

# AI-Powered Nutrition Expert

## Description:

An AI-based Nutrition Expert that provides personalized diet recommendations to users based on their health goals, dietary preferences, and lifestyle. The system generates weekly meal plans, predicts calorie intake, and tracks progress to help users maintain a healthy lifestyle.

## Key Features:

- Personalized diet chart generation for 1- or 2-week plans
- AI chatbot to answer dietary and nutrition queries
- Calorie estimation per meal
- Dashboard for tracking nutrition and progress metrics
- Option to export diet plans as PDF for offline use

## Technologies Used:

- Backend: Python, Streamlit
- AI: LangChain, Ollama
- Database: SQLite/MySQL
- Frontend: Streamlit Web App

## Impact:

Helps users make informed dietary choices and maintain a healthy lifestyle with AI-driven insights.