



FastHealthyFood

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Abstract:

Our app is an innovative solution that revolutionizes the way people approach food and cooking. With an innovative recipe suggestion feature based on available ingredients, users can make the most of what's in their fridge. The app also provides personalized diet plans, complete with precise ingredient quantities, preparation time, the average cost. Our app ensures that every meal is nutritionally balanced, providing all the necessary nutrients throughout the day. The deliver of ready-made meals is also made available for those users that don't have time to cook and are willing to spend more. It caters to the needs of busy students, offering a dietary suggestion and eventually a delivery service at home, office and university. To further support our mission, we are open to sponsorship opportunities from interested brands.