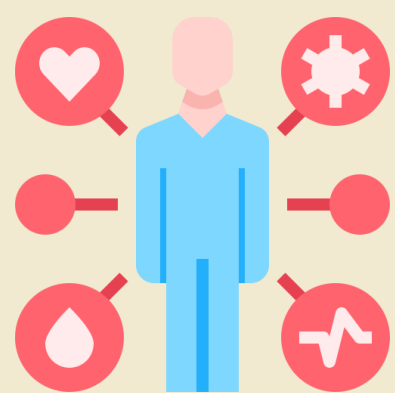


Confused about nutrition and meal planning?

# MEAL MIND

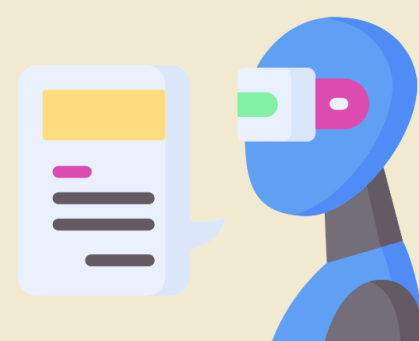
Stop spending hours on meal planning. Get AI-generated nutrition plans in seconds, tailored to your goals and adjustable on the fly.

## Built for YOUR Body



Science-backed nutrition targets tailored specifically for your unique body composition and fitness objectives.

## AI Meal Planner



Chat to swap recipes, adjust portions, or regenerate days mid-week - total flexibility when life changes.

## Recipe Intelligence



Ask "What can I cook with chicken?" and receive smart recipe ideas that align with your daily targets.

Whether you're trying to lose weight, gain muscle, or simply eat healthier - MealMind takes the confusion out of nutrition planning with personalized AI-powered meal plans.

## WORKFLOW:



### User Onboarding

Set dietary restrictions, goals & preferences



### Log your inventory

Tell us what's in your kitchen this week!



### Get your 7-day meal plan

AI-generated based on your profile & inventory



### Chat to customize

Swap meals, update inventory, ask questions

## GROUP 6

Srinivasa Rithik  
Ghantasala  
Shanoo Raghav  
Vaishnavi Patel



TRY IN NOW : <https://github.com/vaishnavipatel-15/MealMind>