

meal planning app for building muscle

Unleash Your Muscle-Building Potential: The Ultimate Guide to Meal Planning Apps

meal planning app for building muscle is no longer a luxury; it's a cornerstone of effective physique transformation. For those dedicated to increasing muscle mass and strength, strategic nutrition is paramount, and often, manual tracking can be a tedious and error-prone process. This comprehensive guide will delve into how these powerful digital tools can revolutionize your approach, from calculating precise macronutrients to discovering delicious, muscle-nourishing recipes. We'll explore the essential features to look for, the benefits of integrating such an app into your routine, and how it can ultimately accelerate your progress towards your fitness goals, making the journey both efficient and enjoyable.

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The Crucial Role of Nutrition in Muscle Growth

Building muscle is a complex physiological process that requires a delicate balance of training stimulus and nutritional support. Without adequate fuel, your body simply cannot repair and rebuild muscle fibers damaged during intense workouts. This is where precise nutrition planning becomes non-negotiable. Consuming sufficient protein, carbohydrates, and healthy fats provides the building blocks and energy necessary for muscle protein synthesis, the fundamental mechanism behind muscle hypertrophy.

Protein intake is arguably the most critical macronutrient for muscle gain. It supplies the amino acids essential for muscle repair and growth. Carbohydrates, on the other hand, are the body's primary energy source, fueling intense training sessions and replenishing glycogen stores depleted during exercise. Healthy fats play a vital role in hormone production, including testosterone, which is crucial for muscle development. Understanding the interplay of these macronutrients and their optimal ratios is key, and a dedicated meal planning app can demystify this complex science for you.

Beyond macronutrients, micronutrients such as vitamins and minerals are also essential for overall health and performance, supporting metabolic processes vital for muscle recovery and growth. Hydration is another often-overlooked but critical factor. A well-structured nutrition plan, facilitated by a robust meal planning app, ensures all these nutritional bases are covered, providing a solid foundation for your muscle-building endeavors.

Key Features to Seek in a Muscle-Building Meal Planning App

When selecting a meal planning app specifically for building muscle, certain features stand out as indispensable. The ability to accurately calculate and track macronutrient targets based on your individual goals, body weight, and activity level is paramount. This typically involves inputting your personal data and letting the app generate personalized calorie and macronutrient breakdowns for each meal and the entire day.

Look for apps that offer extensive food databases with detailed nutritional information. This allows for precise tracking and ensures you're hitting your targets consistently. The option to create custom meals and recipes is also highly beneficial, as it accommodates your personal food preferences and allows you to integrate your favorite muscle-building dishes into your plan. The app should also provide robust recipe suggestions that are not only macro-friendly but also cater to taste and variety.

Furthermore, features like barcode scanning for packaged foods, the ability to adjust portion sizes easily, and integration with fitness trackers can significantly enhance user experience and accuracy. A user-friendly interface that makes navigation and data entry straightforward will also encourage consistent usage, which is vital for long-term success. Finally, consider apps that offer progress tracking and visualization tools, allowing you to monitor your weight, body fat percentage, and strength gains over time.

Personalized Macronutrient and Calorie Calculation

The foundation of any successful muscle-building program lies in precise caloric and macronutrient intake. A top-tier meal planning app will allow you to input your current weight, height, age, gender, activity level, and specific muscle-building goals (e.g., lean gaining, bulking). Based on this information, the app will calculate your estimated daily calorie needs and the optimal distribution of protein, carbohydrates, and fats to support muscle hypertrophy.

This personalized approach ensures you are consuming enough calories to fuel muscle growth without excessive fat gain. It takes the guesswork out of determining how much protein you need per pound of body weight, how many carbs to fuel your workouts, and the importance of healthy fats for hormonal balance. Many apps also allow you to adjust these targets as your body weight and training intensity change, providing a dynamic and responsive nutrition strategy.

Extensive Food Database and Barcode Scanner

Accuracy in tracking is crucial for hitting your macronutrient goals. A comprehensive food database is essential, containing thousands of food items with detailed nutritional breakdowns. This allows you to log your meals accurately, whether you're eating whole foods, pre-packaged meals, or dining out. The inclusion of a barcode scanner is a game-changer for convenience and

precision, especially for packaged goods. Simply scan the barcode, and the app will automatically import the nutritional information, saving you time and reducing the risk of manual entry errors.

