Yep! You can use **Android Studio on your Mac** and it’ll feel almost identical to your Windows setup—same UI, same Flutter plugin, same hot reload. The only difference for iOS is that Android Studio uses **Xcode/CocoaPods under the hood** (which you already started setting up).

**Quick setup on the Mac (Android Studio + Flutter)**

1. **Install Android Studio** (from google or via Homebrew later if you want).
2. Open Android Studio → **Plugins** → install **Flutter** (it will pull in **Dart**).
3. When it asks for the Flutter SDK path, point to:  
   /Applications/flutter  
   (or run flutter --version first so you know it’s installed)
4. Open your project: **File → Open… → ~/dev/FAIAssistant**.

**Run on the iOS Simulator from Android Studio**

* Make sure you’ve finished the Xcode bits (license/components) and installed **CocoaPods**.
* Start **Simulator** (or Android Studio can start it).
* In Android Studio’s device picker (top toolbar), choose **iOS Simulator**.
* Hit **Run ▶**.  
  Hot reload/restart works exactly like on Windows.

**Run on a real iPhone (from Android Studio)**

* Plug in iPhone → Trust → enable **Developer Mode** on the phone.
* One-time: open ios/Runner.xcworkspace in Xcode → **Signing & Capabilities** → select your **Team** (Apple ID) and ensure a unique **Bundle Identifier**.
* Back in Android Studio, pick your iPhone in the device list → **Run ▶**.

**Do I have to redo this every time?**

No. Pods/Xcode steps are **one-time** (or when you add new iOS plugins). Day-to-day is just:

* Open Android Studio → Run → **Hot Reload** while you code.

If you want, I can walk you through installing the Flutter plugin and pointing it at your SDK, then your first **Run ▶** on the Simulator—step by step.