



VibeBite — Quick Start Guide

Gentle food guidance for whatever today feels like.

Getting Started

The first time you open VibeBite, it'll ask a few quick questions — this only happens once:

- **What brings you here?** GLP-1 medication support, nausea or appetite challenges, or just wanting gentler eating support
- **How you take your medication** — injectable (which day of the week) or oral (what time, and how long you wait before eating)
- **Where you are in your journey** — still adjusting your dose, or stable

After that, VibeBite remembers you. It'll skip straight to your day picker every time you open it.

How Does Today Feel?

Every day starts with one question. Pick whichever matches your body right now:

- **Low Appetite Day** — small portions, easy to eat
- **Nausea Day** — gentle on the stomach, bland options
- **Digestion Day** — easy to digest, light meals
- **Stall Week** — breaking through a plateau (only shows up if you're on the GLP-1 track)
- **Normal Day** — feeling good, regular meals

You can change this anytime — there's no wrong answer, and no need to explain yourself.

Your Today Screen

Meals vs. Snacks — a toggle near the top switches between full meal ideas and lighter, grab-and-go snack ideas.

Breakfast, Lunch, or Dinner — VibeBite guesses which one fits based on the time of day, but you can tap to switch anytime.

Quick Pick — three simple category tiles for when you just want a fast, doable answer. Tap one, and it'll confirm: *"That works for today."*

Filters — Warm, Cold, No-cook, Plant-based — tap any to narrow down what you're seeing.

Menu Options — the full list of meal cards. Each one shows what it's made of and a short note on why it works today:

- ♥ **Save** — keeps it in your Favorites for later
- ♻ **Swap** — get a fresh suggestion if this one doesn't sound good
- ✕ **Hide** — never see this one again (you can always bring it back from Hidden)

Eating Out

Heading to a restaurant? Tap **Eating out**. Pick a cuisine — Fast Food, Italian, Mexican, Asian, Breakfast, or Grill/Steakhouse — and you'll get a simple "order like this" and "avoid today" guide, plus a short note on why it's the right call.

What's In My Kitchen

Got ingredients but no plan? Snap a photo of what's in your fridge or pantry, confirm what it found, and VibeBite will suggest one simple recipe matched to how you're feeling today. Tap **Try another idea** for a different one using the same ingredients.

SOS

Having a genuinely rough moment? Tap the coral **SOS** button. No decisions required — just a short, calming list of the gentlest possible foods, grouped by how easy they are.

Notes

Scroll down on your Today screen to jot down how you're feeling, any symptoms, or anything worth remembering — completely optional, and just for you. A 7-day strip above it lets you look back at recent days.

Favorites & Hidden

Everything you've saved lives under **Favorites**. Anything you've hidden lives under **Hidden**, where you can bring it back anytime with one tap.

Visit Summary

Getting ready for a doctor's appointment? This pulls together your recent day types, notes, and saved meals into one clean, printable page — so you walk in with a real picture of how things have been going.

VibeBite is here to make eating feel a little easier, one day at a time. It isn't medical advice — for anything about your medication, symptoms, or health, that's always a conversation with your doctor.