

ABSTRACT

The app is designed with a high degree of flexibility, allowing users to adjust ingredients in real time to meet their specific health needs. Whether it's reducing sugar for diabetic users, cutting down on salt for those with hypertension, or adjusting spice levels for those with sensitive stomachs, the app makes these modifications seamless. This feature provides users with the power to tailor each meal to their individual health requirements, ensuring that they can still enjoy their food without compromising on their dietary restrictions. Real-time updates reflect how ingredient changes affect the nutritional profile of the meal, helping users make informed decisions that align with their health goals. To further enhance convenience, the app enables users to quickly order their customized meals for home delivery. This ensures that health-conscious individuals can enjoy nutritious meals tailored to their preferences without the need for meal prep or shopping. The user interface is designed to be accessible to everyone, including individuals with chronic health conditions, those following strict dietary guidelines, or even casual users looking to maintain a balanced diet. By providing real time updates on how ingredient adjustments impact nutrition and offering convenient delivery options, the app fosters a health-focused lifestyle that is accessible, easy to use, and adaptable to a wide range of needs.