

Many college students struggle to maintain healthy eating habits due to limited time, a tight budget, and lack of cooking experience. With classes, work, and social activities, fast food or skipping meals becomes people's first choice. This leads to poor nutrition, decreased energy, and long-term health concerns. A technological solution could help by simplifying meal planning, tracking nutrition, and offering affordable recipe suggestions tailored to students' schedules and budgets. Solving this issue can improve students' physical health and academic performance.