NutriEats

Problem statement

Many students and working individuals struggle to maintain healthy eating habits due to a lack of time, organization, and cooking inspiration.
NutriEats helps them make better food choices by offering quick, nutritious, and easy-to-follow recipes designed for a balanced lifestyle.

Target users

- Busy individuals (students, young professionals) who want to eat healthy but lack time for meal planning.
- Health-conscious users trying to improve their eating habits through balanced, home-cooked meals.
- Beginners or casual users who prefer simple, easy-to-follow instructions for preparing healthy meals.

Proposed solution

- **NutriEats** is a web application that helps users **browse**, **filter**, and **save** ("Favorites" section) healthy recipes.
- Users can explore meals by **type** (breakfast, lunch, dinner), **nutritional value**, or **preparation time.**
- Each recipe includes a **photo, list of ingredients, preparation steps, and estimated calories**, giving users all the essential information.
- The app will follow modern UI/UX principles - clean layout, intuitive navigation, and visuals that inspire healthy eating.

How we came up with the idea

The idea for **NutriEats** came from our personal experience - balancing studies, work, and daily life often left little time or energy for planning healthy meals.
We wanted to create an app that would make healthy eating simple, organized, and more visually inspiring - something we would genuinely love to use ourselves.

Team members:

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