

Because health is the most important!

RecipeMe

BY: Node Rally Team

To enhance our awareness

In our daily rush, many of us prepare meals without considering the ingredients, often overlooking their vital role in our physical and mental well-being. It's this awareness gap that inspired the creation of our app. We firmly believe that prioritizing health is not just a choice but a necessity. Our mission is to help bridge this gap by fostering mindfulness around what we consume, empowering everyone to make healthier choices for a better, more vibrant life. That's why we created RecipeMe chrome extension.



Personalization

At the heart of our app lies a commitment to personalization, and we're delighted to announce that our support extends to everyone. Moreover, we recognize the unique nutritional requirements of pregnant women, and with them in mind, we've crafted a special option tailored to meet their specific needs.

Weight:

Height:

Activity:

Training Goal:

Sex:

Select Food Allergens:

Dairy Eggs Peanuts Tree Nuts Soy Wheat

Fish Shellfish Sesame Gluten Corn

Lactose

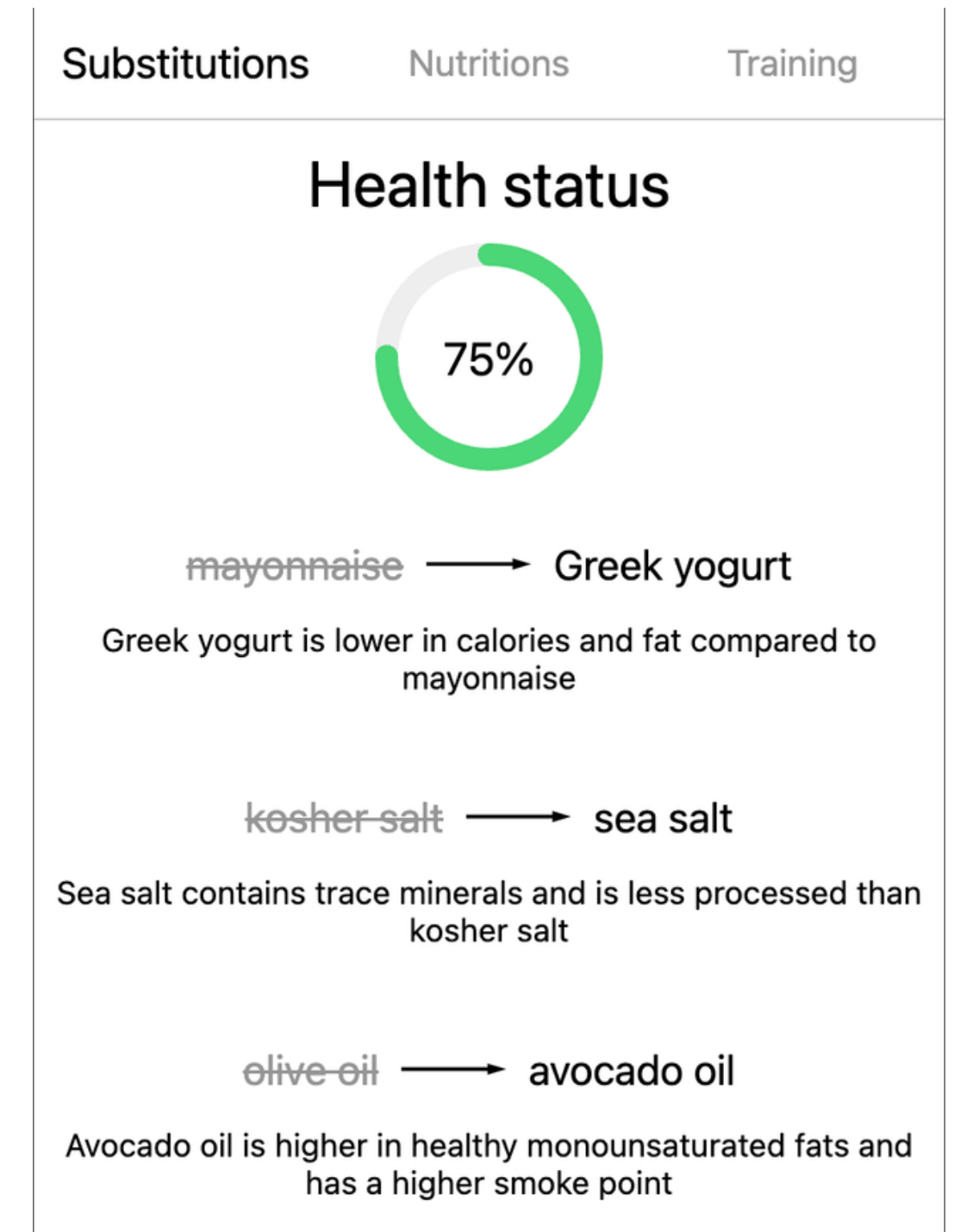
☐ Pregnancy

Continue

Mental and physical health

The HELFIMED trial suggests that a specific diet rich in fish oils not only improves the overall quality of life and mental health in individuals with depression but also emphasizes that opting for fish oils over oils derived from animals is a healthier choice, which can further enhance mental well-being.

