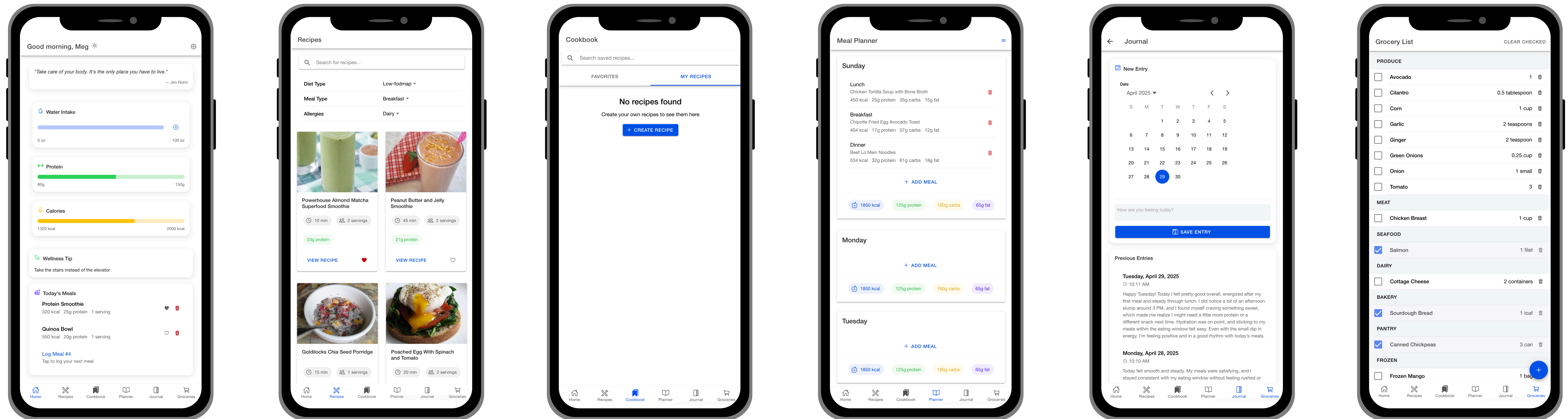




NutriQ: Eat What Heals With Ease

Meg Allen '25

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Overview

NutriQ acts like a personal nutritionist:

- Recommends smart recipes
- Plans flexible weekly meals
- Generates organized grocery lists, all tailored to your dietary needs

Built for busy lifestyles and health-focused individuals, NutriQ saves time, reduces guesswork, and empowers smarter eating choices.

Significance

NutriQ bridges the gap between nutrition and well-being, helping users eat smarter, feel better, and stay consistent.

- Makes meal planning fast, personalized, and stress-free
- Supports users managing autoimmune conditions, allergies, or dietary restrictions
- Saves time with streamlined shopping lists and meal suggestions

Technology Stack



Acknowledgements

Thank you to Dr. Madalene Spezialetti for her constant support and encouragement throughout my time at Trinity.

Thanks also to Professor Ken Kousen for his technical advice and guidance.

Gratitude to the Trinity College Computer Science Department for providing the tools and resources that made NutriQ possible.