

PROJECT OVERVIEW

Introduction: The Meal App is a mobile application designed to provide users with a convenient and efficient way to plan, prepare, and track their meals. The app aims

to simplify the meal planning process, offer personalized meal recommendations, and promote healthy eating habits. By leveraging technology and nutrition expertise,

the Meal App aims to help users achieve their health and wellness goals.

Key Features:

1. Meal Planning:

- Users can create personalized meal plans based on their dietary preferences, goals, and restrictions.
- The app offers a wide range of recipes from various cuisines and provides nutritional information for each dish.
- Users can schedule meals for specific days, ensuring a well-balanced and organized approach to their eating habits.

2. Recipe Repository:

- The app contains a comprehensive database of recipes, including vegetarian, vegan, gluten-free, and other dietary options.
- Users can search for recipes based on ingredients, cuisine, cooking time, and dietary requirements.
- Each recipe includes detailed instructions, ingredient lists, and nutritional values.

3. Grocery List and Shopping:

- The Meal App allows users to generate a grocery list based on their

selected recipes and meal plans.

- Users can customize the list by adding or removing items and can even set reminders for shopping.
- Integration with local grocery stores enables online ordering and delivery services.

4. Nutritional Tracking:

- Users can track their daily nutritional intake by logging their meals and snacks.
- The app calculates and displays the nutritional value of each meal, including calories, macronutrients, vitamins, and minerals.
- Graphical representations and progress charts help users visualize their eating patterns and make informed decisions.

5. Personalized Recommendations:

- The Meal App employs machine learning algorithms to analyze users' preferences, eating habits, and goals.
- Based on this analysis, the app provides personalized meal recommendations and suggests recipes that align with the user's profile.
- Users can rate and save their favorite recipes, allowing the app to continually refine its recommendations.

6. Community and Social Features:

- The app fosters a sense of community by allowing users to connect, share recipes, and exchange meal ideas.
- Users can follow each other, leave comments on recipes, and participate in challenges or group meal plans.

- Integration with social media platforms enables easy sharing of achievements and culinary creations.

Technology Stack: The Meal App can be developed using a combination of technologies, including:

- Front-end: React Native, Flutter, or native development (iOS and Android)
- Back-end: Node.js, Python.
- Database: MySQL.
- Cloud Services: AWS, Google Cloud Platform, or Microsoft Azure
- Machine Learning: TensorFlow, PyTorch, or scikit-learn
- APIs: Recipe APIs, nutritional databases, social media integrations, and payment gateways

Conclusion: The Meal App provides a comprehensive solution for meal planning, recipe management, grocery shopping, and nutritional tracking. By leveraging technology and personalization, the app aims to simplify the process of maintaining

