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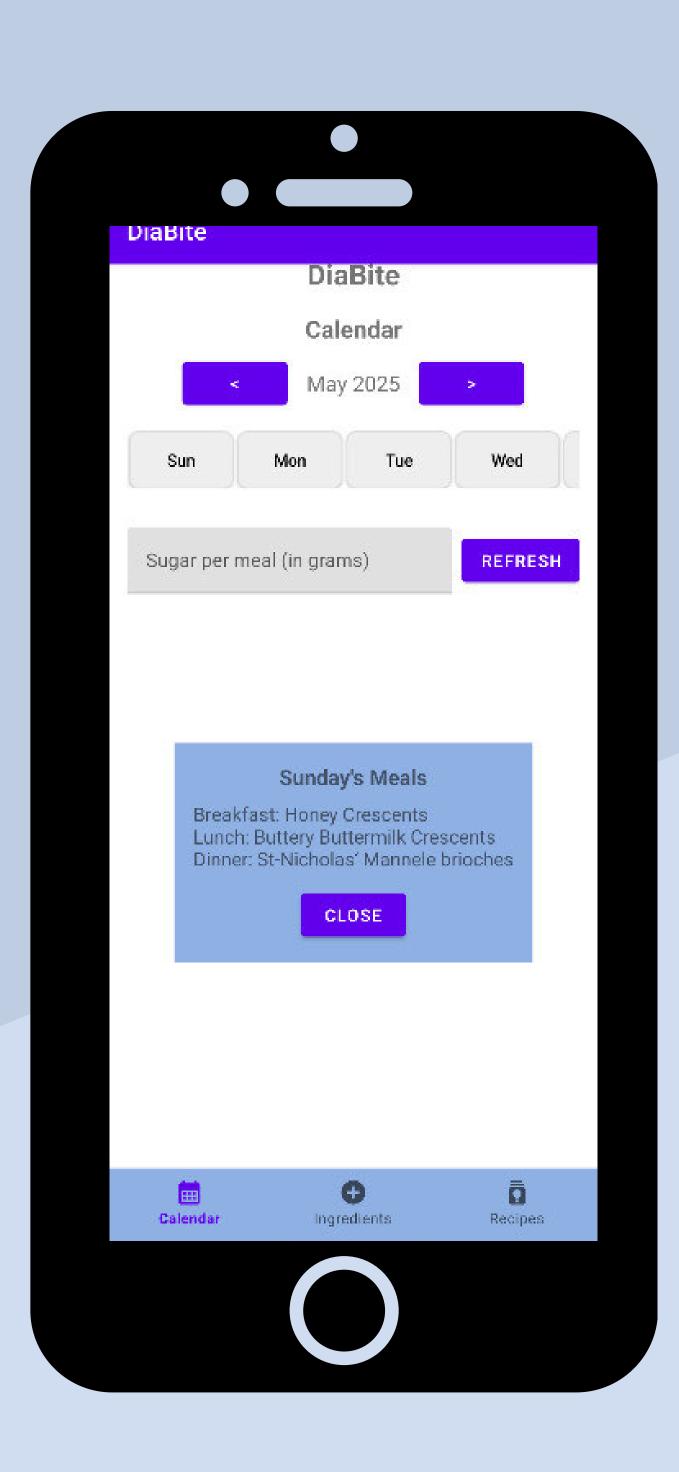
Over 38.4 million people suffer from Diabetes in the USA.