Beyond basic entries, a good app will also recognize common restaurant meals and generic food items. The ability to search for specific ingredients and their nutritional values is also a valuable feature for those who cook their own meals. This accessibility to detailed nutritional data empowers you to make informed food choices that align with your muscle-building objectives.

Customizable Meal Plans and Recipe Integration

While pre-generated meal plans can be a starting point, the ability to customize is key to long-term adherence. A superior meal planning app will allow you to swap out meals, adjust portion sizes, and even build your own recipes from scratch. This flexibility ensures that your diet remains enjoyable and sustainable, preventing the burnout that can arise from monotonous eating.

You should be able to save your favorite custom meals and recipes for easy access in the future. The app's recipe library should ideally be searchable by macronutrient content, allowing you to find meals that fit your specific targets. For instance, you might want to find a high-protein, moderate-carb breakfast or a post-workout meal rich in carbohydrates and protein. The capacity to integrate your own tried-and-true muscle-building recipes makes the app a truly personalized tool.

Benefits of Using a Meal Planning App for Muscle Gain

The advantages of incorporating a meal planning app into your muscle-building journey are numerous and far-reaching. Foremost among these is the significant time savings it offers. Instead of spending hours manually calculating macros, searching for recipes, and logging food, an app streamlines this entire process, freeing up valuable time that can be redirected towards training, recovery, or other aspects of your life. This efficiency can be a major motivator for consistent adherence.

Another key benefit is the enhanced accuracy in nutritional tracking. Human error in manual logging can lead to significant discrepancies, potentially hindering progress. Apps with extensive databases and barcode scanners minimize these errors, ensuring you're consistently meeting your protein, carbohydrate, and fat goals. This precision is vital for optimizing muscle protein synthesis and energy availability for workouts.

Furthermore, these apps foster accountability and awareness. By visualizing your daily intake and comparing it against your targets, you gain a deeper understanding of your eating habits and identify areas for improvement. This increased awareness can lead to more mindful food choices and a greater sense of control over your nutrition. The ability to adapt your plan based on progress and feedback also ensures you're always moving in the right direction.

Time Efficiency and Convenience

One of the most significant hurdles to consistent muscle building is the time commitment required for nutrition planning. Manually calculating macronutrients, searching for recipes that fit specific dietary needs, and logging every meal can be a daunting and time-consuming task. A meal planning app automates many of these processes, offering unparalleled convenience. With just a few taps, you can generate a daily or weekly meal plan, log your food intake, and track your progress, saving hours each week that can be better spent in the gym or focusing on recovery.

The ability to quickly find and log foods, especially with features like barcode scanning, makes it easier to stick to your plan even when you're on the go or facing time constraints. This reduction in friction is crucial for maintaining long-term consistency, which is a hallmark of successful physique transformations. Convenience translates directly into adherence, making the journey more sustainable.

Improved Accuracy and Accountability

Achieving optimal muscle growth hinges on precise macronutrient intake. Manual tracking is prone to human error, leading to potential over- or under-consumption of calories and specific macronutrients. Meal planning apps, with their vast food databases and sophisticated tracking algorithms, significantly enhance accuracy. By providing detailed nutritional information for a wide array of foods and allowing for easy logging, these apps minimize the risk of miscalculation. This precision ensures you are consistently providing your body with the necessary fuel for muscle repair and growth.

Beyond accuracy, these apps foster accountability. Seeing your daily intake clearly laid out, with progress towards your targets visually represented, encourages mindful eating habits. This transparency helps you identify patterns, recognize when you're falling short of your goals, or consuming too much of certain macronutrients. This increased awareness empowers you to make informed decisions and stay on track, reinforcing positive behaviors crucial for long-term success.

Enhanced Understanding of Nutritional Needs

For many individuals new to serious training, the intricacies of macronutrient ratios and caloric surplus for muscle gain can be confusing. A well-designed meal planning app acts as an educational tool, demystifying these concepts. By presenting personalized targets and allowing users to see how different foods contribute to those targets, users gain a practical understanding of their individual nutritional requirements. This knowledge extends beyond the app, empowering them to make healthier choices even when not actively tracking.

Seeing the nutritional breakdown of meals helps users appreciate the importance of protein for muscle synthesis, carbohydrates for energy, and healthy fats for hormonal support. This deeper comprehension fosters a more informed and strategic approach to nutrition, moving beyond simply eating

"healthy" to eating specifically to support muscle growth. This understanding builds confidence and promotes sustainable healthy eating habits for life.