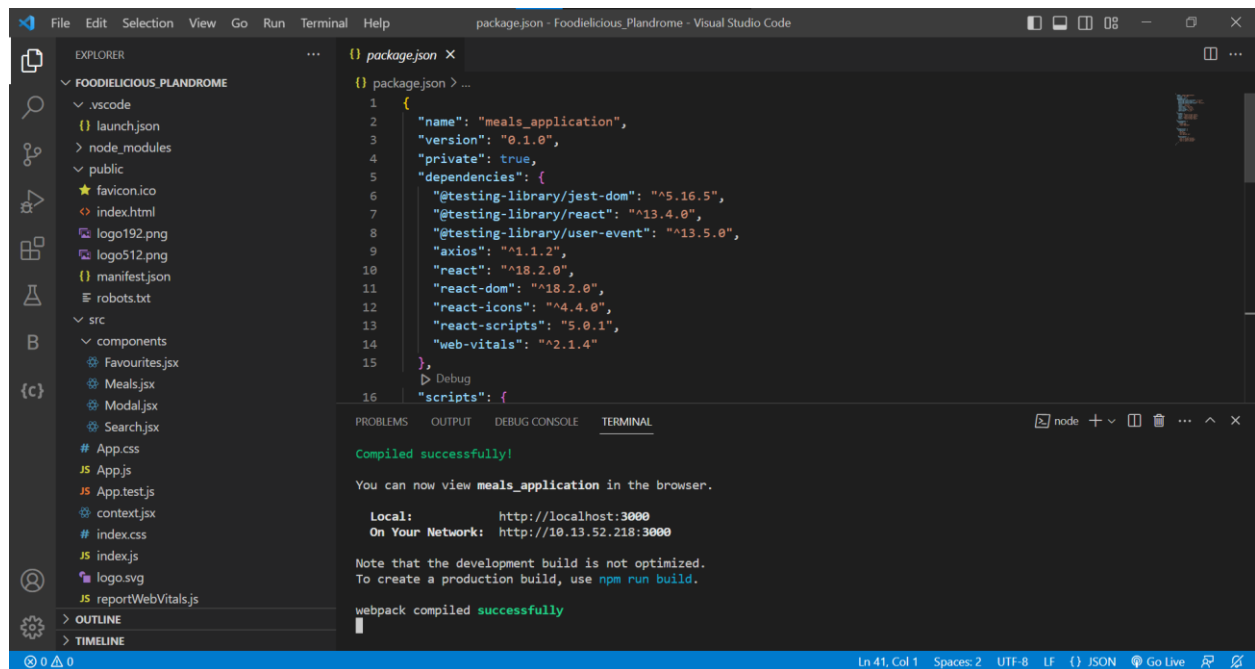
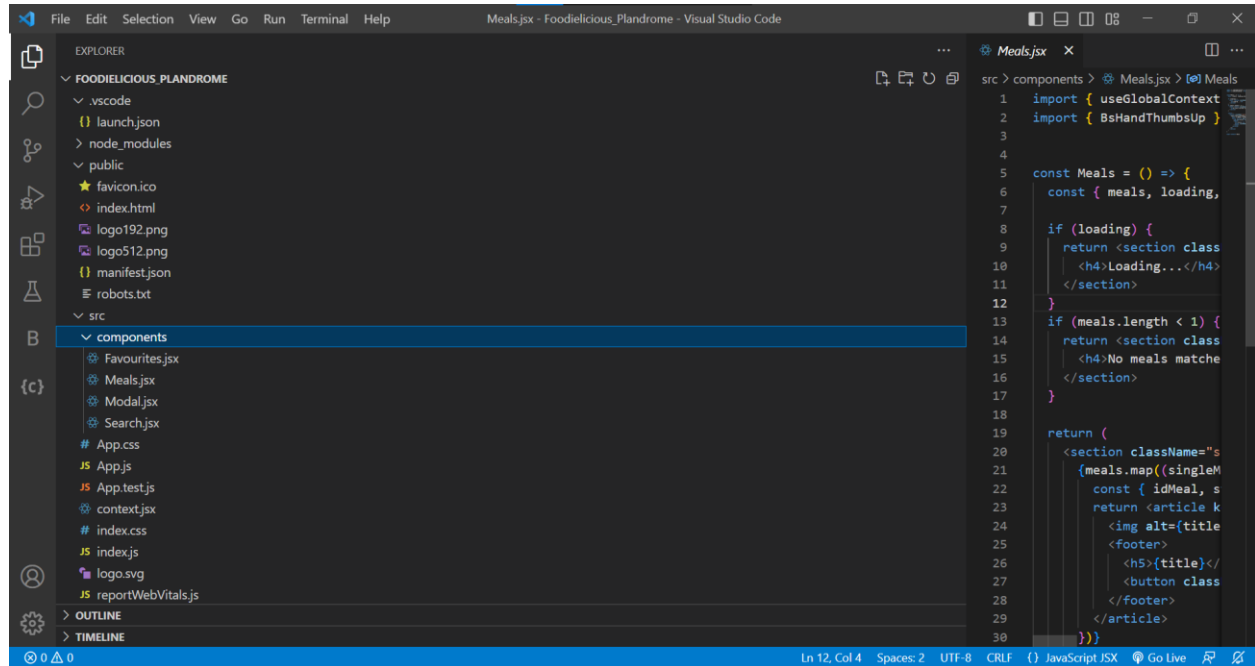
a healthy diet and achieving individual health goals. With its user-friendly interface,

extensive recipe repository, and community features, the Meal App strives to make meal planning an enjoyable and rewarding experience for users.