WHO emphasizes the urgency of prioritizing nutrition as a cornerstone of public health. By addressing challenges posed by malnutrition, we foster healthier individuals and contribute to a more resilient world. Nutrition isn't just about sustenance, it's the key to our body's vitality, influencing immune strength, bone resilience, and overall well-being. Investing in proper nutrition is an investment in the foundation of our health, enabling our bodies to thrive and contribute to a stronger global community.



The essence of substitutes

Smart Swap: Butter to Avocado for a Healthier You 🥑

Heart-Healthy Fats: Unlike saturated fats found in butter, avocados are rich in monounsaturated fats, which promote heart health.

Cholesterol Friendly: Avocados are known to have a positive impact on cholesterol levels. They can help raise HDL (good cholesterol) while lowering LDL (bad cholesterol).

Nutrient-Rich: Avocados are a powerhouse of nutrients, including potassium, vitamin K, vitamin E, and folate.

Fiber Boost: Avocados are a great source of dietary fiber, aiding digestion and promoting a feeling of fullness.

Substitutions

Nutritions

Training

TABLE

COMPARISON

INGREDIENTS

SUBSTITUTIONS

Total Nutritional Values

	TOTAL	NRV
Energy	2274.03 kcal	113.70%
Total lipid (fat)	215.99 g	332.30%
Protein	25.25 g	50.50%
Cholesterol	46.75 mg	15.58%

Ingredients Nutritional Values

spinach

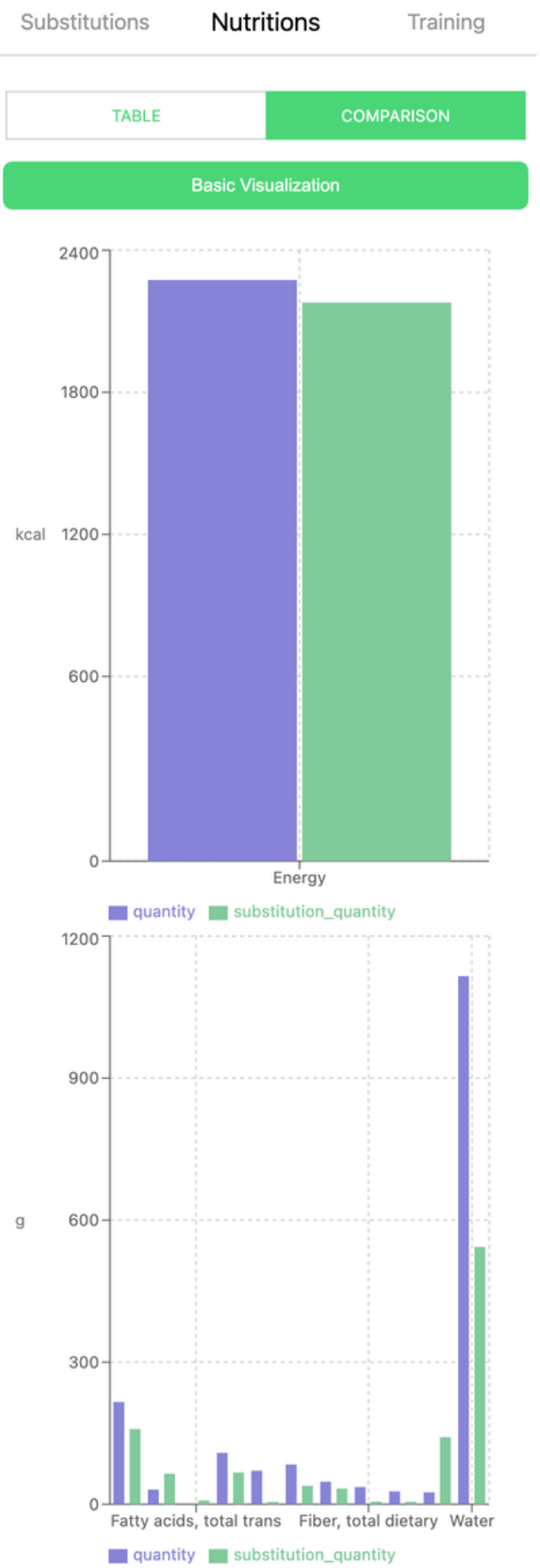
Energy	2.30 kcal
Total lipid (fat)	0.04 g
Protein	0.29 g
Cholesterol	0.00 mg

