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# NutriEats

A Nutrition-Focused Food Delivery App

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# Overview

- NutriEats offers personalized, nutritious food delivery options tailored to user goals like weight loss, weight gain, snacking, and sugar-free needs.

# Introduction

- Rising awareness of health and nutrition has led to increased demand for healthy meal delivery. NutriEats delivers convenient, goal-oriented food choices.

# Problem Statement

- Busy lifestyles lead to poor eating habits. Existing food delivery apps lack a focus on health. NutriEats addresses this gap.

# Objectives

- Deliver healthy, goal-specific meals.
- Recommend meals based on preferences and goals.
- Show ingredients and nutritional details.
- Offer scheduled deliveries and meal plans.
- Educate users on nutrition via tips and blogs.

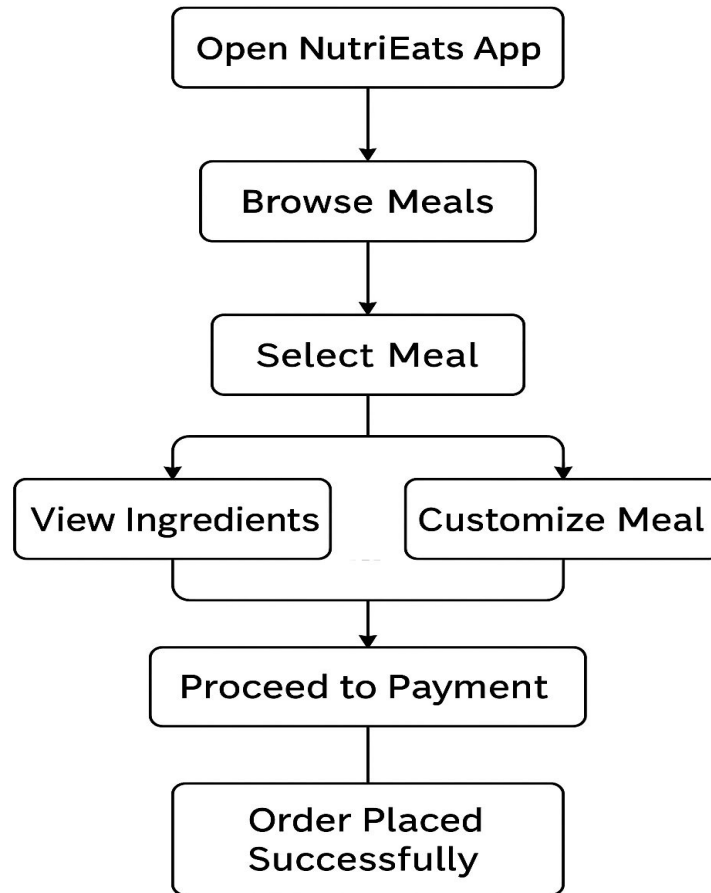
# Requirements

- Frontend: Flutter (Dart)
- Backend: Firebase Firestore
- Authentication: Firebase Authentication
- Features: Meal selection, ingredients view
- Meal Types: Weight Loss, Gain, Light Snacks, Sugar-Free

# Literature Survey

- 1. Health-oriented Food Delivery Systems (2020): AI and meal personalization
- 2. Smart Nutrition Tracking in Apps (2019): Influence of mobile apps on eating habits

# Proposed Design





# Implementation

- Implemented Flutter frontend with Firebase backend.
- Meal categories, ingredients, and nutrition info displayed.
- Secure login, search,filter,edit profile .

# Results and Analysis

- Users can find suitable meals easily.
- Ingredients and nutrition data improves decision-making.
- App is intuitive and secure with Firebase integration.

# Conclusion

- NutriEats combines convenience with nutrition. Custom meal options empower users to eat healthy. A step toward health-first food delivery.

# References

- - <https://calorieninjas.com/api>
- - Journal of Mobile Computing, 2019
- - Flutter and Firebase Docs