How users will use the future (and best) solution.

CookFit is an innovative food application designed to help you achieve your health and fitness goals. With our application, you can get personalized recipes tailored to your dietary needs and preferences.

Download and install the CookFit app on your iOS or Android device.

When they start the application, a lot of information is required.

Create an account and fill in your profile information.

They will input their weight, their size, their dietary goals (weight gain, diet..) and their food preferences (Vegan food, Halal food, Kosher food, allergies..)

Users can use the filter feature to search for recipes that match your profile.

Browse through the various categories of recipes to find what you're looking for.

Each recipe comes with a compatibility score, indicating how well it fits your profile.

Use the graphs to monitor your nutrition, weight, and program evolution.

Track your meals and ingredients to stay on top of your diet.

Participate in the community forum and share your thoughts and experiences with other users.

Submit your own recipes and have them reviewed by the community.