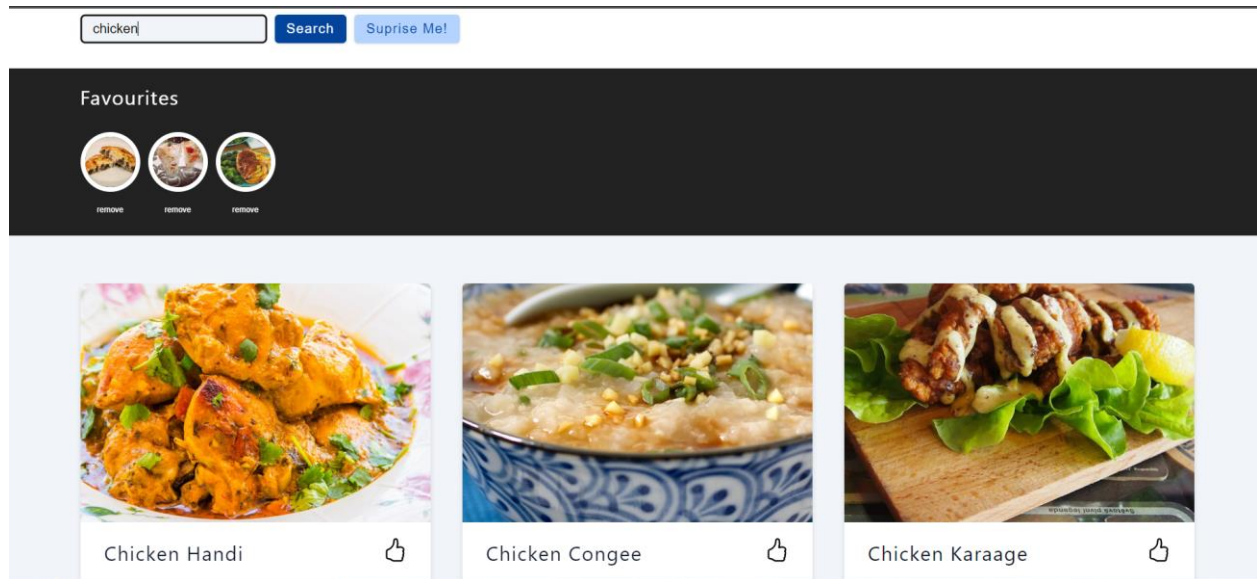
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SCREENSHOT

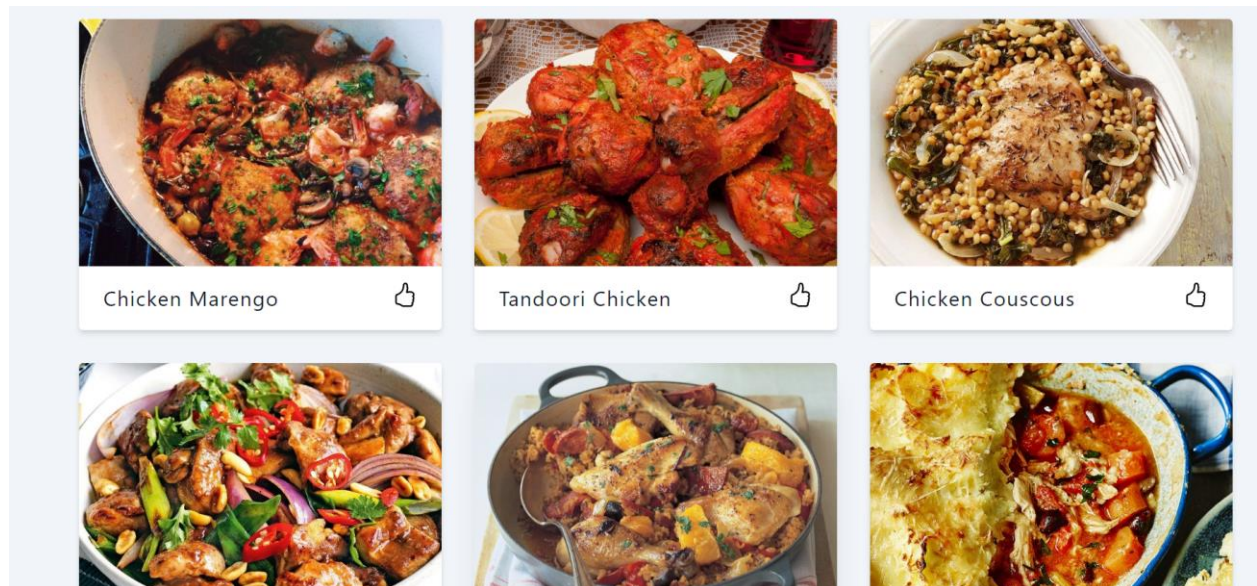
- Overview of the Projects.

