

Project Description

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Background

Every morning I ask myself what I want to eat today. There is food in the refrigerator, so I can choose cook food by myself or eat outside. But I don't have a plan for this day or this week. I trust this may happened on most people, especially the young and adult. This is not a good habit for our body. Because it's too easy to make a person's diet unbalanced. So, I want to make an app to help people plan a recipe of a week.