

Meal Composer App

19 screens

Carrier

5:28 AM



Compose a Meal

Done

Search ingredients to include or excl...

minced beef		
parmesan cheese		
Yeast		
Bread		
Egg		
Milk		
chicken breast		
italian dressing		
salt		
pepper		
vanilla ice cream		
sugar		



Include any except excluded



Exclude all except included



Include every included



Ingredients



Recipes



Meal

Carrier

5:44 AM



[Back](#)

Suggested Meal



Salad



Potato Salad

...

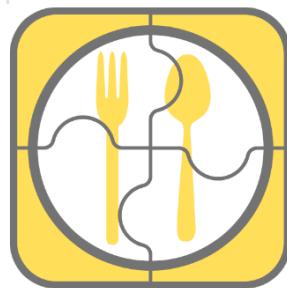
Soup



Black Beans Soup

...

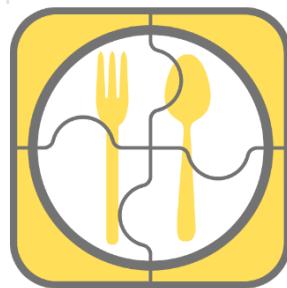
Main Course



Chicken Rice Casserole

...

Dessert



Tomato Cake

...



Ingredients



Recipes



Meal

Carrier

5:44 AM



Potato Salad

Chicken Salad

Chickpea Salad

Carrier

5:45 AM



< Suggested Meal

Done

Potato Salad

Ingredients

potatoes

mayonnaise

Egg

celery

salt

pepper

Course

Salad



URL

<https://www.gimmesomeoven.com/best-potato-salad/>

Note



Ingredients



Recipes



Meal

Carrier 

5:45 AM



Edit

Recipe



Easy Creme Brulee

Chilli Glazed Salmon

Baked Eggs with Spinach & Tomato

Chickpea Salad

Strawberry Feta Tossed Salad

Chicken Salad

Salmon and Caper

Potato Salad

Potato Soup

Tomato Soup

Black Beans Soup

Chocolate Peanut Butter Cups



Ingredients



Recipes



Meal

Carrier

5:45 AM



Recipe

Done

Chilli Glazed Salmon

Ingredients

Add



salmon



chilli sau...



scallions

Course

Main Course



URL

<https://tasty.co/recipe/3-ingredient-chili-glazed-salm...>

Note

A large, empty text input field for notes.



Ingredients



Recipes



Meal

Carrier

5:45 AM



Q Serach ingredients to add to recipe...

