

Problem Statement

While there are many healthy eating resources, most are too complex for beginners, leading to frustration and a reliance on easy, convenient food.

Details

Many recipes have long ingredients lists and will use techniques and phrases that can be unfamiliar to beginners. Cooking instructions will usually assume a level of basic culinary knowledge, and recipes will focus on complexity instead of simplicity, which can stress beginners into thinking they have to have more than they actually need. Eventually, beginners will decide to just rely on the easier foods to make because it's less frustrating.