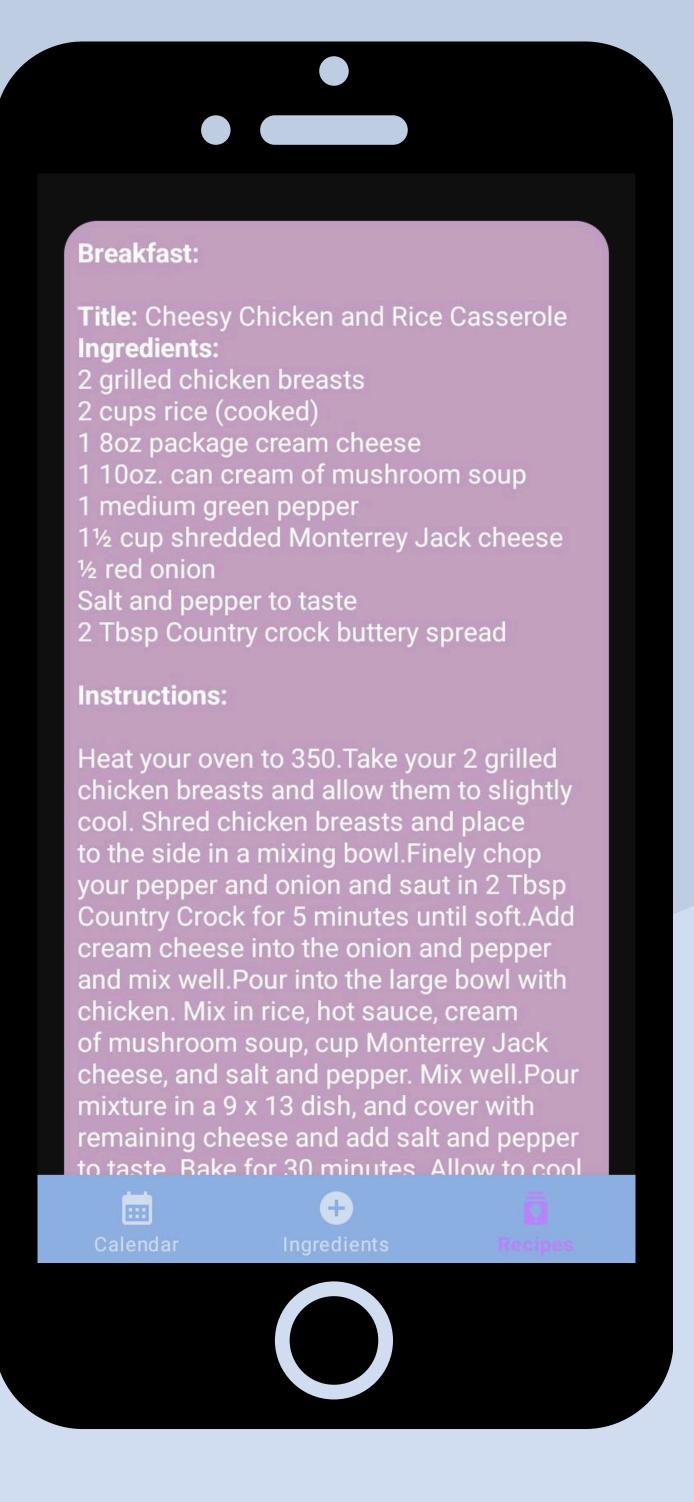
## **Motivation**

Meal planning is overwhelming for individuals with diabetes, often leading to stress, unhealthy food choices, and skipped meals. Our app aims to make these decisions easier and more manageable.

## **Our Mission and** Solution

- Designed to help individuals with diabetes confidently and safely plan meals using ingredients they already have at home
- Help users control their sugar levels + balance nutrients for a healthy diet
- Assist users in managing their diabetes without the constant worry of meal planning, by providing healthy options that fit their lifestyle





## **Key Features**

- Take inputs from the user regarding the ingredients currently in their pantry
- Weekly meal plans are generated, removing confusion of what to cook, making it easy for users to follow a diabetes-friendly diet
- Generate a meal plan for the week based on the list provided by the user
- All app-generated meals are diabetic-friendly

## **Future Steps**

- Update and expand our database
- Provide users with more flexibility when adjusting meal plans
- Incorporating real-time blood sugar tracking into the app
- Utilize AI to analyze users' preferences, dietary restrictions, and past meals





Calendar Page

**Inventory Page** 