Customization and Flexibility: Tailoring Your Plan

The beauty of a modern meal planning app for building muscle lies in its capacity for personalization. No two individuals are the same, and a rigid, one-size-fits-all approach to nutrition is rarely effective. These apps recognize this by offering a high degree of customization, allowing you to tailor your meal plans to your unique preferences, dietary restrictions, and lifestyle.

This flexibility ensures that your muscle-building diet doesn't feel like a chore. Whether you have allergies, intolerances, or simply dislike certain foods, you can easily substitute them with suitable alternatives. The ability to adjust portion sizes on the fly to match your changing caloric needs as you progress is also a critical component of long-term success.

The goal is to create a sustainable eating strategy that you can adhere to for weeks and months. This involves not just hitting macro targets but also enjoying the food you eat. Apps that excel in customization empower you to build a plan that is both effective and pleasurable, significantly increasing your chances of achieving your muscle-building goals.

Adapting to Dietary Preferences and Restrictions

Building muscle effectively requires consistency, and consistency is difficult if your diet doesn't align with your preferences and any necessary dietary restrictions. A good meal planning app will allow you to easily swap out ingredients or entire meals that don't suit your palate or violate your dietary needs. If you're vegetarian, vegan, gluten-intolerant, or simply dislike certain types of fish, the app should provide viable alternatives that still meet your macronutrient targets. This adaptability ensures that your muscle-building journey is not only effective but also enjoyable and sustainable in the long term, preventing the common pitfalls of restrictive diets.

Adjusting Portion Sizes and Caloric Intake

As your body composition changes and your training intensity fluctuates, your caloric and macronutrient needs will evolve. A dynamic meal planning app should make it simple to adjust portion sizes and overall caloric intake accordingly. Whether you need to slightly increase calories to support further muscle growth, decrease them to lean out, or simply adjust a meal based on your hunger levels, the app should facilitate these changes effortlessly. This ability to fine-tune your plan based on real-time feedback and progress is crucial for optimizing your results and avoiding plateaus. It empowers you to be responsive to your body's signals and training demands.

Recipe Discovery and Meal Prep Made Easy

Finding delicious and effective recipes that align with your muscle-building goals can be a significant challenge. Many healthy meals are perceived as bland or overly complex to prepare. This is where a meal planning app truly shines, acting as your personal recipe curator and meal prep assistant.

These applications often boast extensive libraries of recipes, categorized by meal type, cuisine, or even specific macronutrient profiles. You can discover new, palate-pleasing options that are specifically designed to support muscle growth, ensuring you're consuming the right balance of protein, carbohydrates, and fats. The convenience of having these recipes integrated directly into your meal plan simplifies the entire process.

Furthermore, many apps offer features that streamline the meal prep process. This can include generating organized shopping lists based on your chosen recipes and providing step-by-step cooking instructions. This comprehensive approach minimizes the time and effort required to prepare your healthy meals, making it far more likely that you'll stick to your nutrition plan consistently.

Access to Muscle-Building Optimized Recipes

One of the most powerful features of a dedicated meal planning app for building muscle is its curated collection of recipes. These aren't just random recipes; they are often specifically formulated to provide the optimal macronutrient ratios necessary for muscle protein synthesis and energy. You can find recipes rich in lean protein sources like chicken breast, lean beef, fish, and legumes, paired with complex carbohydrates such as quinoa, sweet potatoes, and brown rice, and complemented by healthy fats from sources like avocados and nuts.

The app's ability to filter recipes based on your specific macro targets makes it incredibly efficient to find meals that fit seamlessly into your daily plan. Whether you're looking for a quick, high-protein breakfast, a hearty post-workout meal, or a satisfying dinner, the app can present a variety of delicious options that will help you achieve your muscle-building goals without compromising on taste.

Streamlined Shopping Lists and Meal Prep Guidance

The transition from planning to execution is often where adherence falters. A sophisticated meal planning app goes beyond just suggesting meals; it actively assists with the practicalities of preparation. Many apps can automatically generate a consolidated shopping list based on the ingredients required for your weekly meal plan. This eliminates the need to manually go through each recipe and compile a list, saving significant time and preventing forgotten items.

