**Project Description**

If you’re looking for a simple way to feed your family their favorite foods minus the excess fat, salt, and calories then Meal Makeovers is the app for you! Meal Makeovers features healthier, more nutrient-rich versions of the classic breakfast, lunch, dinner, snack, and dessert recipes families love …without sacrificing the familiar flavors families expect.   
  
Planning healthy family meals just got a lot easier thanks to Meal Makeovers, created by registered dietitians, mom food bloggers, and radio podcast hosts, Liz Weiss and Janice Newell Bissex (authors of “No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms”). The dietitian duo understands the daily challenge of getting healthy foods into kids’ tummies without a single complaint or battle, so they’ve taken childhood favorites–things like spaghetti and meatballs, chicken pot pie, mac & cheese, milk shakes, chocolate chip cookies, and strawberry pudding–and given them a nutritious “fix.”   
  
Meal Makeovers features 50 recipes, and new recipes will be added regularly. Each “makeover” recipe starts with a description of the dish, including tips for tweaking it to satisfy your family’s individual taste preferences as well as detailed nutrition information based on state-of-the art nutrient analysis software. A list of simple, straight-forward ingredients is followed by step-by-step instructions.   
  
Liz and Janice’s recipes are taste-bud pleasers, and they’re perfect for picky eaters. In the mood for something with a flavor kick? Try Have-It-Your-Way Tacos made with lean ground beef, black beans, a shredded carrot (hey, why not?!), and reduced-fat cheese. Craving a decadent dessert but fear all the fat? Try The Moms’ Pumpkin Whoopie Pies made with wholesome ingredients like fiber-rich whole wheat flour, light cream cheese, low-fat milk, and canned pumpkin.   
  
Meal Makeovers features the categories you’d expect—Breakfast, Lunch, Dinner, Snacks, Desserts—plus many more: 

* Kid Food Makeovers
* Holiday Classics
* New Recipes
* Pasta & Pizza
* Side Dishes
* Soups & Stews
* Vegetarian

Recipes are tagged for important attributes like gluten-free, vegan, birthday party, Halloween, smoothies, so they’re easy to search.   
  
Other Meal Makeovers features include: 

* Smart shopping lists to add ingredients directly from selected recipes
* Printing and emailing of recipes and shopping lists
* Social media sharing on Facebook and Twitter
* Search function with multiple key words
* Recipe scaling for the servings you need
* Kitchen timer
* A table of standard measurements
* A favorites section where you can save the recipes you rely on the most
* Rating and reviewing of recipes
* Links to the latest “Cooking with the Moms” radio podcast episodes
* Mouthwatering photos of every recipe