

LeCommis – Your Personal Meal Planning & Grocery Assistant

Making Healthy Eating Effortless



The Problem

Cooking Takes So Long

Healthy eating takes a lot of time to plan, personalize and shop ingredients.

Fast Food Is A Bad Alternative

Reliance on fast food leads to poor nutrition and health issues.

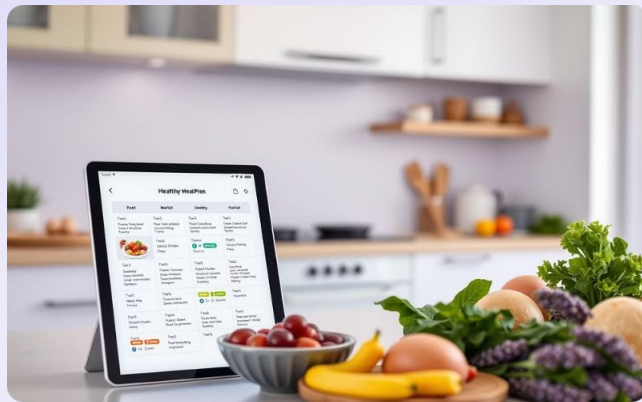
Personal Food Planning Is Too Tiring

The stress of meal planning often results in unhealthy decisions.



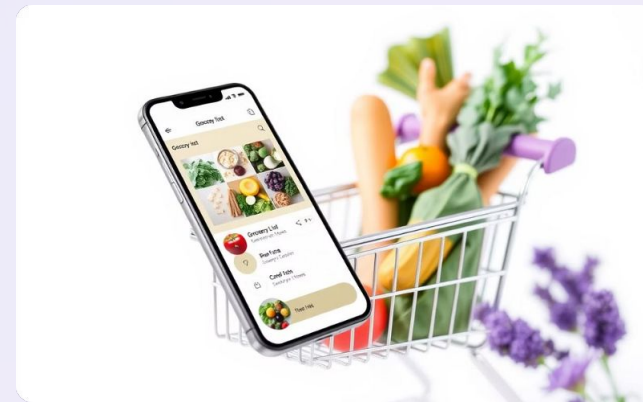
Our Solution – LeCommis

LeCommis is an AI-powered app that:



Personalized Meal Plans

Our AI suggests meals tailored to your unique health goals and preferences, consulting the memory of past cooked recipes.



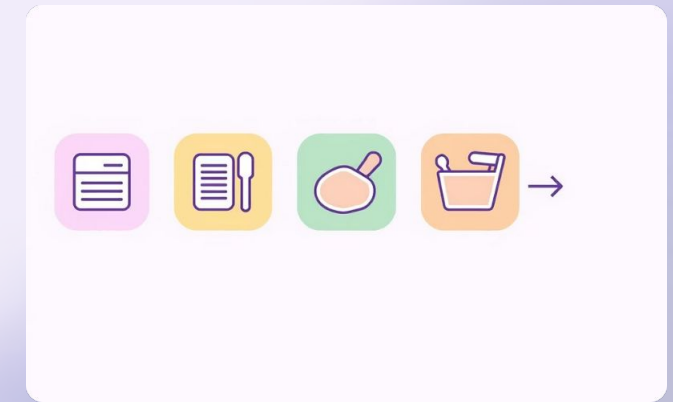
Automated Grocery Ordering

Seamlessly orders all necessary ingredients from nearby stores, delivering convenience to your doorstep.



Time & Stress Saver

Eliminates the need for manual planning and last-minute grocery runs, saving you precious time and reducing stress.



End-to-End Experience

Provides a comprehensive journey from the recipe selection to shopping and eating, all integrated within a single intuitive app.

Our Tech Stack



Frontend:

- Python 
- Streamlit (via Snowflake) 

