**1. Project Setup:**

**a. Initialize a Git Repository:**

* Create a new repository on platforms like GitHub or GitLab.

**b. Set Up a Development Environment:**

* Examples include Visual Studio Code, PyCharm, or WebStorm.

**2. Backend Setup:**

**a. Choose a Backend Framework:**

* Popular choices include Node.js with Express, Django for Python, or Ruby on Rails.

**b. Database Initialization:**

* Decide between SQL (e.g., PostgreSQL) or NoSQL databases (e.g., MongoDB) based on your requirements.
* Set up database schemas or documents for recipes, user profiles, feedback, etc.

**c. API Setup for ChatGPT-4:**

* Register and get access to the ChatGPT-4 API.
* Create functions to handle API calls and responses.

**3. Frontend Setup:**

**a. Decide on a Framework/Library:**

* Consider React, Angular, or Vue.js for web apps.
* For mobile, consider React Native, Flutter, or native development (Swift for iOS, Kotlin for Android).

**b. Design the Interface:**

* Start by developing static components based on your wireframes.
* Implement dynamic elements, ensuring they interact correctly with your backend.

**4. Core Functionalities Development:**

**a. User Registration & Authentication:**

* Implement sign-up, login, and possibly a password recovery mechanism.

**b. Recipe Recommendation Logic:**

* Establish chat logic where user input is processed and sent to ChatGPT-4 for recipe suggestions.

**c. User Profile Management:**

* Allow users to set dietary preferences, allergies, and other relevant information.

**5. Integration & Testing:**

**a. Connect Frontend with Backend:**

* Use AJAX calls, WebSockets, or relevant methods to fetch and post data.

**b. Test Each Feature:**

* Unit tests: Check individual components and functions.
* Integration tests: Ensure different parts of your app work together seamlessly.

**6. Feedback Loop Implementation:**

**a. Feedback Mechanism:**

* Create interfaces for users to provide feedback on recipe suggestions.
* Store this feedback for analysis and refinement of your chatbot's responses.

**7. Iterative Development & Testing:**

**a. Iterations:**

* Use agile methodologies like Scrum or Kanban for iterative development.

**b. Continuous Testing:**

* As you add features, continuously test to ensure no previous functionality breaks.

**8. Deployment:**

**a. Choose a Hosting Platform:**

* AWS, Heroku, Google Cloud, and DigitalOcean are popular options.

**b. Deploy & Monitor:**

* Monitor app performance and user interactions.

**9. Collect Feedback and Iterate:**

**a. Analyze User Interactions:**

* Use tools like Google Analytics or Hotjar to understand user behavior.

**b. Continuous Improvement:**

* Refine and enhance the app based on feedback and analysis.

Remember, this is a high-level overview. Each step will have its challenges and intricacies. Research thoroughly, and don't hesitate to seek help from relevant communities, forums, or professionals. Good luck with your project!