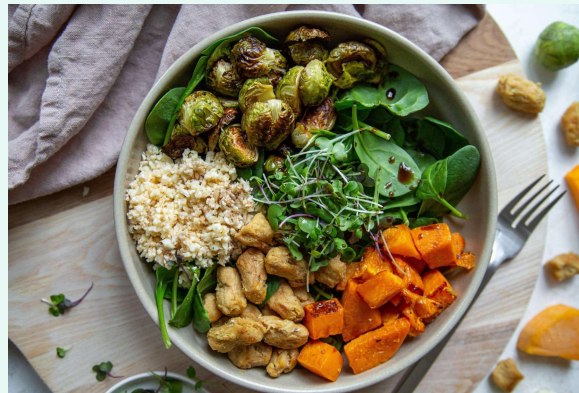# CrunchySwole: AI for Homemade Health
By: Venus Khamesi
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CrunchySwole: Your AI-powered partner for enhancing personal health through homemade solutions.

Our innovative app utilizes AI to tailor health recommendations and meal plans specifically for you.

"Make your salad & protein bar… with whatever's in your fridge!"

AI in Healthcare Use

AI has numerous applications in health, making life easier for users:

- **Meal Planning:** Generate customized meal plans based on dietary preferences and health goals.
- **Nutrition Tracking:** Monitor daily nutrient intake with real-time feedback.
- **Personalized Recommendations:** Receive tailored health advice based on individual needs and goals.

These features simplify health management and empower users to make informed choices.

"No need to buy new groceries, just use what you have!"

What Drives Us

Busy Lifestyles

- In today's **fast-paced world**, maintaining **health** can be challenging.
- Busy lifestyles, limited cooking skills, and unused ingredients

Empowerment

- We believe everyone deserves access to **personalized health solutions**.
- **Our Solution:**
- CrunchySwole — custom salads & protein bars made from your pantry
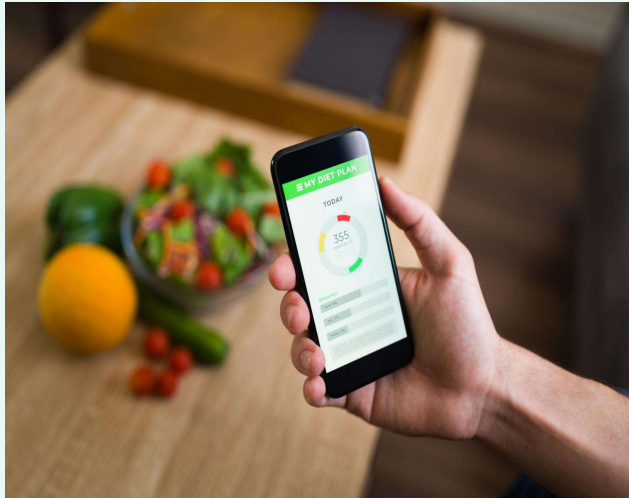- An AI-driven app that creates recipes based on what's in your fridge and your dietary goals

Why It Matters:

- Encourages clean eating
- Saves money & reduces food waste
- Makes healthy meal prep easy & accessible

Identifying the Challenge

Industry Landscape

- **The Problem Landscape:**
  Most apps focus on tracking meals or showing random recipes

- **Current Solution Analysis:**
  MyFitnessPal tracks calories; Yummly shows recipes but lacks ingredient adaptation

- **CrunchySwole's AI Advantage:**

  ○ Real-time recipe creation

  ○ Ingredient scanning and calorie calculation

  ○ AI adapts to your diet, taste, and kitchen

CrunchySwole leverages AI to address these challenges effectively, providing tailored solutions for users.

Understanding the AI Flow

User Interaction Flow:

Input: Users provide data such as dietary preferences, health goals, and restrictions.

- User-selected ingredients
- Dietary goals (e.g., keto, high-protein, vegan)
- Taste preferences (e.g., savory, sweet, crunchy)

AI Processing:

- Uses a large language model (LLM) to:
- Suggest smart recipes
- Count calories and macros
- Generate preparation instructions
- Recommend portion sizes

Output:

- Personalized salad or protein bar recipe
- Step-by-step instructions
- Calorie and nutrition breakdown
- Option to save, adjust, or share recipes
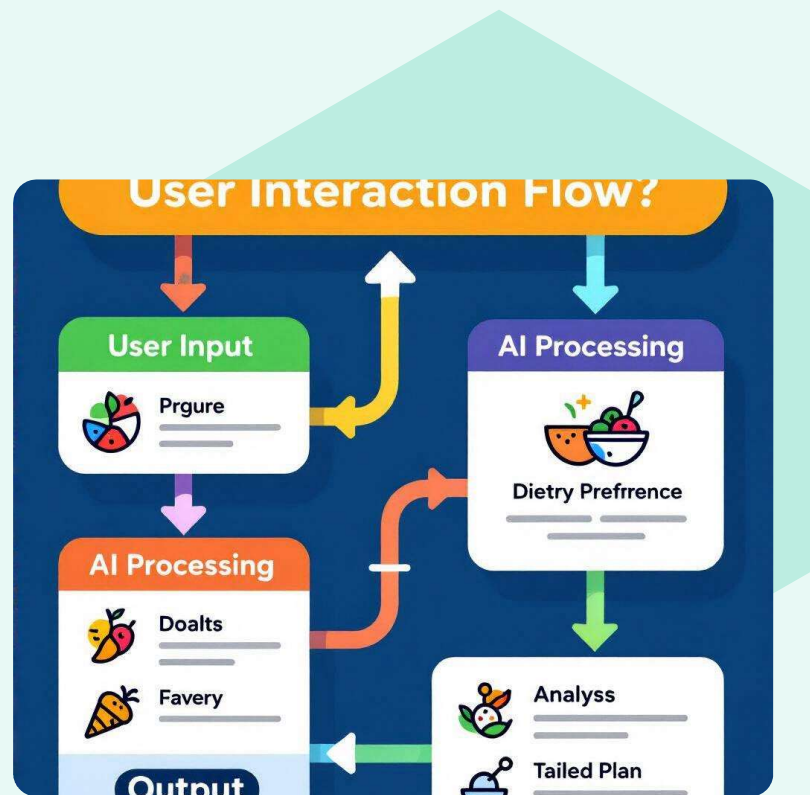
Who Are Our Users

Target Users:

Busy professionals:

- Want fast, healthy meals without shopping

Fitness enthusiasts:

- Need meals that match macros and fitness goals

Students and families:

- Maximize what's already at home, reduce waste

Diet-conscious users:

- Easy way to stay on track with personalized eating plans

Health-focused beginners:

- Guided meal creation builds confidence and awareness

Navigating the Landing Page

Key Features of the CrunchySwole Landing Page:

- **User-Friendly Interface:** Easy navigation for a seamless experience.
- **Engaging Content:** Informative sections that convey the app's benefits.
- **Call to Action:** Encouraging users to sign up and start their health journey.

Let's discuss effective ways to engage users and convey information on the landing page!

Visualizing the Concept

VO Mockup of CrunchySwole

"First version of CrunchySwole's landing page created using VO – explains product, features, and invites users to try it."

https://venuskhamesi.github.io/AI--CrunchySowle-Application-Salad-ProteinBar/