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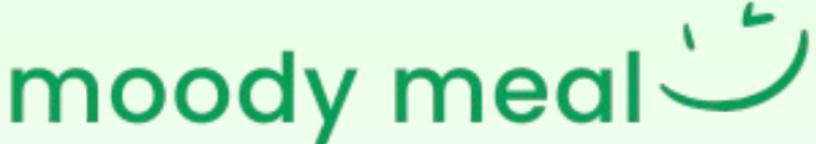
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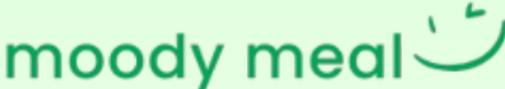
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Meals that uplift your mood and well-being

Search Here



HOW ARE YOU FEELING TODAY?

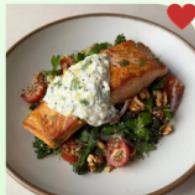


Face Scan



Scan Fridge

Suggested Meals for Your Mood



Happy 😊



Sad 😞



Stressed 😰



Energized ⚡

This Week's Highlight



Mental Health & Support



Write Your Feelings



Happy



Sad



Hungry



Energized



Relaxed



Angry



Excited



Neutral



Stressed



Analyze

Reset

Happy:

Sad:

Relaxed:

Excited:

Neutral:

Stressed:

Angry:

Hungry:

Energized:

**Here's How
You're Feeling!**

%60

%10

%30



Get Food Suggestions!



Meals

Filters



Grilled Salmon with Veggies 😊

This dish amplifies your joy by providing Omega-3 fats, which promote brain health and sustained energy. Its vibrant vegetables complement your mood and keep the positivity flowing.

Recipe:

- Marinate 1 salmon fillet with olive oil, salt, and pepper.
- Bake at 200°C for 15 minutes.
- Serve with steamed broccoli and carrots.



Creamy Tomato Soup with Garlic Bread 😋

Warm and comforting, tomato soup uplifts the mood.

Recipe:

- Chop 4 ripe tomatoes and cook in 2 cups of vegetable stock.
- Blend and add 1/2 cup of plant-based cream.
- Serve with garlic bread on the side.



Stir-Fried Veggies with Brown Rice 😢

Fiber-rich veggies and whole-grain rice support digestion and balance stress hormones.

Recipe:

- Stir-fry zucchini, bell peppers, broccoli, and mushrooms in olive oil for 5 minutes.
- Mix with cooked brown rice and add soy sauce.



Grilled Chicken with Avocado Salad ⚡

This protein-packed meal keeps you active and maintains your energy levels. The avocado adds healthy fats for sustained focus and performance.

Recipe:

- Marinate 1 chicken breast with spices and grill.
- Prepare a salad with avocado, tomatoes, and lettuce as a side.



Baked Salmon with Lemon 😊

This dish complements your calm state with its light, refreshing flavors and Omega-3 fats that support overall well-being.

Recipe:

- Bake salmon fillet with lemon slices at 180°C for 20 minutes.
- Serve with olive oil-drizzled asparagus.



Pesto Pasta with Mushrooms 😕

This carb-based meal helps boost serotonin production, promoting calmness. The rich flavors of pesto and mushrooms provide a satisfying distraction.

Recipe:

- Cook whole wheat pasta.
- Toss with sautéed mushrooms and basil pesto.



Order Food

Search Restaurant/Food



Harmonny Plate

Grilled Chicken with Avocado Salad



Gastro Glow

Pesto Pasta with Mushrooms



Vibe & Dine

Stir-Fried Veggies with Brown Rice

This Week's Highlight



Luna's Table - Shrimp and Zoodles



Profile



Mehlika Rana Akbay
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Edit Profile

Clear Profile



Talk to a Specialist



Rewards



Mood History



Dietary Preferences & Allergies



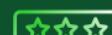
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