

Overview:

The intent was to develop an application that will help its users in diet management and weight loss. For a given user, the application takes into account the different types of food the person has and creates a well-balanced diet comprising of whole, natural foods.

The Diet is customized taking into account the user gender, weight, height and many other relevant factors. Overall it is like having a dietician in your pocket. The utility of the app has been excellent and has been downloaded in over 50 countries.

Client details:

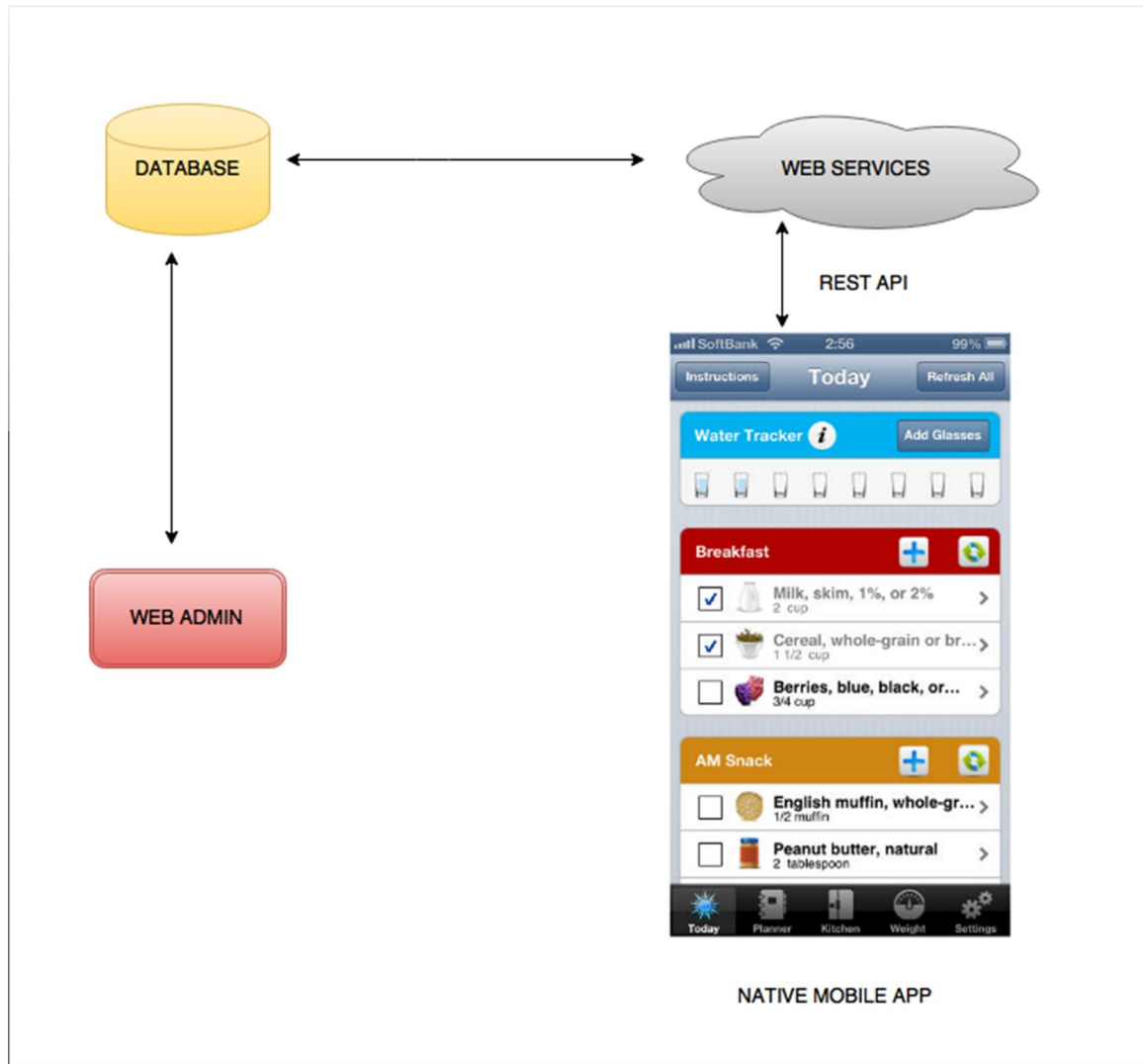
Name: Confidential | **Type:** Healthcare IT | **Location:** USA

Technologies:

iOS (version 5.0 & above), XCode 5.0

Diet Management Application

Architecture Design:



Description:

The app works in the following manner:

- The user selects the weight loss goals and food preferences. This acts as information for the app to deliver a plan that is perfectly customized for the user.
- The user determines which food items are available in the kitchen. The app uses this information to finalize on a delicious and personalized eating plan.
- The system generates for the user a well-balanced diet plan. The application can generate a custom shopping list with the food items the user likes.
- The application allows the user to track the weight loss progress using charts and tables. The user can also share his success through social networking Facebook and Twitter.

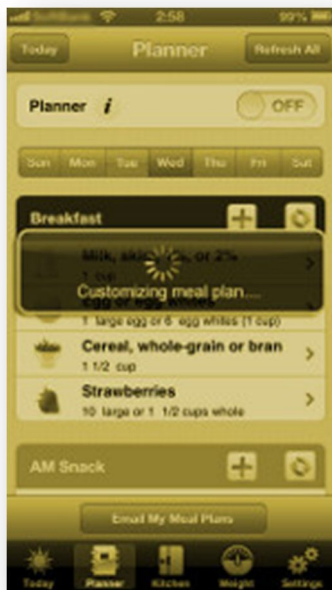
Some salient features of the app include the following:

- Automatic generation of shopping list based on the diet plan
- Customization of meals with easy food swaps
- Ability to use the app anywhere, even without internet connectivity

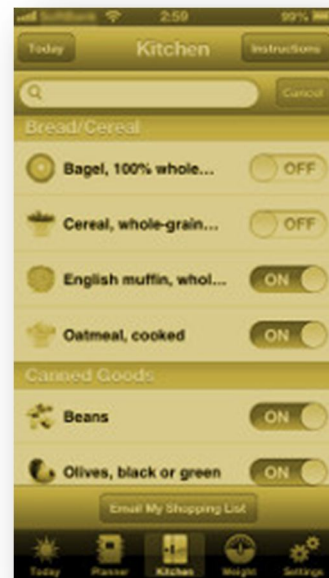
Diet Management Application



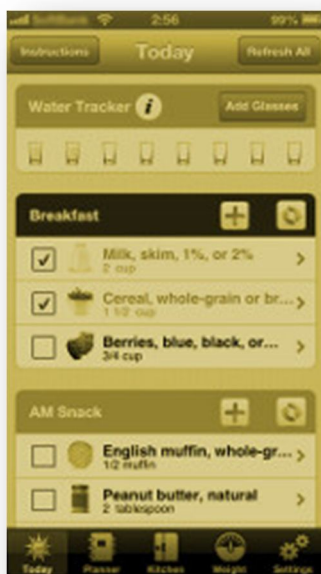
Screenshots:



Screen 1: Planner



Screen 2: Kitchen



Screen 3: Diet@Today



Screen 4: Weight