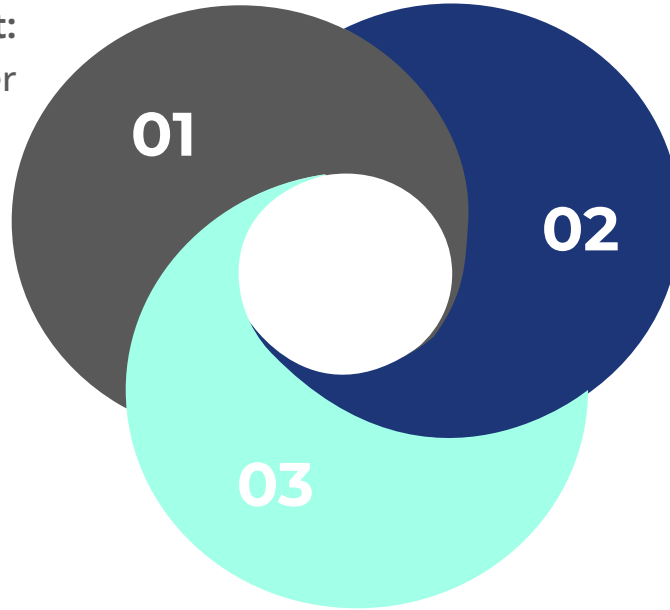


AI Meal Planner App

An overview of an AI-based meal planner app

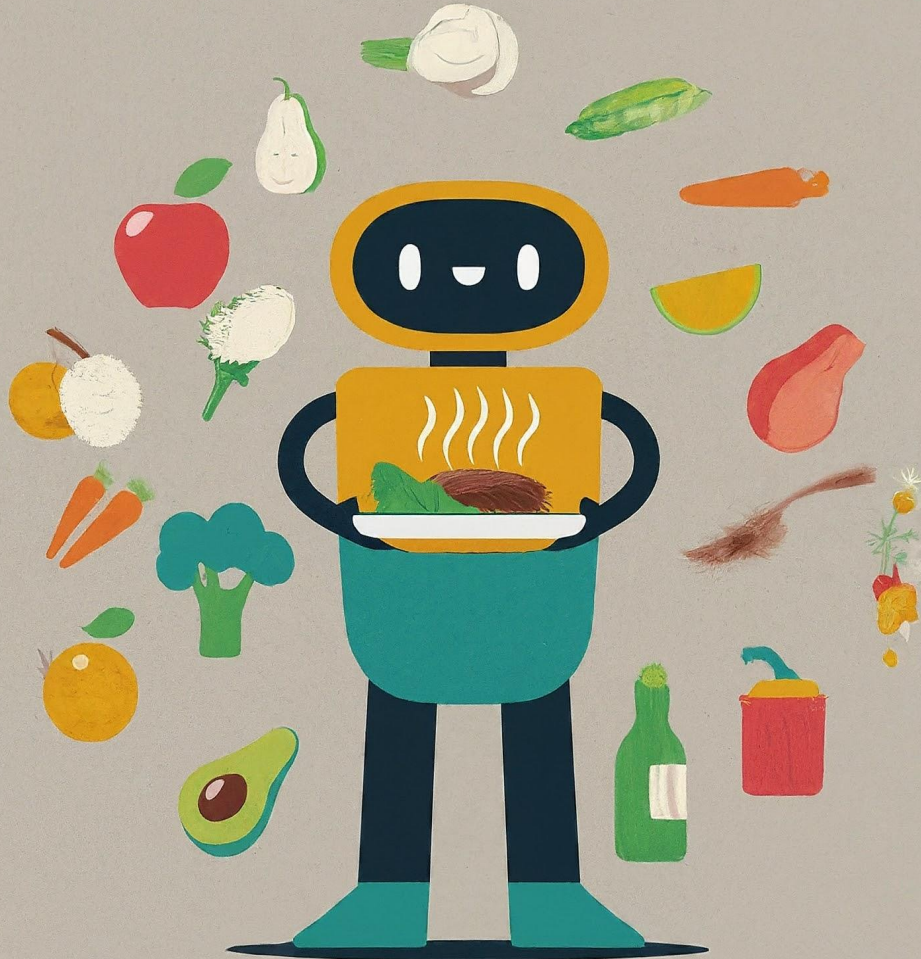
Introduction

Project:
AI Meal Planner



About Team:
Shriya Onkar
Shravan Revana
Syed Muhammd Sarmad

About Project:
App which generate personalized meal plan
based on caloric needs



Introduction:

“Say goodbye to mealtime frustration! The AI Meal Planner App takes the guesswork out of healthy eating. This innovative app leverages AI to create customized meal plans that are **delicious, nutritious, and fit your unique dietary requirements.**”

How It Works

- **Input User Information:** Collect user inputs such as age, height, weight, and gender for calculating daily calorie needs.
- **Food Preferences and Allergies:** Allow users to select their food preferences and specify any allergies or dietary restrictions.
- **Meal Plan Generation:** Generate personalized meal plans for breakfast, lunch, and dinner based on the user's calorie requirements and preferences.
- **Natural Language:** Generation: Utilize the Anthropic Claude API to generate creative and appealing meal names and descriptions.



Conclusion & Future Enhancements

- The implementation of the AI Meal Planner App demonstrates the successful integration of AI-driven meal planning solution
- Python, Streamlit, and Pandas provide a robust foundation for creating an interactive and efficient user experience.
- By following the design and implementation principles, the app can accurately generate personalized meal plans based on user input and dietary preferences.
- As the app evolves, it can be extended with additional features such as user accounts, expanded food options, and recipe instructions to further enhance its capabilities