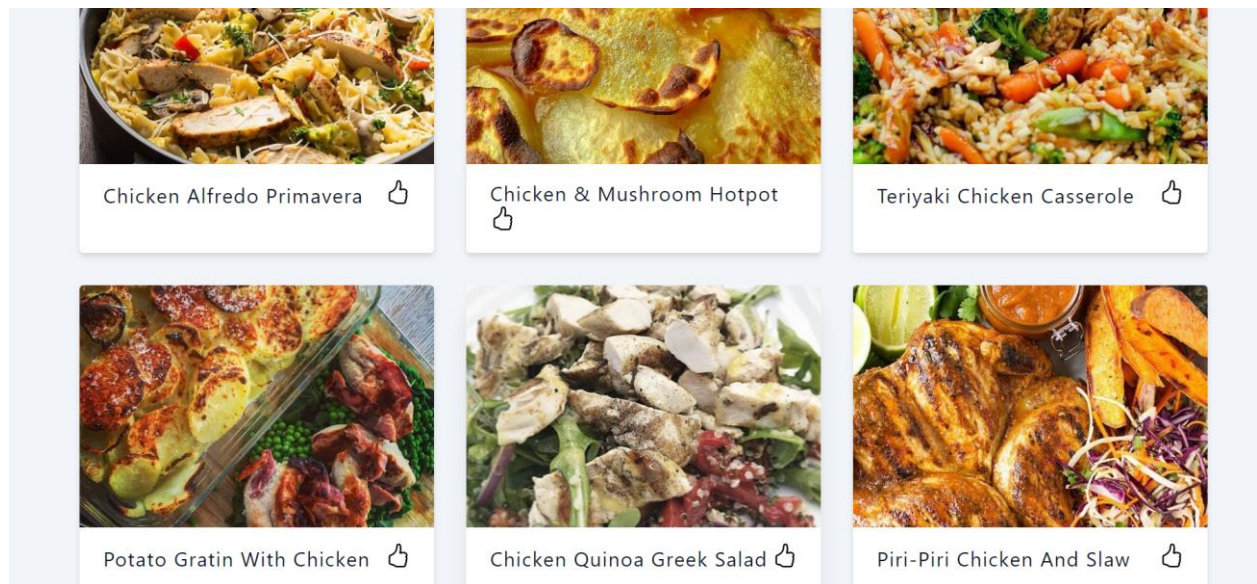


- Package installed as per their Requirements.
- And use command “npm start” to run react app in the browser you were selected.

