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Over 38.4 million people suffer from Diabetes in the USA.

Motivation

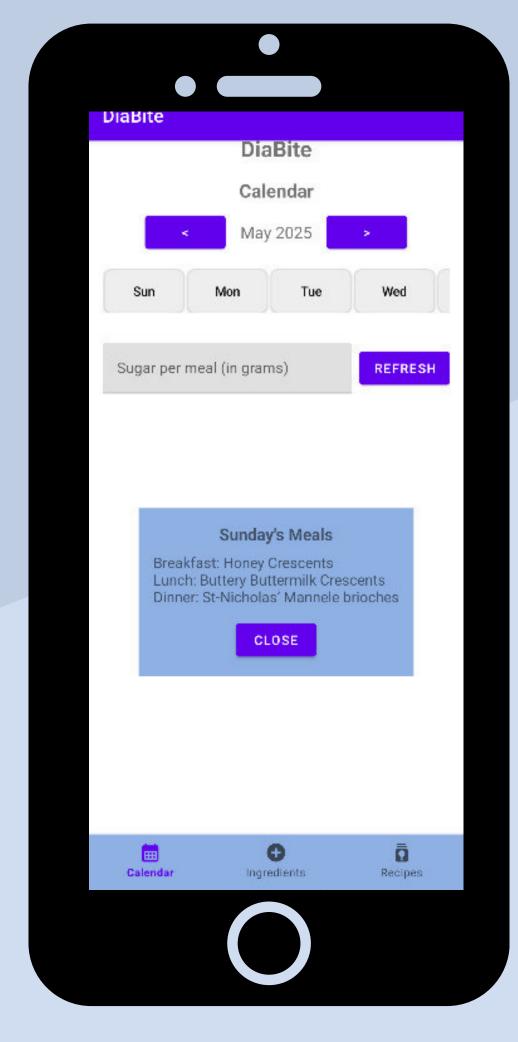
Meal planning is overwhelming for individuals with diabetes, often leading to stress, unhealthy food choices, and skipped meals. Our app aims to make these decisions easier and more manageable.

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



Breakfast: Title: Cheesy Chicken and Rice Casserole Ingredients: 2 grilled chicken breasts 2 cups rice (cooked) 1 8oz package cream cheese 1 10oz. can cream of mushroom soup 1 medium green pepper 1½ cup shredded Monterrey Jack cheese ½ red onion Salt and pepper to taste 2 Tbsp Country crock buttery spread Instructions: Heat your oven to 350. Take your 2 grilled chicken breasts and allow them to slightly cool. Shred chicken breasts and place to the side in a mixing bowl. Finely chop your pepper and onion and saut in 2 Tbsp Country Crock for 5 minutes until soft.Add cream cheese into the onion and pepper and mix well. Pour into the large bowl with chicken. Mix in rice, hot sauce, cream of mushroom soup, cup Monterrey Jack cheese, and salt and pepper. Mix well.Pour mixture in a 9 x 13 dish, and cover with remaining cheese and add salt and pepper to taste. Bake for 30 minutes. Allow to cool

Background

- Diabetes is a life-altering condition affecting over 400 million people worldwide
- Managing diabetes can be extremely difficult—especially meal planning
- Meal planning with diabetes is a daily challenge, often leading to stress, skipped meals, or unbalanced diets
- Many people don't have access to reliable nutritional guidance, finding it difficult to find diabetic-safe recipes to plan out their meals
- People often have specific ingredients at home but struggle to find diabeticfriendly recipes based on these ingredients, resulting in extra trips to store to purchase additional ingredients

Future Steps

- Update and expand our database to offer users a wider range of recipes that align with more dietary restrictions
- Provide users with more flexibility when adjusting meal plans, including the ability to set specific health goals - weight management or fitness-related objectives
- Incorporating real-time blood sugar tracking into the app so meal plans and recipes can be automatically adjusted based on user's current glucose levels
- Utilize AI to analyze users' preferences, dietary restrictions, and past meals to offer more personalized meal suggestions

