

Meal Planning Tool - Prototype

User Persona and Problem Statement

Persona	Habits	Pain Points	Expectations	Problem Statement (Who–What–Why–Impact)
 Working Parent (30–40)	• Balances job & kids • Cooks daily dinners • Shops weekly	• No time to plan meals • Forgets pantry items • Family members have different preferences	• Quick, stress-free planning • Flexible swaps • Reduced food waste	Working parents are experiencing constant stress and disorganization while trying to plan healthy family meals , because their busy schedules leave little time to plan or track pantry items, which results in last-minute takeout and frequent food waste.
 Young Professional (25–35)	• Lives alone • Eats out often • Wants to save money & eat better	• Doesn't know what to cook with limited ingredients • Disorganized grocery shopping • Skips meals when busy	• Simple pantry-based recipes • Automated grocery lists • Quick healthy suggestions	Young professionals are experiencing decision fatigue and poor diet consistency while trying to cook at home more often , because they lack time and awareness of available ingredients, which results in skipped meals, unhealthy eating, and overspending on food delivery.
 College Student (18–24)	• Limited budget • Basic cooking skills • Irregular schedule	• Relies on instant food • Forgets essentials • Low motivation to plan ahead	• Low-cost, easy recipes • Quick planning • Minimal ingredients	College students are experiencing difficulty maintaining regular meal routines while trying to eat affordable, home-cooked food , because of limited time, low cooking skills, and tight budgets, which results in unhealthy eating patterns and wasted groceries.

 Health-Conscious Individual (25–40)	• Tracks calories • Follows strict diets	• Generic meal apps don't match specific dietary needs • Hard to find suitable recipes	• Personalized, nutrition-aware plans • Recipe variety	Health-conscious individuals are experiencing frustration while trying to follow specific dietary plans , because most meal planning tools lack customization for nutrition goals, which results in inconsistency and reduced motivation to maintain their diet.
 Senior Citizen (55–65)	• Prefers simple home-cooked meals • Limited energy & time	• Complex recipes feel overwhelming • Often forgets pantry items	• Easy-to-follow meals • Gentle grocery reminders • Minimal cooking effort	Senior citizens are experiencing difficulty managing daily cooking while trying to prepare simple home meals , because they struggle with complex recipes and forget pantry supplies, which results in skipped meals and reduced variety in their diet.

 Primary Personas (for prototype focus):

- 1. Working Parent (30–40)
- 2. Young Professional (25–35)
- 3. College Student (18–24)

Key Solutions

Persona	Key Problems	How the Product Solves It	Impact / Outcome
Working Parent (30–40)	- No time to plan meals - Forgets pantry items - Last-minute cooking stress	- Auto weekly plans based on diet, time & pantry - Smart pantry sync with grocery list - Quick meal swap options	- Saves time & reduces stress - Cuts food waste - Ensures consistent family meals
Young Professional (25–35)	- Unsure what to cook - Disorganized groceries - Skips meals or orders out	- Smart recipe suggestions using available ingredients - One-click grocery list - Quick weekday meal options	- Builds healthy eating habits - Reduces takeout spending - Makes cooking effortless

College Student (18–24)	- Limited budget & skills - Forgets essentials - Irregular eating habits	- Low-cost, easy meal ideas - Auto reminders from pantry - Simple weekly planner	- Encourages regular, healthy meals - Reduces waste & cost - Builds basic meal planning routine
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Mapped User Flows

1. Onboarding & Preferences Setup

Goal: Personalize the app for each user’s diet, cooking time, and pantry items.

User Flow:

- Users sign up or log in.
- Selects dietary preferences (e.g., Veg, Vegan, Keto, Gluten-free).
- Chooses available cooking time (e.g., <15 mins, 30–45 mins, weekends longer).
- Adds pantry items manually or through suggestions.
- Confirms setup → Sees a summary (“You’ll get 15-min Veg meals using your pantry”).
- Redirected to the dashboard.

Outcome: The user profile is set up for accurate meal suggestions that save time and reduce decision fatigue.

2. Weekly Meal Plan Creation

Goal: Generate a personalized weekly plan based on diet, time, and pantry stock.

