

How can your cooking process be problematic?



Meal preparation can be **tedious**



Meal planning apps are lagging behind in accessibility and ease of use



Too much food is **wasted**



plateful

A delightfully simple AI cooking companion
to handle the hassle so you can
fall in love with cooking again.

Straightforward recipe, ingredient, and shopping suggestions

What ingredients do you have in stock already?

2 gallons of milk, 1 gallon of tea(sweetened,
1 onion(chopped into rings), 1lb of thawed
beef, 2 slices of pepperoni pizza(3 days
old), 1/2 lb of sandwich meat(chicken), 1/2
lb chicken breast, 26 eggs, 100 cheese
slices, 16 potatoes, 12 carrots, 2 lbs of
uncooked rice, 30 slices of sliced white
bread, soy sauce, teriyaki sauce, mayonnaise,
ketchup, jar of pickle juice(no pickles), 1/2
jar of jalapenos(in juice)

Get my meal plan!

Your shopping list

- 3 eggs
- 30 slices of bread
- 2 lbs of rice
- 1 lb of beef (ground)
- 2 onions
- Soy sauce
- Mayonnaise

Day 1

+ Egg and pepperoni sandwich (400 cal)

Day 2

+ Egg salad sandwich (600 cal)

Day 3

+ Beef fried rice (700 cal)



- Aiming to make **food waste** a concern of the past one step at a time
- Turning leftovers into **delicacies**

- **A whole new world of culinary discoveries**
- **Global cooking made accessible**
- **Impress your friends with a meal they'll never forget!**



Not sure what to cook this week? Ask our AI assistant to generate a meal plan and shopping list for you.

How many people are you cooking for?

1 2 3 4

How many days are you stocking up for?

1 2 3 4 5

How many meals a day?

1 2 3 4

Calories per day: 800

Do you have any dietary restrictions or other requirements?

vegan, no seafood, must use chicken, ...

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Get my meal plan!

- Utilizing Claude's many skills to generate comprehensive, readable outputs
- Combining the model's natural language comprehension with maths and formatting abilities

Business model and future roadmap

- Potential to grow into a useful standalone app
- Implementation into related healthcare and diet apps
- Product placement ads in ingredients list
- Possible feature roadmap: budget restrictions, pin your favourite meals for later, look up similar recipes online

Team Helix

- **Tatsuya:** our main engineer & programmer
- **Daniel:** main prompter and backup programmer
- **Tarou:** back up prompter, presentation video
- **Vincent:** back up programmer, presentation voiceover
- **Jack:** communications manager, presentation script
- **Jennifer:** team assembler, prompter

github.com/tatsuyak90/platefulai