InstaFood

Abstract:

Eating healthy food is essential to maintain a functioning body and mind. At CMU, it is often seen that graduate students, on average, lose a considerable amount of weight during the course of their studies. It is almost always attributed to a lack of knowledge about cooking food and the ingredients required to make healthy food. InstaFood is an application that suggests new and easy-to-implement recipes to make healthy and delicious meals. It also provides essential calorie and health information for health-conscious folks so they can focus on learning and building exciting stuff while at CMU without having to worry about their meal.

Goals:

1. Build an application in python that suggests meal preparation recipes based on the ingredients provided by the user.

2. Provide Health information and suggest healthy alternatives to the given ingredients