User Flow:

1. The user taps “**Plan My Week**” on the dashboard.
2. Selects meal types (Breakfast, Lunch, Dinner).
3. The app auto-generates weekly plans using preferences and pantry items.
4. Each meal appears as a card (image, recipe name, time, pantry usage %).
5. User reviews and swaps any meal instantly via “Swap Meal” button.
6. Saves the plan → Weekly view displayed (Mon–Sun).

Outcome: User gets a ready-to-use, customizable weekly plan in minutes.

3. Smart Grocery List & Pantry Sync

Goal: Simplify grocery shopping and prevent overbuying.

User Flow:

1. After plan confirmation, the app auto-creates a grocery list.
2. Cross-checks items with pantry → marks already available ones.
3. Groups groceries by category (e.g., Veggies, Spices, Grains).
4. Users can check items off or edit the list.
5. Option to share/export the list via WhatsApp or Notes.
6. Pantry auto-updates once meals are cooked or marked complete.

Outcome: Users save money, buy only what's needed, and maintain pantry accuracy automatically.

4. Adjusting or Reusing Plans

Goal: Enable quick changes or reuse of past meal plans without redoing the process.

User Flow:

1. The user opens the existing weekly plan.
2. Taps a meal to edit or replace.
3. The app suggests similar alternatives (same diet/time range).
4. User confirms → meal swaps instantly; grocery list auto-updates.
5. Option to "Save This Plan as Template" for reuse in future weeks.

Outcome: Reduces repetitive setup and helps users maintain consistent meal routines.

5. Quick Re-plan (Emergency Mode)

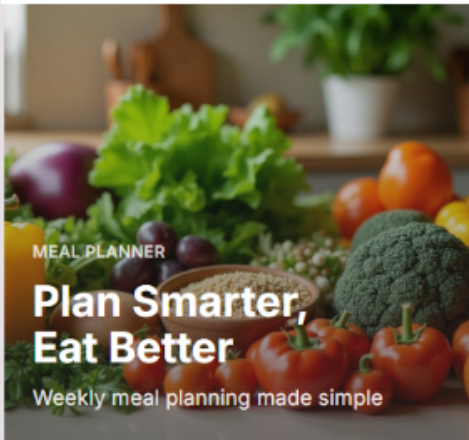
Goal: Handle last-minute schedule or ingredient changes.

User Flow:

1. The user selects "Change Tonight's Meal."
2. The app checks remaining ingredients and available cooking time.
3. Suggests 2–3 quick alternatives (5–15 min recipes).
4. The user selects a preferred option.
5. Meal and grocery list auto-update instantly.

Outcome: Keeps meal plans flexible and stress-free, even when plans change suddenly.

Screenshots of Prototype



Personalized Plans

AI-powered meal suggestions based on your diet and time



Smart Shopping

Auto-generated lists synced with your pantry



Save Time

Plan your week in minutes, not hours

Get Started >

Edit with  Lovable

< Set Your Preferences

Step 1 of 2

Dietary Preferences

Select all that apply



Any



Vegetarian



Vegan



Keto



Paleo



Gluten-Free

Cooking Time

Average time per meal

Quick (<15 min)

< 15 min

Medium (30-45 min)

30-45 min



Continue >

Edit with  Lovable

What's in Your Pantry?

Step 2 of 2

Add Item (e.g., Rice, Chicken...)

+

Quick Add Common Items

Rice ✓

Pasta

Bread

Eggs ✓

Milk

Chicken ✓

Onions ✓

Garlic

Tomatoes

Olive Oil

Salt ✓

Pepper ✓

Your Pantry (6)

Clear All

Rice

×

Onions

×

Pepper

×

Salt

×

Chicken

×

Eggs

×

💡 Pro tip: Add ingredients you already have. We'll prioritize recipes using these items!

Complete Setup

Skip for now

Edit with Lovable

Hi there! 🌟

Here's your week at a glance

Mon

1

Tue

2

Wed

3

Thu

4

Fri

5

Sat

6

Mon's Meals

Regenerate

Breakfast

🥑

Avocado Toast

🕒 10 min

Vegan

Swap Meal

Lunch

🍗

Chicken Stir Fry

🕒 25 min

Keto

Swap Meal

Dinner

🍝

Pasta Primavera

🕒 30 min

Vegetarian

✓ Your week is planned!