

Search deals



Adjust location

View Shopping List

Enter location to search local deals



Search

Use my current location



Search deals

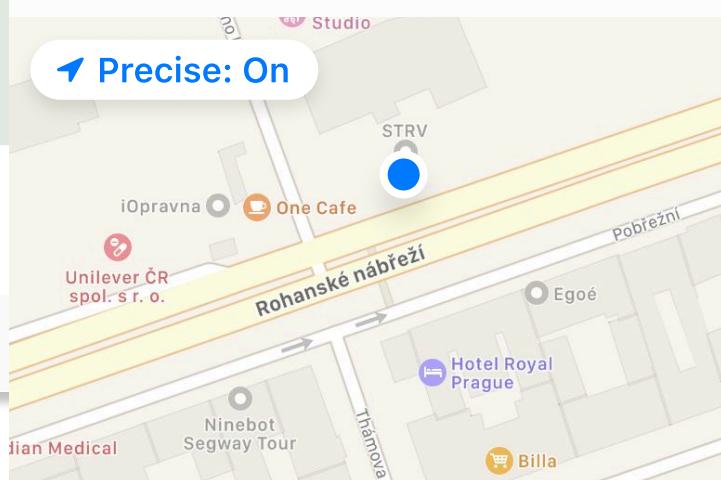


Adjust location

View Shopping List

Allow "Meal Mate" to use your location?

Your precise location is used to show your position on the map, get directions, estimate travel times and improve search results



Allow Once

Allow While Using the App

Don't Allow



Search deals



Adjust location

View Shopping List

Enter location to search local deals

University of Toronto Scarborough

Use my current location

"The"

the

to

q w e r t y u i o p

a s d f g h j k l

z x c v b n m

ABC

space

return



Search deals



Adjust location

View Shopping List

Exploring flyers near: M1C 14A



Walmart

799 Milner Ave, Scarborough
ON M1B 3C3
7am-11pm

1.4 km away



Fusion Supermarket

799 Milner Ave, Scarborough
ON M1B 3C3
7am-11pm

1.5 km away



Food Basics

2900 Ellesmere Rd,
Scarborough ON M1E 4W5
8am-9pm

1.7 km away



No Frills

360 McLevin Ave, Toronto ON
M1B0C2
8am-9pm

4.2 km away



FreshCo

1255 McCowan Rd,
Scarborough ON M1H 2K3
7am-10pm

5.4 km away



Avocado



Adjust location

View Shopping List

Exploring flyers near: M1C 14A



Walmart

799 Milner Ave, Scarborough
ON M1B 3C3
7am-11pm

1.4 km away



**Fusion
Supermarket**

799 Milner Ave, Scarborough

"The"

the

to

q w e r t y u i o p

a s d f g h j k l

z x c v b n m

ABC

space

return



Avocado



Adjust location

View Shopping List

Avocado near: M1C 14A



\$1.27

Avocados

\$1.27

Walmart



799 Milner Ave, Scarborough
ON M1B 3C3

7am-11pm

1.4 km away



PKG OF
5 OR 6

3.99

Avocados

5 or 6 pkg

\$3.99

No Frills



360 McLevin Ave, Toronto ON
M1B0C2

8am-9pm

4.2 km away



2.88

MEMBERS SAVE \$1
1.88

Avocados

5 pkg

\$2.88

FreshCo



1255 McCowan Rd,
Scarborough ON M1H 2K3
7am-10pm

5.4 km away



Walmart

Save money. Live better.

SAVE 68%

Save 2.03

94¢



SAVE 35%

Save 2.14/lb.

\$3.97



1 lb.

SAVE 33%

Save \$2

\$3.97



SAVE 37%

Save 2.93

\$4.94

Deli Express Breaded Chicken Strips, Nuggets or Burgers
Each 550 g - 560 g #3054540

1,000s of Rollbacks • In-store & online

Up to 30% off

Rollback

Save 1.71

\$2.77

McCain Superfries, Breakfast or Bistro Fries

Each Selected varieties 454 g - 800 g #3099752

Rollback

Save \$10

\$14.97

Cashmere Bathroom Tissue 30 x 62, 253 Sheets per Roll or UltraCare 20 x 40, 198 Sheets per Roll Pack #3005163