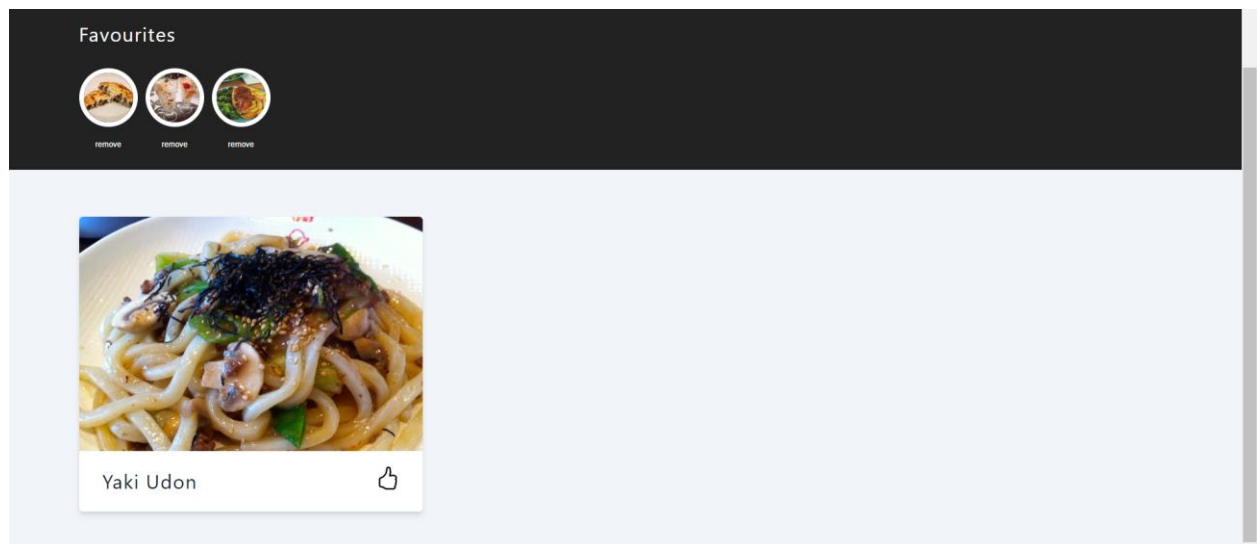


- On browser food meal app is open. There you can see lots of suggestion.
- You can Search any meal name for example “ Chicken” .






- After searching the chicken, it shows multiple of the dishes name as per chicken.
- And when you like any meals it shows on your Favourites list. It Only shows favourite only after click like button .



- When you click on surprise me , It shows you a new meal for an offer.



Kung Pao Chicken

Cooking Instructions

Combine the sake or rice wine, soy sauce, sesame oil and cornflour dissolved in water. Divide mixture in half. In a glass dish or bowl, combine half of the sake mixture with the chicken pieces and toss to coat. Cover dish and place in refrigerator for about 30 minutes.

- This app give you basic information about all of the meals.
- For example Kung pao chicken.
- There you can see the cooking instruction. You can cook in your home also.

Kung Pao Chicken

Cooking Instructions

Combine the sake or rice wine, soy sauce, sesame oil and cornflour dissolved in water. Divide mixture in half. In a glass dish or bowl, combine half of the sake mixture with the chicken pieces and toss to coat. Cover dish and place in refrigerator for about 30 minutes. In a medium frying pan, combine remaining sake mixture, chillies, vinegar and sugar. Mix together and add spring onion, garlic, water chestnuts and peanuts. Heat sauce slowly over medium heat until aromatic. Meanwhile, remove chicken from marinade and sauté in a large frying pan until juices run clear. When sauce is aromatic, add sautéed chicken and let simmer together until sauce thickens.


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Chicken & mushroom hot-pot

By [Good Food team](#)

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⌚ Prep: 25 mins
🌿 Easy
🍴 Serves 4

⌚ Cook: 35 mins



Get the kids in the kitchen to help use up leftover cooked chicken in this hearty pie topped with slices of potato

✳️ Freezable

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
343	15g	7g	29g	3g	3g	22g	1.1g

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Ingredients

50g [butter](#) or margarine, plus extra for greasing

1 [onion](#), chopped

100g [button mushrooms](#), sliced

40g [plain flour](#)

1 chicken stock cube or 500ml fresh chicken stock

pinch of [nutmeg](#)

pinch of [mustard powder](#)

250g [cooked chicken](#), chopped

2 handfuls [of a mixed pack of sweetcorn](#), peas, broccoli and carrots, or pick your

Method

STEP 1

Heat oven to 200C/180C fan/gas 6. Put the butter in a medium-size saucepan and place over a medium heat. Add the onion and leave to cook for 5 mins, stirring occasionally. Add the mushrooms to the saucepan with the onions.

STEP 2

Once the onion and mushrooms are almost cooked, stir in the flour – this will make a thick paste called a roux. If you are using a stock cube, crumble the cube into the roux now and stir well. Put the roux over a low heat and stir

- It helps you to full details about Recipes. Ingredients and method where give. For cooking purpose.
- In the below if you are not interested to cook you can order too.

REFERENCES

1. MyFitnessPal: This app allows you to track your daily calorie intake, set goals, and provides a large database of food items with their nutritional information.
2. Fooducate: Fooducate helps you make healthier food choices by providing information on the nutritional value of various food products. It also offers personalized recommendations based on your dietary goals.
3. Yummly: Yummly is a recipe app that offers a wide range of recipes with detailed instructions. You can search for recipes based on your dietary preferences, and the app provides personalized recommendations based on your taste and preferences.

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