Furthermore, some apps offer guided meal prep instructions, breaking down the preparation process into manageable steps. This might include suggestions for

batch cooking certain components, like pre-cooking grains or chopping vegetables, to make assembling meals throughout the week much quicker. By simplifying the shopping and preparation phases, these apps remove common barriers to consistent healthy eating.

Tracking Progress and Making Adjustments

The journey to building muscle is not static; it requires continuous monitoring and adaptation. A comprehensive meal planning app for building muscle should integrate robust progress tracking features, allowing you to see the tangible results of your efforts and make informed adjustments to your nutrition plan as needed.

This often involves logging not only your food intake but also key biometric data such as body weight, body fat percentage, and even strength training performance (e.g., lifts, reps, sets). Visualizing this data over time provides invaluable insights into your progress. Are you gaining muscle at a healthy rate? Is your body fat creeping up too quickly? Are your strength gains plateauing?

Based on this feedback, you can use the app to recalibrate your calorie and macronutrient targets. For instance, if you're not gaining weight, you might need to increase your calorie intake slightly. Conversely, if you're gaining excessive fat, you might need to dial back your calories or adjust your macronutrient distribution. This iterative process of tracking, analyzing, and adjusting is fundamental to optimizing muscle growth and achieving your desired physique.

Monitoring Biometric Data and Performance

To truly understand the effectiveness of your nutrition plan, it's essential to track your progress beyond just food intake. A good meal planning app will allow you to log various biometric data points, such as your body weight, body fat percentage, and muscle circumference measurements. Some advanced apps even integrate with or allow manual input of your workout performance, including the weights lifted, repetitions achieved, and sets completed for various exercises.

Regularly inputting this information provides a comprehensive overview of your body's response to your training and nutrition. Seeing the numbers change over time - the steady increase in lean mass, the gradual decrease in body fat, and the improvements in strength - serves as powerful motivation and provides objective data for making informed decisions about your diet and training.

Iterative Adjustments for Continuous Improvement

The data collected through progress tracking is useless if it doesn't lead to action. The real power of a meal planning app for muscle building lies in its ability to facilitate iterative adjustments. If your weight gain stalls, you

can use the app to incrementally increase your calorie intake, perhaps by adding a small serving of complex carbohydrates or healthy fats to your daily plan. If you notice an unwanted increase in body fat, you can slightly reduce your caloric intake or re-evaluate your macronutrient ratios, perhaps increasing protein slightly while moderating carbohydrate or fat intake.

This continuous feedback loop, where you track your progress, analyze the data, and make calculated adjustments to your nutrition, is the cornerstone of smart, effective muscle building. It prevents plateaus and ensures that your body is consistently receiving the optimal stimulus and fuel for continued growth and positive body composition changes.

Choosing the Right Meal Planning App for Your Needs

With a plethora of meal planning apps available, selecting the one that best suits your muscle-building objectives is a crucial step. Consider your personal preferences for user interface, the depth of features you require, and your budget. Some apps offer a free tier with basic functionality, while others provide more advanced features through a subscription model.

Prioritize apps that offer the core functionalities we've discussed: personalized macro and calorie calculations, an extensive food database, customizable meal plans, and progress tracking. Read reviews from other users, particularly those with similar fitness goals, to gauge the app's effectiveness and user experience. Don't be afraid to try out a few different options using free trials to see which one feels most intuitive and supportive of your journey.

Ultimately, the best meal planning app is the one you will consistently use. Look for an app that simplifies the process, keeps you motivated, and empowers you with the knowledge and tools to achieve your muscle-building aspirations efficiently and effectively.

Considering Budget and Subscription Models

The cost of a meal planning app can vary significantly. Many offer a free version with essential features, which can be a great starting point for individuals new to meal planning or on a tight budget. However, for more advanced functionalities, such as highly detailed nutritional analysis, premium recipe libraries, or integration with a wider range of fitness trackers, a paid subscription is often required. When evaluating costs, consider the value proposition: does the app's feature set justify the expense for your specific muscle-building goals? Look for apps that offer transparent pricing, clear feature breakdowns for each tier, and ideally, free trial periods so you can test drive the premium features before committing financially. Investing in a good app can be a cost-effective way to enhance your training results.

User Interface and Ease of Use

The most feature-rich app is only effective if you actually use it. Therefore, user interface (UI) and ease of use are paramount when selecting a meal planning app for building muscle. A cluttered or confusing interface can lead to frustration and abandonment, regardless of how powerful the underlying features are. Look for an app with an intuitive layout, clear navigation, and straightforward input methods. Logging meals, adjusting plans, and accessing information should feel seamless and require minimal effort. Many apps allow you to create custom meals and save frequently eaten foods, which significantly streamlines the daily logging process. Taking advantage of free trials to assess the app's usability from your perspective is highly recommended.