Egg

chicken breast

Italian dressing

salt

pepper

vanilla ice cream

sugar

salmon

chilli sauce

scallions

spinach

tomatoes

chilli flakes

Carrier 5:45 AM

< Recipe Done

Chilli Glazed Salmon

Ingredients

Add

- salmon
- chilli sau...
- scallions

Course

Main Course

URL

<https://tasty.co/recipe/3-ingredient-chili-glazed-salm...>

Note

Picke Image for recipe

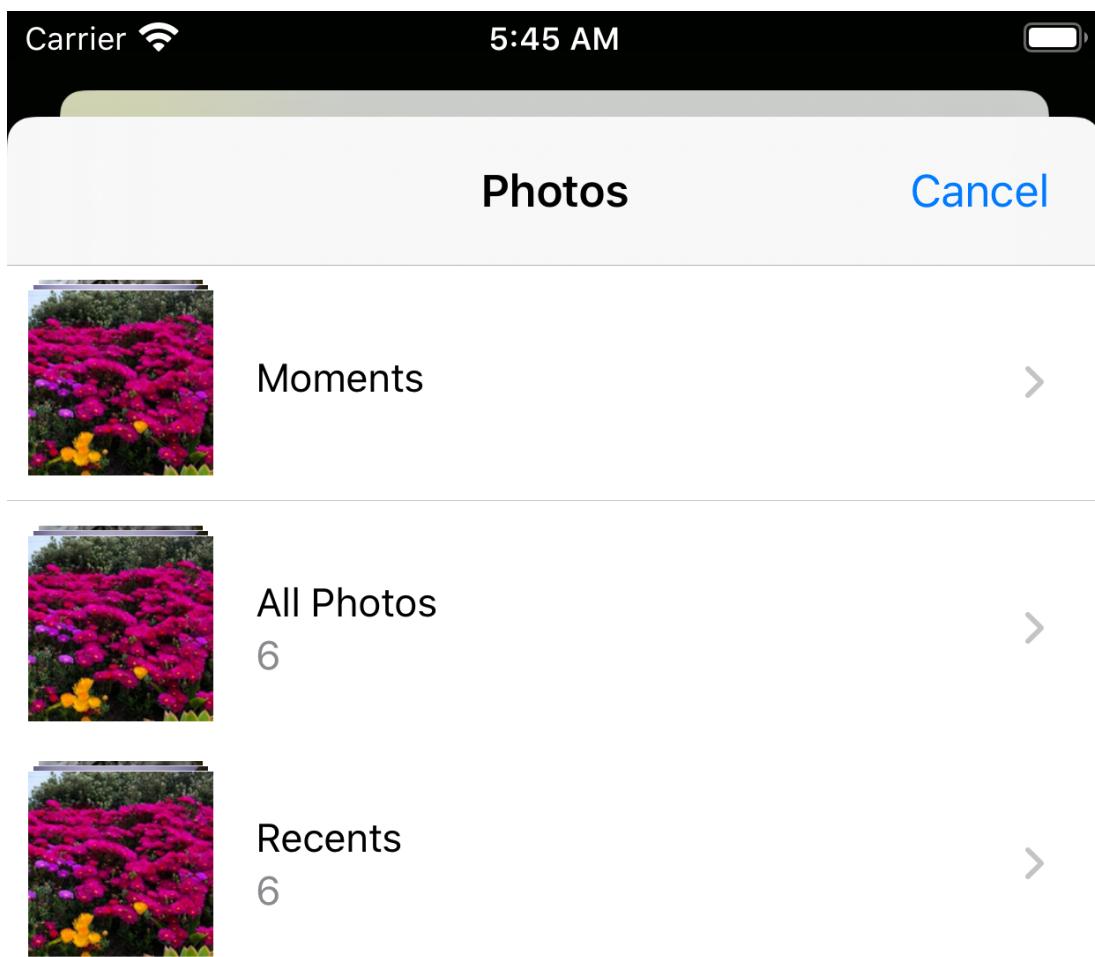
Choose photo source

Open Camera

Open Gallery

Cancel

Ingredients Recipes Meats



My Albums

Carrier

5:46 AM



Done

Recipe



- Easy Creme Brulee
- Chilli Glazed Salmon
- Baked Eggs with Spinach & Tomato
- Chickpea Salad
- Strawberry Feta Tossed Salad

hicken Salad

Delete

- Salmon and Caper
- Potato Salad
- Potato Soup
- Tomato Soup
- Black Beans Soup
- Chocolate Peanut Butter Cups



Ingredients



Recipes



Meal

Carrier 

5:46 AM



Edit

Ingredients



Egg

chicken breast

Italian dressing

salt

pepper

vanilla ice cream

sugar

salmon

chilli sauce

scallions

spinach

tomatoes



Ingredients



Recipes



Meal

Carrier

5:46 AM



Done

Ingredients



- Egg
- chicken breast
- Italian dressing
- salt
- pepper
- vanilla ice cream
- sugar
- salmon
- chilli sauce
- scallions
- spinach
- tomatoes



Ingredients



Recipes



Meal

Carrier 5:46 AM

Done Ingredients +

- Egg
- chicken breast
- Italian dressing
- salt
- pepper
- vinegar
- soy sauce
- salmon
- chilli sauce
- scallions
- spinach
- tomatoes

Edit Ingredient
Note: Editing an ingredeint will change its name in all recipes

Egg

Cancel **OK**

Ingredients Recipes Meal

Carrier  5:46 AM 

Edit Ingredients +



 Delete

chicken breast

Italian dressing

salt

pepper

vanilla ice cream

sugar

salmon

chilli sauce

scallions

spinach

tomatoes

 Ingredients

 Recipes

 Meal

Carrier 5:46 AM

Edit **Ingredients** +

Egg

chicken breast

Italian dressing

salt

pepper

vanilla

sugar

salmon

chilli sauce

scallions

spinach

tomatoes

Add Ingredient

Note: Adding the same ingredient with different names may lower the quality of search

Cancel **OK**

Ingredients Recipes Meal

Carrier  5:46 AM 

Edit Recipe +



Easy Creme Brulee

Chilli Glazed Salmon

Baked Eggs with Spinach & Tomato

Chickpea Salad

Strawberry Shortcake

Chicken Caesar Salad

Salmon with Avocado

Potato Salad

Potato Soup

Tomato Soup

Black Beans Soup

Chocolate Peanut Butter Cups

Add Recipe
Enter recipe's Name,then click the
recipe to add other details

Recipe's name

Cancel OK


Ingredients


Recipes


Meal

Carrier  5:47 AM 

Edit Recipe +



Easy Creme Brulee

Chilli Glazed Salmon

Baked Eggs with Spinach & Tomato

Chickpea Salad

Straw... Failed
Recipe's name cannot be Empty

Chick...

Salmo... OK

Potato Salad

Potato Soup

Tomato Soup

Black Beans Soup

Chocolate Peanut Butter Cups

 Ingredients

 Recipes

 Meal

Carrier 5:47 AM

Done Ingredients +

- Egg
- chicken breast
- Italian dressing
- salt
- p **Deletion Not allowed**
This ingredient cannot be deleted
because it is included in a recipe
- V
- S **OK**
- salmon
- chilli sauce
- scallions
- spinach
- tomatoes

Ingredients Recipes Meal

Carrier 5:44 AM

[Back](#) Suggested Meal

Salad



Potato Salad

...

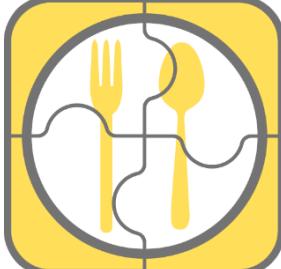
Soup



Tomato Soup

...

Main Course



Chicken Rice Casserole

...

Dessert



Tomato Cake

...

 Ingredients

 Recipes

 Meal