parsley

Energy	21.60 kcal
Total lipid (fat)	0.47 g
Protein	1.78 g
Cholesterol	0.00 mg

The key - Nutritions

Checking nutrition labels is essential as it provides vital information about the food we consume. It helps individuals manage their calorie intake, understand ingredient composition, and cater to dietary restrictions or allergies. Monitoring sugar, salt, and fat content aids in preventing chronic illnesses. By making informed choices based on nutrition labels, people promote overall health and well-being, fostering a healthier lifestyle.



<- advanced visualization

Detailed analyze

simple visualization->

Substitutions	Nutritions	Training
TABLE	COMPARISON	
Advanced Visulization		
Energy: 2274.03 -> 2178.63		-4.20%
Total lipid (fat): 215.99 -> 158.86		-26.45%
Carbohydrates (net): 47.57 -> 33.17		-30.26%
Fiber, total dietary: 36.40 -> 5.67		-84.42%
Water: 1115.37 -> 543.52		-51.27%
Sodium, Na: 2311.30 -> 3506.00		+51.69%
Calcium, Ca: 542.15 -> 666.45		+22.93%
Magnesium, Mg: 286.91 -> 187.26		-34.73%

Boost Your Wellness - Move More

Move your body, boost your health! Regular sports activity is key to a thriving organism. From a stronger heart to a happier mind, here's why it's essential:

- Muscle and Bone Strength: Builds and maintains strong muscles and bones.
- Heart Health: Boosts cardiovascular fitness, reducing the risk of heart diseases.
- Mental Well-being: Releases endorphins, easing stress and enhancing mood.
- Respiratory Benefits: Improves lung function and overall respiratory health.

Substitutions Nutritions Training

Training suggestion

Prefered activity: Fitness

Your meal contains of 2274 kcal, to burn that you have to:

- Walking for 454 minutes
- Running for 199 minutes
- Cycling for 227 minutes
- Swimming for 189 minutes
- Weight lifting for 284 minutes

Here are our traing plans for you based on your preferences:

1. High-Intensity Interval Training (HIIT)

This type of workout alternates between intense bursts of exercise and short recovery periods. It is effective for burning calories and improving cardiovascular fitness.

For the health and wellbeing!

Future of RecipeMe

Support for allergens

In the future we would like to get from users information about their allergies and then customize ingredients based on allergens, promising a future where everyone can enjoy healthier, allergen-free meals with ease.

increase the number of supported sites

At present, our app exclusively supports AllRecipes.com, the largest global recipe platform. We are planning to expand our reach and include more diverse recipe sources in the near future.

Integration with online delivery app

A great feature could be the ability to order ingredients directly for your selected recipes. We would make the whole process as fast and effortless as possible, enhancing your cooking experience like never before.

Green Goddess Salad

Be the first to rate & review!

1 PHOTO

A simple romaine salad topped with classic green goddess dressing made with mayonnaise, parsley, spinach, basil, tarragon, and lemon juice.

By [Julia Levy](#)

Published on February 1, 2023

🟢 Tested by [Allrecipes Test Kitchen](#)

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Substitutions

Nutritious

Training

Health status

80%

mayonnaise

→

plain Greek yogurt

Greek yogurt is lower in calories and fat compared to mayo

salt

→

sea salt

Sea salt contains trace minerals that are beneficial for health

olive oil

→

avocado oil

Avocado oil has a higher smoke point and healthier fat profile

baby spinach

→

kale

Kale is a nutrient-dense leafy green with higher amounts of