Save 1.71

\$2.77



Shopping List

Walmart

Avocados

\$1.27



"Avocados" added to shopping list

UNDO

Avocado near: M1C 14A



\$1.27

Avocados

\$1.27

Walmart



799 Milner Ave, Scarborough
ON M1B 3C3

7am-11pm

1.4 km away



PKG OF 5 OR 6

AVOCADOS
Product of Mexico
3042210011A

Avocados

5 or 6 pkg

\$3.99

No Frills



360 McLevin Ave, Toronto ON
M1B0C2

8am-9pm

4.2 km away



2.88
200 Card
Avocados 5 pk
Product of Mexico

Avocados

5 pkg

\$2.88

FreshCo

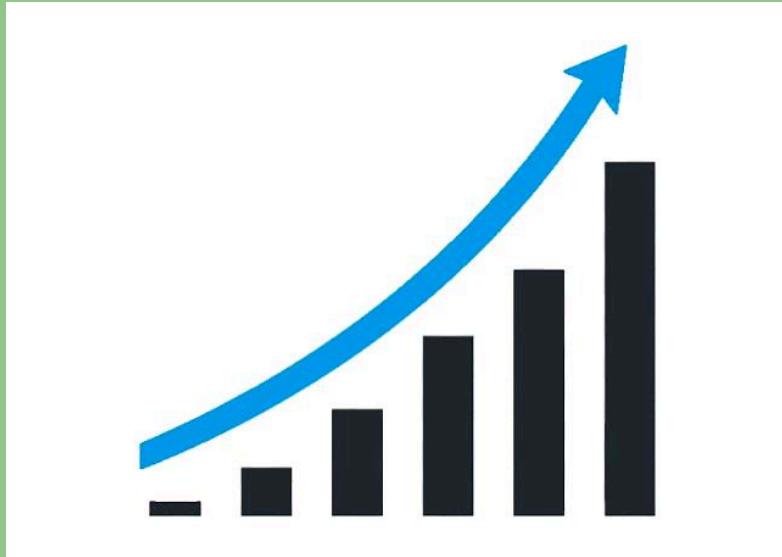


1255 McCowan Rd,
Scarborough ON M1H 2K3
7am-10pm

5.4 km away



Track stats



Enter waste information

View total waste saved

View total money saved





Enter waste information

Ingredient name

Quantity (g)

Cost (\$)

Date of purchase

Expiration date

Submit

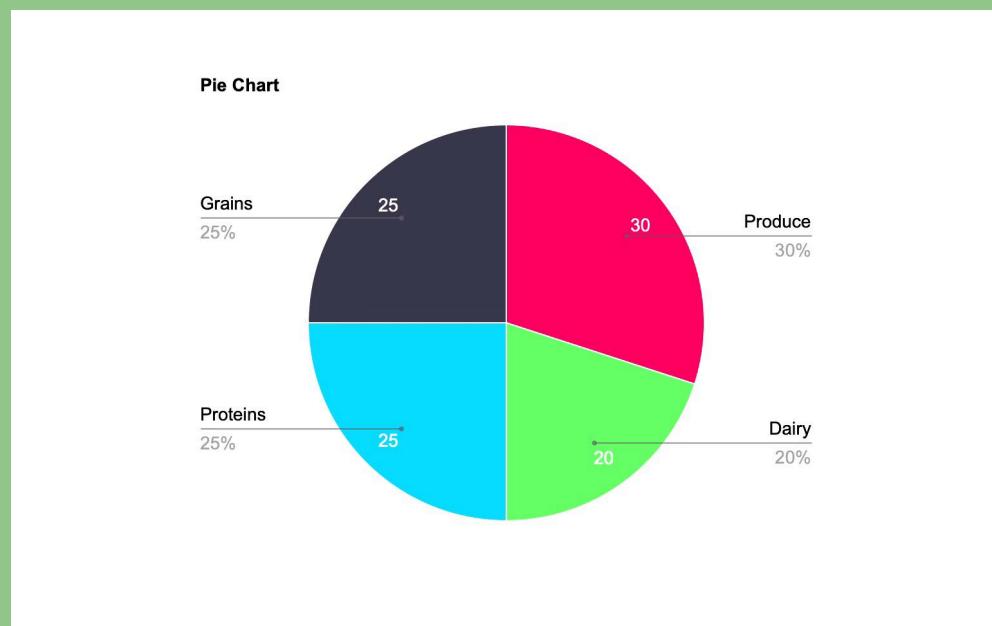




Total waste saved

Amount: 742 g

Ingredient type distribution



Environmental impact:

Water savings: 1.2 L

Top ingredients saved:

