





10 Free and Low-Cost Nutrition Apps

Whether you're looking to introduce healthier foods into your diet, improve your nutritional health, or just try new recipes, each of the following apps put their own spin on spicing things up in your kitchen.

Please note, app information, including free trial terms and fees, is subject to change. The following chart reflects information found January 2022.

	App	Description	Reviews	Cost
	<u>CookList</u>	Cooklist is a grocery list and meal planner complete with recipes using the foods you have on hand.	Over 3.3k	Free (or free trial period) and paid version
	<u>CookPad</u>	Cookpad is a global recipe-sharing platform and cooking community, where people like you come to browse, search, create and share thousands of home-cooked recipes everyday.	Over 6k	Free with in-app purchases
	<u>Flavor Maker by McCormick</u>	Meet the Flavor Maker app : Your best pal for discovering new dishes, detailed step-by-step recipe instructions, and weeknight inspiration.	Over 5.2k	Free
	<u>Food Network Kitchen</u>	Get kitchen help at your fingertips with Food Network Kitchen . Save and organize all your favorite recipes in one place, search recipes by the ingredients you have at home, use our substitution guide to make recipe changes like a pro, and rely on curated meal plans, shopping lists and grocery delivery to take the stress out of meal planning.	Over 578k	Free (or free trial period) and paid version. Premium features require a subscription. \$4.99 per month or \$39.99 per year.

App	Description	Reviews	Cost
 <p data-bbox="575 350 806 386"><u>MyFitnessPal</u></p>	<p data-bbox="856 159 1398 344">MyFitnessPal is a powerhouse app, with an enormous food database, barcode scanner, recipe importer, restaurant logger, food insights, calorie counter, and so much more.</p> <p data-bbox="856 393 1398 578">Whether you're monitoring your nutrition to lose weight, change bad habits, build muscle, or just hold yourself accountable for what you're eating, MyFitnessPal makes it easy.</p>	<p data-bbox="1436 354 1570 380">Over 1.4M</p>	<p data-bbox="1654 334 1869 406">Free with in-app purchases</p>
 <p data-bbox="596 678 785 714"><u>Plan to Eat</u></p>	<p data-bbox="856 646 1398 750">The Plan to Eat app is the perfect tool for making meal planning an unobtrusive part of your daily routine.</p>	<p data-bbox="1436 685 1562 711">Over 4.6k</p>	<p data-bbox="1654 626 1961 769">Free with in-app purchases. Free for 30 days. After that, annual subscription is \$39.99.</p>
 <p data-bbox="596 876 785 1016"><u>SuperCook Recipes by Ingredient</u></p>	<p data-bbox="856 854 1398 1036">SuperCook is one of the best ways to reduce food waste in the home. It finds recipes that use as many of your ingredients as possible, so nothing goes to waste.</p>	<p data-bbox="1436 932 1562 958">Over 14k</p>	<p data-bbox="1654 932 1717 958">Free</p>
 <p data-bbox="554 1247 827 1338"><u>Tasty: Recipes, Cooking Videos</u></p>	<p data-bbox="856 1084 1398 1422">Meet your new cooking coach, Tasty! Developed by BuzzFeed, over 4000 Tasty recipes now at your fingertips; an innovative Step-By-Step instruction mode; a 'My Recipes' page which serves as your very own mobile cookbook, and an incredible search tool that allows you to filter by any ingredients, cuisine and social occasion you're in the mood for!</p>	<p data-bbox="1436 1279 1570 1305">Over 390k</p>	<p data-bbox="1654 1260 1869 1331">Free with in-app purchases</p>

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	<p><u>Whisk: Recipes and Grocery List</u></p> <p>Unlike other meal planning apps, Whisk Meal Planner is entirely free. ... And best of all: with the push of a button turn all recipes into a shareable shopping list to use to buy food in-store & online.</p>	Over 2.2k	Free
	<p><u>Yummly Recipes and Cooking Tools</u></p> <p>Yummly: The smart cooking sidekick that learns what you like and customizes the experience to your personal tastes, nutritional needs, skill level, and more.</p>	Over 95k	Free (or free trial period) and paid version. Yummly subscription is \$4.99/month following free trial period.

Looking for more?

- [FREE Cooking and Nutrition App Picks of 2021](#)
- Check out these quick-links from Medical News Today's [Top Nutrition App Picks \(as of November 2021\)](#)
 - Meal planning (including vegetarians!): [Forks over Knives](#)
 - Finding a diet-friendly restaurant: [HappyCow](#)
 - Creating custom grocery lists: [Allrecipes](#)
 - Pregnant people's health: [Ovia Pregnancy](#) *For CU Health Plan program details, visit [BeColorado.org](#).
 - Meeting healthy eating goals: [ShopWell](#)
 - Best for those with food intolerances: [Food Intolerances](#)
 - Forming healthy eating habits: [Noom](#)
 - Promoting a healthy body image: [Rise Up + Recover](#)
 - Improving Intuitive eating: [Am I Hungry?](#)

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