Keeping track of meals and health can demand effort and time that people cannot always afford to set aside. Planning your day around meals can become more of an inconvenience than a basic human need, so instead of having our wellness become a burden, we want to help people incorporate it more effortlessly into their lives.

With this proposed project, Group 6 is aiming to create a platform that allows users to create a custom made meal plan to suit an individual’s dietary needs and the level of activity in their lifestyle. We will use the FitBit API to create a database storing an average calorie use over the course of a day, height, weight, age, gender, etc. Using a Food/Dietary API (Edamam), we then suggest a list corresponding recipes that fit the person’s calculated required calorie intake, thus ensuring we remain well fed while preventing overeating. The suggestions will take into account: cost, nutritional restrictions,