Reviews and Community Support

Before committing to a particular meal planning app, it's wise to research what other users, especially those focused on muscle building, have to say. Online reviews, app store ratings, and dedicated fitness forums can provide invaluable insights into an app's strengths and weaknesses. Look for feedback regarding accuracy, the comprehensiveness of the food database, the quality of recipes, and the effectiveness of progress tracking features. Some apps also foster a community aspect, offering forums or social features where users can share tips, recipes, and support. This can be a great source of motivation and practical advice. A strong community can amplify the benefits of the app, providing a supportive network for your muscle-building journey.

FAQ Section

Q: How do I determine the right calorie and macronutrient targets for building muscle using an app?

A: Most reputable meal planning apps for building muscle will have a built-in calculator. You'll input your personal data like age, sex, weight, height, activity level, and your specific goal (e.g., muscle gain). The app will then suggest a starting point for your daily calorie intake and macronutrient breakdown (protein, carbs, fats) based on established nutritional science principles for hypertrophy. It's crucial to remember these are starting points, and you'll likely need to adjust them based on your individual progress.

Q: Can a meal planning app help me if I have specific dietary restrictions like gluten-free or vegetarian?

A: Absolutely. The best meal planning apps for building muscle are designed to be highly customizable. They typically allow you to filter recipes and food items based on dietary preferences and restrictions. You can often set your profile to exclude certain ingredients or food groups, and the app will then suggest appropriate alternatives that still meet your muscle-building macro and calorie goals.

Q: What is the role of protein in muscle building, and how do meal planning apps help ensure I get enough?

A: Protein is the primary building block of muscle tissue. When you exercise, you create micro-tears in your muscle fibers, and protein provides the amino acids necessary for repairing these tears and building new muscle tissue, a process called muscle protein synthesis. Meal planning apps help by calculating your optimal daily protein intake based on your body weight and

goals (often ranging from 0.7 to 1 gram per pound of body weight) and then suggesting meals and recipes that contribute to hitting that target. They make it easy to track your protein consumption throughout the day.

Q: How often should I adjust my meal plan when using an app for muscle gain?

A: You should plan to review and potentially adjust your meal plan based on your progress every 2-4 weeks. As you gain muscle and your body composition changes, your caloric and macronutrient needs will also shift. If you've been consistently hitting your calorie and protein targets but aren't gaining weight or strength, you may need to slightly increase your calorie intake. Conversely, if you're gaining excessive body fat, you might need to slightly decrease your calories or adjust your macronutrient ratios. The app's progress tracking features are key to informing these adjustments.

Q: Are the recipes provided by meal planning apps for muscle gain generally healthy and nutritious?

A: Yes, generally speaking, reputable meal planning apps designed for muscle building prioritize nutrient-dense foods. The recipes are typically created with a focus on lean protein sources, complex carbohydrates for sustained energy, and healthy fats. They aim to provide balanced meals that support muscle growth, recovery, and overall health. However, it's always a good practice to review the nutritional breakdown of any recipe to ensure it aligns with your specific dietary philosophy and needs.

Q: What is the difference between calorie surplus for bulking and calorie deficit for cutting, and how do meal planning apps handle this?

A: For bulking (muscle gain), you generally need to consume more calories than you burn (a calorie surplus) to provide the energy and building blocks for muscle growth. For cutting (fat loss), you need to consume fewer calories than you burn (a calorie deficit) to encourage your body to use stored fat for energy. Meal planning apps allow you to set your specific goal (bulking, cutting, or maintenance), and they will automatically adjust your daily calorie and macronutrient targets accordingly to support that objective.

Q: Can using a meal planning app replace the need for consulting a registered dietitian or nutritionist?

A: While meal planning apps are powerful tools for managing your nutrition, they are generally not a substitute for professional advice from a registered dietitian or nutritionist. A professional can provide highly personalized guidance, address complex health conditions, and offer support beyond what an app can provide. Apps are excellent for tracking and planning based on established guidelines, but a human expert can offer a deeper level of personalized strategy and medical insight.

Q: What are the benefits of using a meal planning app for muscle building compared to traditional methods like notebooks or spreadsheets?