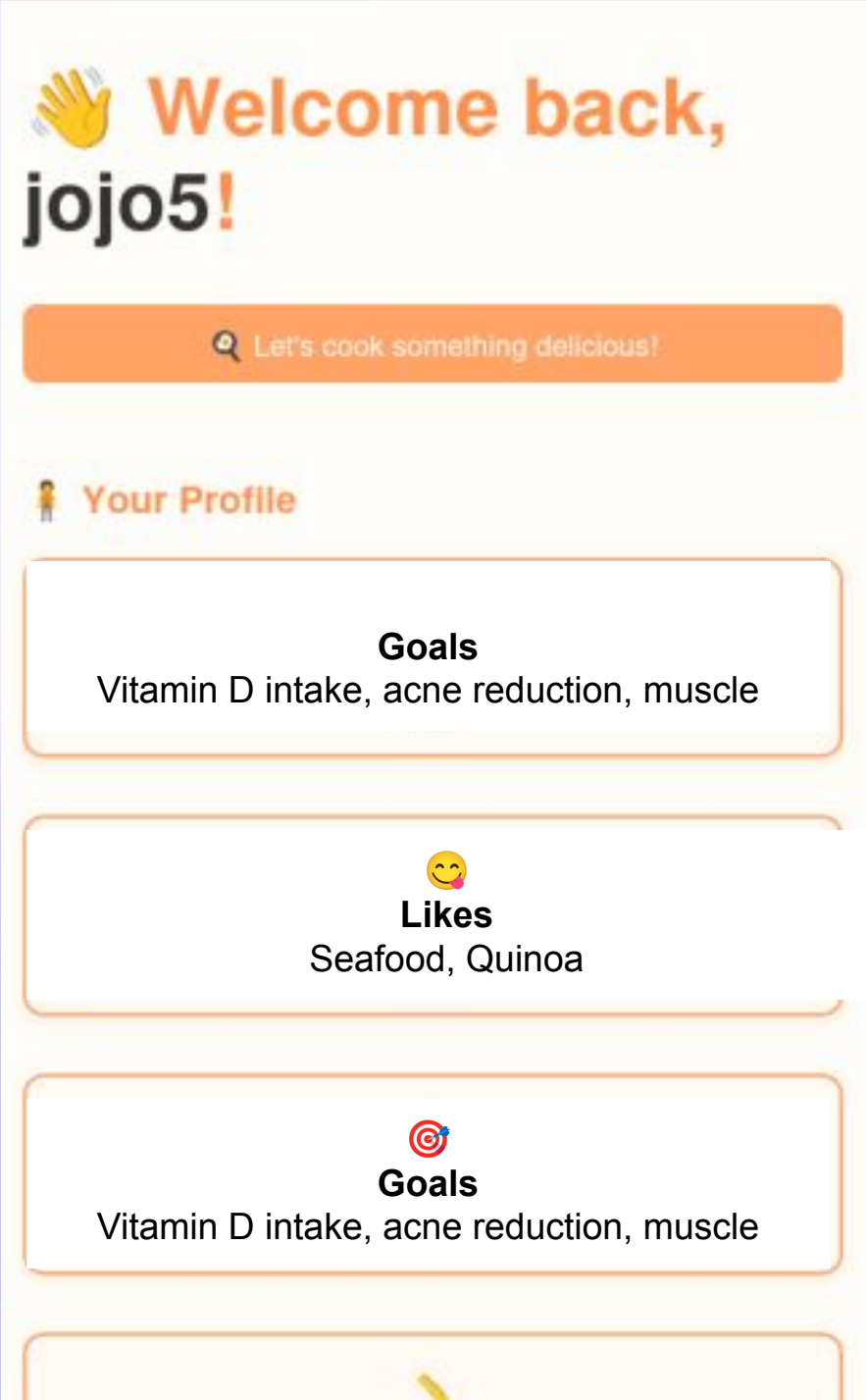
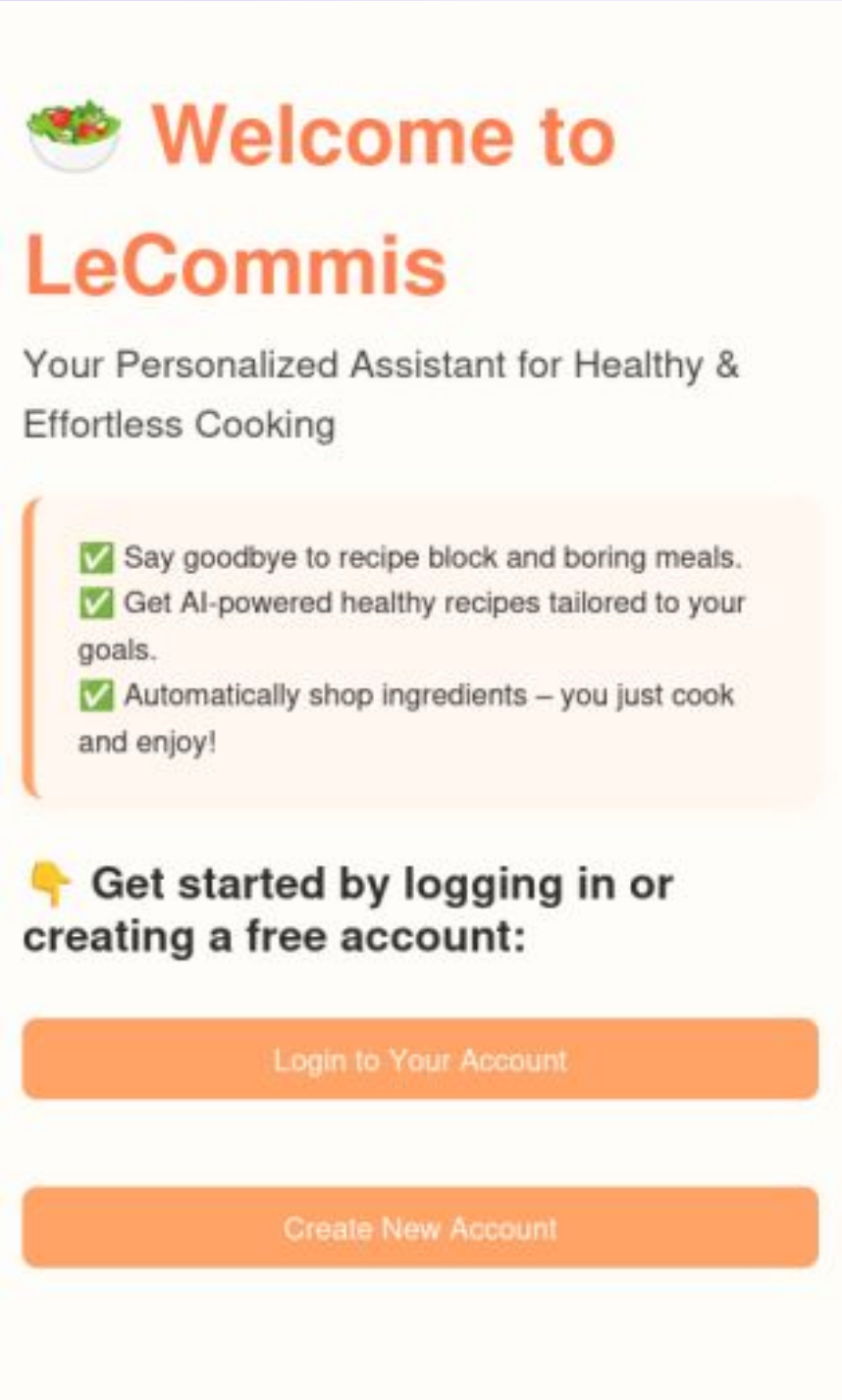
Backend:

- Snowflake 
- Groq  (for LLaMA 4 inference)

AI Models:

- LLaMA 4 
- Nutrition-focused prompt engine 

User Journey(screenshots or mockups of plots)



User Journey(screenshots or mockups of plots)



Meal Preparation

Let's Plan Your Meal

Do you have any preference for today's meal?

something light

Proceed

← Back to Dashboard



Ingredient Checklist

Ingredients for: Roasted Vegetable Quinoa Bowl

- ☒ 1 cup mixed vegetables
- ☒ 2 tbsp olive oil
- ☒ 1 cup quinoa
- ☒ 1/4 cup chopped fresh parsley
- ☒ Salt and pepper

← Back to Recipe Choice

 Order Ingredients

- ☒ 1 cup quinoa
- ☒ 1/4 cup chopped fresh parsley
- ☒ Salt and pepper

 **Order Ready!**

Your ingredients have been prepared and are ready for pickup.

 **Franprix rue Saint-Honoré**

1 Rue Saint-Honoré, 75001 Paris
Open until 22:00 today

 Go to Store for Purchase

← Back to Recipe Choice

Impact & Future Vision

Impact

- Helps busy professionals, families, and fitness lovers eat better.
- No need for fast / processed foods, as cooking yourself is a piece of cake now!

Your cooking agent navigates your dietary preferences and cooking history to give healthy personalized suggestions.

Next Steps

- Integrate information from the photos of food eaten / dietary apps
- Use the memory of your food preferences to suggest food on flights, in the restaurants and during the events with food options
- Make healthy meal suggestions based on the meal memory and wearables/fitness data.