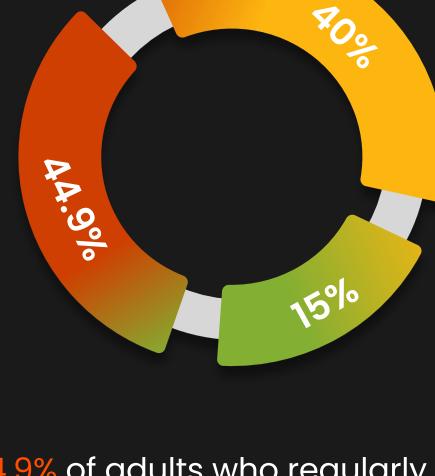


# Grub Guru

develop and maintain healthy eating habits by recommending dishes and restaurants that match your personal nutrition goals, lifestyle, and preferences.



## Health Statistics



The 44.9% of adults who regularly consumed fast food aged 20–39»

The 40% consumed junk food occasionally

The 15% eat mostly healthy, rarely or almost never eat fast food

## HOW GRUB GURU HELPS YOU EAT BETTER



BALANCED PORTIONS  
personalized approach

20-25%

fats

30-40%

protein

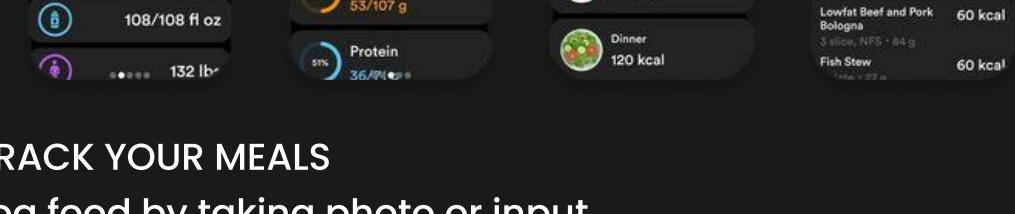
40-50%

carbs

SET YOUR GOAL  
and choose the preferences

Keto    Dairy Free    Gluten Free  
Vegan    Low Carb    Vegetarian

GET PERSONALIZED SUGGESTIONS  
Ideas for meals, snacks, and recipes



### HOW IS GRUB GURU DIFFERENT ?

#### GRUB GURU

#### OTHER APPS

coaching on better habits



goal- based



recommending dishes and restaurants



tracking progress



### TRACK YOUR MEALS

Log food by taking photo or input