- Milk
- Eggs
- Bread
- Potatos





Total money saved

Amount: \$ 1894

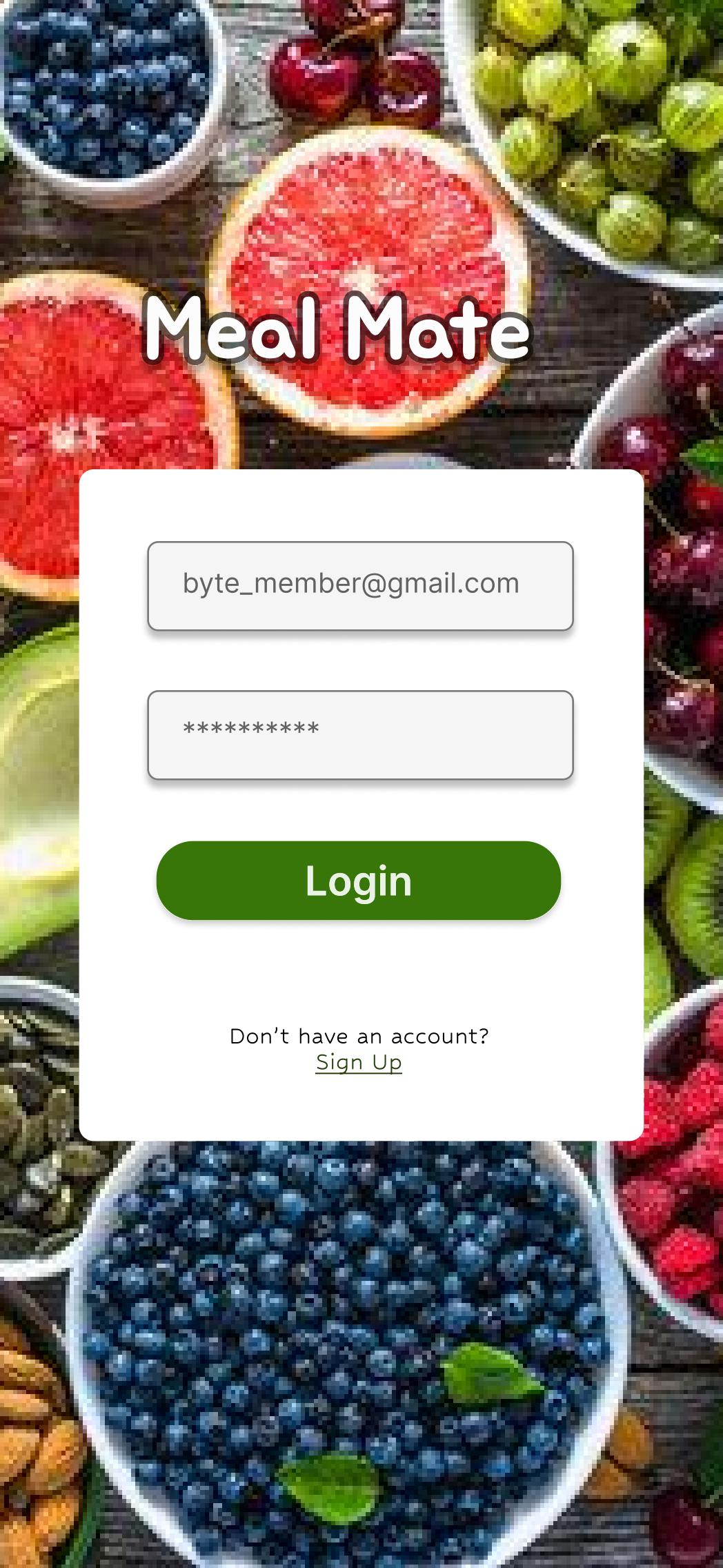
Distribution over time



Savings from each category

- Dairy: \$ 324
- Produce: \$ 544
- Proteins: \$ 789
- Grains: \$ 237



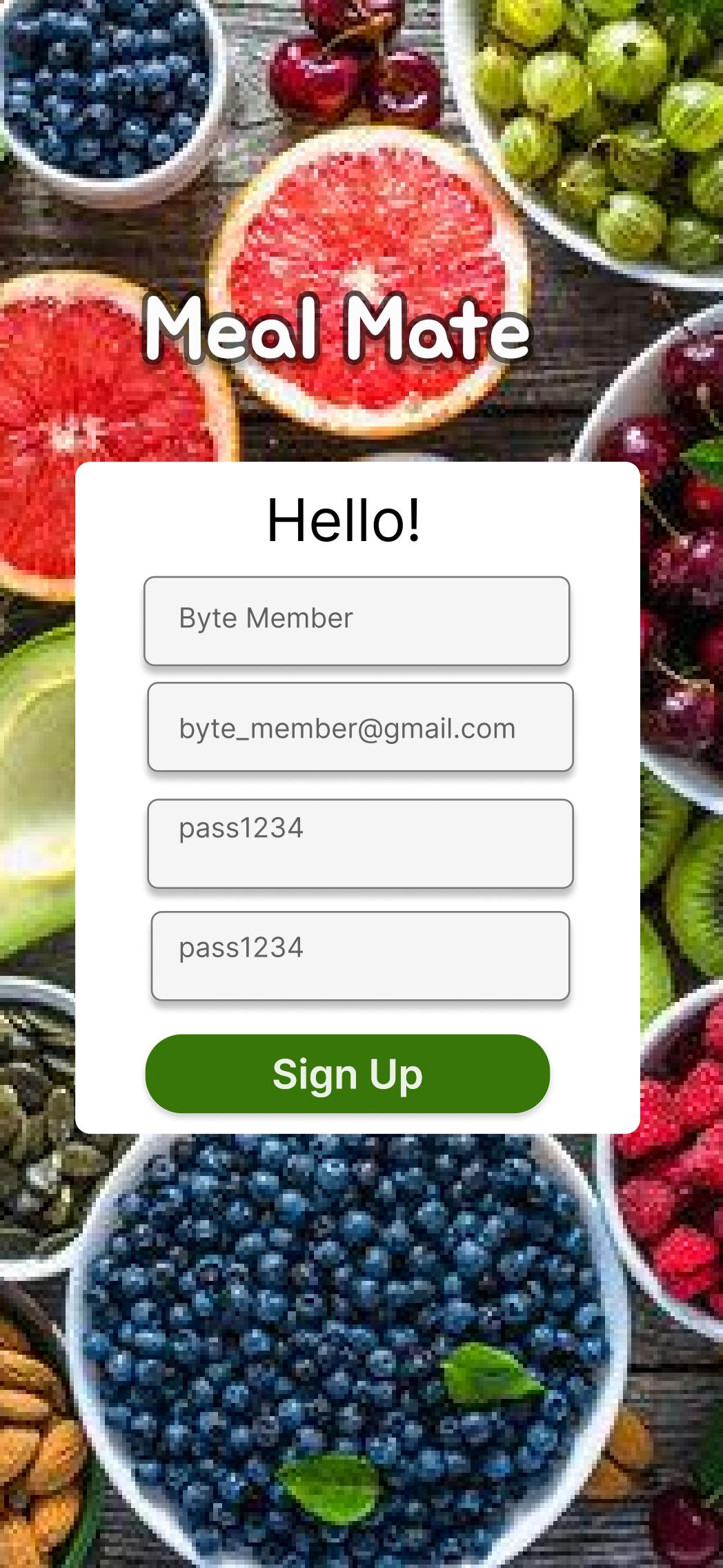


Meal Mate

Login

Don't have an account?

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Meal Mate

Hello!

Byte Member

byte_member@gmail.com

pass1234

pass1234

Sign Up



PROFILE

**Username**

Byte Member

**Email**byte_member@gmai
l.com**Password**

pass1234

[Logout](#)



Search Recipes



Easy Dinner





Search Recipes



Search Recipes



What's in your kitchen ?



Find recipes based on what you already have at home !



Popular



Under 30 minutes



Easy Dinner



Breakfast



3 ingredients



Dessert



Chicken





Chicken





Search Recipes





Search Recipes



PANTRY



Current Ingredients

Add Ingredients





Chocolate fudge

Chocolate fudge is a rich, creamy treat made from chocolate, sugar, butter, and milk. Its smooth, melt in your mouth texture and intense chocolate flavour make it a popular sweet indulgence.



4.5



30-40min



500kcal

Missing Ingredients



Pistachio Biscotti



Pistachio Biscotti

Pistachio Biscotti are crunchy Italian cookies studded with pistachios, perfect for dunking in coffee or tea. Their nutty flavor and crisp texture make them a delightful treat.



4.0



1-2 hour



500kcal

Missing Ingredients



Zucchini Lasagna



Zucchini Lasagna

Zucchini Lasagna is a low-carb twist on the classic, using thin zucchini slices instead of noodles layered with marinara, ricotta, and mozzarella. It's light, flavourful, and packed with veggies!



