

Cook Smarts launches game-changing app for meal planning

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Cook Smarts LLC, a customizable meal planning service with a focus on food waste reduction, released a new iOS mobile app in the Apple Store. After twelve years of helping families around the world put home-cooked meals on the table with their online platform, Cook Smarts has made it even easier to plan, shop, prep, cook, and use up leftovers every week.

On the company's new milestone, Cook Smarts Founder Jess Dang said, "We have a deep understanding of how to support busy home cooks, and we are so excited that the AppStore is going to allow us to help more people achieve their food and food budget goals in 2025."

Every feature of the Cook Smarts app demonstrates the company's understanding of what home cooks need. Their service prioritizes efficiency and weeknight doability, relieving the mental load of meal planning while keeping the satisfaction of cooking dinners that burst with flavour. Included in the app's features are:

Streamlined meal plans are uploaded every Thursday

Gluten-free, paleo, and vegetarian versions of every meal

Recipe library that is searchable with filters and ingredient keywords

Custom meal plans utilising the recipe library

Efficient ingredient usage to reduce food waste

Innovative leftover suggestions and freezing instructions

Auto-populating grocery lists that are organised by store sections

Weekend prep tips with shelf-life time frames

Smart nutrition facts that list macronutrients per ingredient and include Weight Watchers points