A: Meal planning apps offer significant advantages over traditional methods. They automate complex calculations for calories and macronutrients, provide vast food databases with quick logging options (like barcode scanning), generate shopping lists automatically, and offer visual progress tracking. This saves a considerable amount of time and significantly reduces the potential for human error, making the process more efficient, accurate, and often more motivating, leading to better adherence and results for muscle building.

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meal planning app for building muscle: 10x Productivity Hacks: Unlocking the Secrets of AI to Boost Productivity,efficiency and Transform Your Life Jayant Deshmukh, 2024-12-06 In today's fast-paced world, achieving peak productivity can feel like an overwhelming challenge. But what if you could unlock new levels of efficiency with less effort, more focus, and greater success? Enter 10x Productivity Hacks: Unlocking the secrets of AI to boost productivity, efficiency and transform your life — the ultimate guide to revolutionizing your productivity using Artificial Intelligence. Written by Jayant Deshmukh, a Certified Project Management Professional (PMP) and AI practitioner with over 16 years of experience working with top global banks and financial

institutions, this book is the key to mastering productivity in the AI era. This book is his gift to you — a step-by-step roadmap to applying AI-driven tools and techniques that can elevate your personal and professional life. Packed with actionable strategies, AI-powered tools, and real-world examples, 10x Productivity Hacks is designed to help you become more organized, efficient, and successful. Whether you're a busy professional, entrepreneur, student, or anyone striving to get ahead, this book will teach you how to:

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10x Productivity Hacks isn't just a collection of tips; it's a transformative guide that will change the way you work, live, and interact with the world. With a combination of time management tools, automation strategies, and health optimization techniques, Jayant Deshmukh's approach empowers you to achieve your goals faster and more efficiently. No longer will you feel overwhelmed by the endless to-do lists, the demands of your job, or the distractions of modern life.

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meal planning app for building muscle: Design of a mobile phone-based Artificial Intelligence (AI) application to assess dietary intake and provide nudges to improve healthy eating choices: Formative research in Ghana and Vietnam Braga, Bianca C., Aberman, Noora-Lisa, Arrieta, Alejandra, Bannerman, Boateng, Burns, Adam, Folsom, Gloria, Huynh, Phuong, Koch, Bastien, McCloskey, Pete, Nguyen, Phuong Hong, Zakariah-Akoto, Sawudatu, Hughes, David,

Gelli, Aulo, 2021-05-24 Background: Low quality diets are a public health problem affecting individuals of all ages worldwide. Nudging for Good (NFG) is a new research project aimed at developing, validating, and examining the feasibility of using artificial intelligence (AI)-based technology to improve adolescent girls' diets in urban Ghana and Vietnam. Objectives: Provide evidence to support the design of a new mobile phone intervention including: a) identifying the demand for mobile app to improve diets in adolescent girls; b) defining the intervention objectives and activities to be delivered via a mobile app; and c) assessing the potential for nudging functionality to be incorporated in the mobile app. Methods: This study used mixed methods including both literature and nutrition-related app reviews, as well as focus group discussions. A literature review was conducted using PubMed and Google Scholar databases, and intervention studies using technology to improve nutrition outcomes of adolescents were included. Nine focus group discussions (five in Ghana and four in Vietnam) were undertaken with 61 girls to gauge smartphone and internet access and use and to obtain feedback on the prototype of a mobile app. Results: Nine studies met the selection criteria for the literature review, including seven randomized control trials (RCTs) and two systematic reviews. The evidence from the literature on how technology-based nutrition interventions should be conducted and what should be the best outcomes of success was mixed. Most of the 22 apps reviewed required manual entry of dietary information, and recommended diets based on motivation to change body weight. In the focus groups discussions, the adolescents suggested modifications on the prototype of the mobile app we presented, and indicated possibility to regularly take pictures of foods and beverages during meal time. Conclusion: We did not find an app available in either the Ghana or Vietnam markets that could improve dietary quality of adolescents without focusing on weight. Most apps available only had manual features to log food intake, which is time consuming. Moreover, adolescents expressed interest in using a new, modified version of the app we presented. We aim at developing a new mobile phone application based on AI technology that gives personalized and reliable nutrition advice to improve adolescent girls' diets. However, the literature review was not conclusive on what should be the characteristics of an app and how interventions to measure an app's impact on dietary quality should be conducted.

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