4.0



1-2 hour



500kcal

Missing Ingredients



Avocado Bean Bowl



Avacado-Bean Bowl

An Avocado and Bean Salad Bowl is a fresh, protein packed meal with creamy avocado, hearty beans, and crisp veggies, tossed in a zesty dressing. Perfect for a light yet satisfying meal!



400cal

Missing Ingredients





English Muffin

An English muffin is a round, flat bread with a soft interior and a crispy exterior, often toasted and served for breakfast. It's delicious with butter, jam, or as the base for eggs Benedict.



4.0



1-2 hour



500kcal

Missing Ingredients



Full English Breakfast



Full English Breakfast

A Full English Breakfast is a hearty meal featuring bacon, sausages, eggs, baked beans, grilled tomatoes, and toast or fried bread. It's a traditional British breakfast that's both filling and satisfying!



4.0

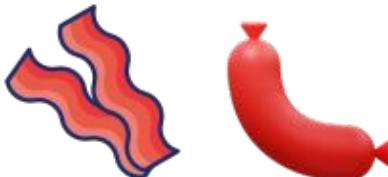


1-2 hour



500kcal

Missing Ingredients





BBQ Chicken

BBQ Chicken is tender, juicy chicken marinated or coated in tangy barbecue sauce and grilled or baked to perfection. It's a flavorful dish often served with sides like coleslaw or cornbread.



3.5

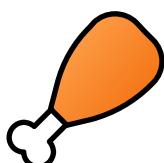


1-2 hour



500cal

Missing Ingredients



Honey Seasoned Chicken



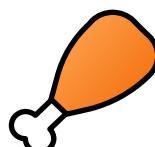
Honey Seasoned Chicken

Honey Seasoned Chicken features tender chicken marinated in a sweet and savory mixture of honey and spices, then baked or grilled to perfection. It's a delightful dish with a deliciously caramelized glaze.



500kcal

Missing Ingredients





Squash Soup



Squash Soup

Squash soup is a creamy, comforting dish made by blending roasted or sautéed squash with onions, garlic, and warm spices like cinnamon or nutmeg. It's rich in flavor and perfect for chilly days!



4.0 20 mins 500kcal

Missing Ingredients



Grilled Chicken Bowl



Grilled Chicken Bowl

A Grilled Chicken Bowl features marinated and grilled chicken served over rice or greens, topped with fresh vegetables and flavorful sauces. It's a delicious and balanced meal perfect for any time of day!



30-60 mins



500kcal

Missing Ingredients



Avocado Egg Bowl



Avocado Egg Bowl

An Avocado Egg Bowl features creamy avocado paired with a perfectly cooked egg, often topped with fresh veggies and herbs. It's a nutritious and satisfying dish, ideal for breakfast or brunch!



3.8



30-60 mins



400cal

Missing Ingredients





Your Ingredients



Dairy

Creamer

Milk

Yogurt



Fruits and Vegetables

Cucumber

Grapes

Paprika

Radish

Tomatoes



Bread

Croissant

Grain Bread



Meat

Lamb

Chicken

Turkey



Spices

Salt

Sugar

Pepper





Add your ingredients



Manually enter



Scan barcode



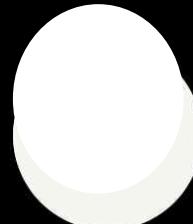


PORTRAIT

PHOTO

VIDEO

MORE





Search for ingredient

Apple



Red Delicious Apple

Gala Apple

Ambrosia Apple

Honey Crisp Apple

Fuji Apple





Your Ingredients



Dairy

Creamer

Milk

Yogurt



Fruits and Vegetables

Cucumber

Grapes

Paprika

Radish

Tomatoes



Bread

Croissant

Grain Bread



Meat

Lamb

Chicken

Turkey

Canned Tuna



Spices

Salt

Sugar

Pepper





Search for ingredient

Apple





Search for ingredient

Apple



Red Delicious Apple

Gala Apple

Ambrosia Apple

Honey Crisp Apple

Fuji Apple





Search for ingredient

Apple



Red Delicious Apple

Gala Apple

Ambrosia Apple

Honey Crisp Apple

Fuji Apple

Add ingredient





Your Ingredients



Dairy

Creamer

Milk

Yogurt



Fruits and Vegetables

Cucumber

Grapes

Paprika

Radish

Tomatoes

Fuji Apples



Bread

Croissant

Grain Bread



Meat

Lamb

Chicken

Turkey



Spices

Salt

Sugar

Pepper

