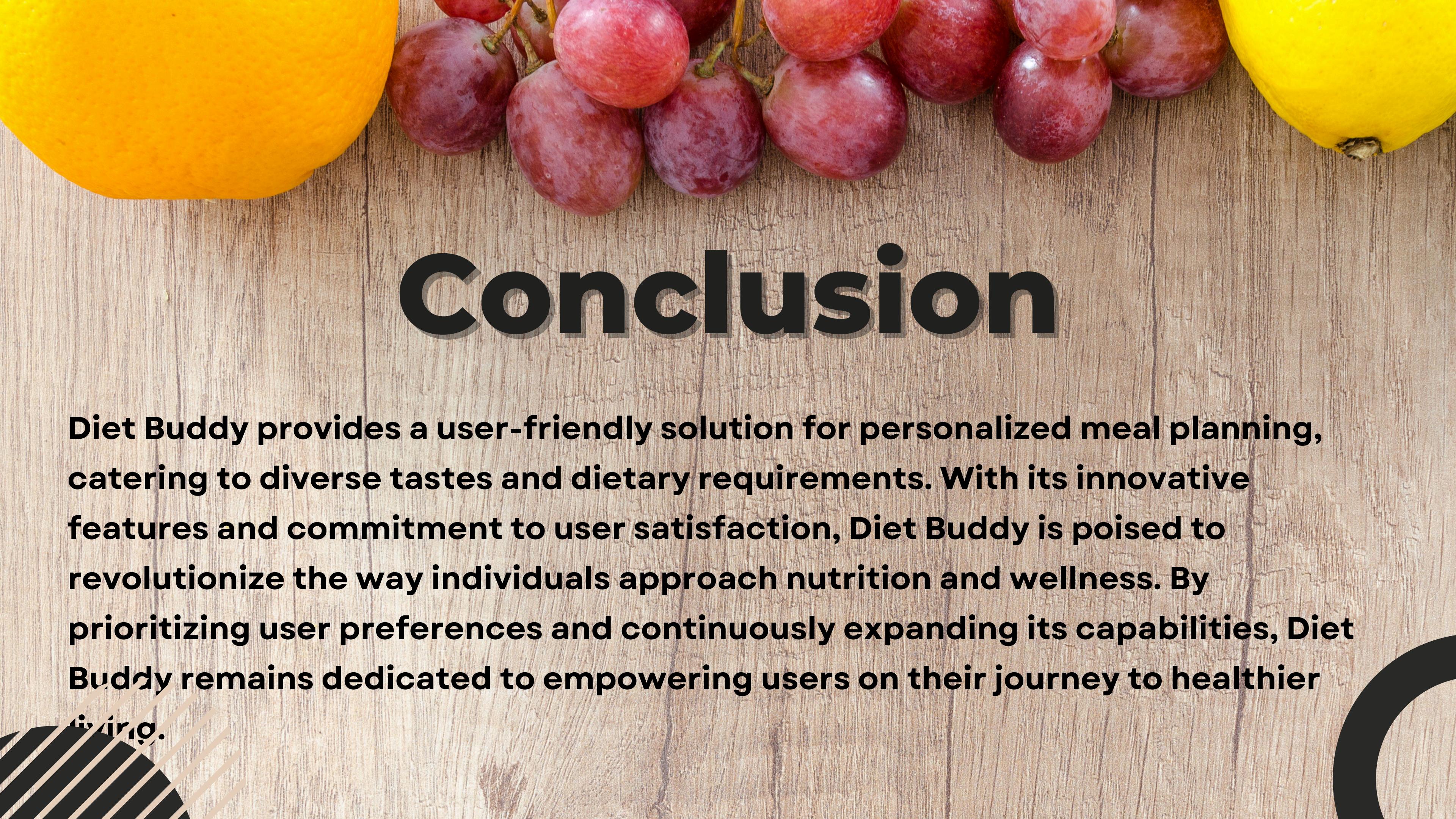
Uploaded Image

Calories: 300

Future Enhancements

- Optimize for mobile viewing, ensuring accessibility on various devices.
- Enhance user customization by refining ingredient preferences.
- Expand its cuisine dataset, offering a wider array of global culinary options for diverse tastes and preferences.





Conclusion

Diet Buddy provides a user-friendly solution for personalized meal planning, catering to diverse tastes and dietary requirements. With its innovative features and commitment to user satisfaction, Diet Buddy is poised to revolutionize the way individuals approach nutrition and wellness. By prioritizing user preferences and continuously expanding its capabilities, Diet Buddy remains dedicated to empowering users on their journey to healthier living.

THANK YOU

Tech Titans

