**Overview**

Today, more than ever we are scraping for more minutes in the day after work and before bed to spend more time with our families and decompress. While many of us, myself included, find cooking very relaxing and fulfilling, often it is the last thing we want to do at the end of what was potentially a long day. This feeling of "I have to cook tonight" is no doubt heightened when it's a mammoth task to find something everyone in your house will not only eat but will nourish and sustain them. This is where META Foods comes into the picture, providing everyone from all walks of life a means of easily having affordable, delicious and healthy meals every night of the week. The cooking is still up to you (we aren't quite there yet) but we have taken care of doing all of the thinking for you when it comes to meeting your entire families dietary requirements, health goals and taking grocery shopping out of the equation while still supporting your local supermarkets.

**What are your motivations for your project?**

The motivations for this app are to bring something to the public to make life that little bit easier, to help people with planning meals to their requirements. Giving people a chance to make and eat healthier food in the age where it is made to think it is cheaper to eat junk food and to help those with food intolerances to have more variety with their menus.

**Why is this project important or interesting?**

This app is interesting as it doesn’t just cater for one specific genre. This app caters for everyone. This app does the thinking for you when it comes to meeting your entire family’s dietary requirements, health goals and taking grocery shopping out of the equation while still supporting your local supermarkets. This app is important for those on a low income who can’t afford expensive elaborate meals but can still eat healthy and making sure their family eats healthy. This app is also important as it will make food preparation easier for those who lead busy lives with family where time is limited.

**How does it fit in with current IT trends?**

The app fits in with current IT trends as a lot of people use internet and online services, either through their smart phones or home PC’s and laptops. This app fits in with current IT trends as it utilises online grocery shopping, the use of databases for recipe searching and it fits in with current trends because of where the direction of the IoT is going, everything is becoming online based and people are using apps for everything to make life easy and integrated with their daily life.

**What would it show to a future employer if you were able to work on this project?**

This would show a future employer that we could effectively work as a team, meet deadlines, successfully complete the project and show that we can affectively work with the technology and software tools we have. As a team it would show a future employer how we utilise these skills in different areas and supporting our fellow teammates where it is needed.

**What similar systems or products are available?**

There are a lot of similar systems and products available online such as; Allrecipes dinner spinner, mealime, foodplanner, mealplan+, mealboard, eat this much, yummly and many more. <https://www.digitaltrends.com/mobile/best-meal-planning-apps/>

**What competitors are there?**

The types of competitors that we will be up against are mealime, foodplanner, mealplan +, mealboard, eat this much, yummly, Hello Fresh, Paprika and Veganised. <https://www.digitaltrends.com/mobile/best-meal-planning-apps/>

**What points of difference are there about your project compared to what exist now?**

There are delicious and healthy meals every night of the week. The cooking is still up to you (we aren't quite there yet) but we have taken care of doing all of the thinking for you when it comes to meeting your entire families dietary requirements, health goals and taking grocery shopping out of the equation while still supporting your local supermarkets. The difference between our project than most that are readily available online now is that ours interfaces with the local supermarket.