



CocinEco

CocinEco: AI-based Platform to Eat Healthier & Cut Stress from Meal Planning

For Families, Nutritionists, Supermarkets

Ever spent *an hour* looking for a new recipe, only to end up with that same old tortilla de patatas...?

People want to eat more healthy, but...



- ✗ Meal plans feel **overwhelming** and **confusing** 😞
- ✗ Finding out what to cook becomes **yet another chore** 🤔
- ✗ Unsure whether these fit with **diet or nutrition goals** 🙄



...So they go for what is most convenient

Eating Healthy is a Growing Priority, yet most Households Struggle to Act on it

75% of ppl want to eat healthier but struggle to translate that intention into action!

Why?



44%

of people say meal planning is stressful, time consuming & disconnected from real life



90%

apps fail as they are too generic + don't consider culture, personal goals



The demand is there.

The tools just are not *good enough yet*.



CocinEco in a nutshell

*Make Healthy Eating Effortless, Enjoyable
and Sustainable for Everyone*



Food Enthusiasts



Certified Nutritionists



Corporate Partners

Combining personalised AI with evidence-based advice from nutritionists

- **Tailored recipes:** Streamlining cooking with personalised, healthy meals
- **Adaptive meal plans** to track Nutrition & Health Goals
- **Smart Grocery lists** to Save Time



1) Community



2) Gamification



3) Real-time

Is there anything you would like me to correct in this plan?

Download Meal Plan Hide/Show Meal Plan Hide/Show Shopping List

Day	Meal	Calories	Serving Height	Fats (g)	Carboh	Sugars	Protein	Percent	Calciu
Monday	Breakfast	350	1 bowl	10	50	15	10	20	150
Monday	Lunch	400	1 plate	15	60	10	15	25	200
Monday	Dinner	450	1 plate	20	40	5	20	30	100
Monday	Snack	150	1 serving	5	20	10	5	10	50
Total Calories for Monday	None	1600	None	None	None	None	None	None	None
Tuesday	Breakfast	300	1 bowl	8	45	12	8	15	120
Tuesday	Lunch	450	1 plate	15	55	8	18	25	180
Tuesday	Dinner	400	1 plate	18	35	6	15	20	90
Tuesday	Snack	200	1 serving	7	30	15	6	12	60

Your message

How it works

1) Set User Profile

2) AI + evidence-based nutrition

3) Personalised meals

User Inputs

User Name
Other

Enter Your Name
Maria

Gender
male female

Age
30

Height (cm)
174

Weight (kg)
52

Select Your Country
Spain France Mexico
India Lebanon Italy
Switzerland United Kingdom

Allergies
Peanuts Tree Nuts Milk
Eggs Shellfish Wheat
Other

Food Intolerances
Lactose Intolerance
Gluten Sensitivity (Non-Celiac)
Fructose Malabsorption
Histamine Intolerance
FODMAP Intolerance
Caffeine Sensitivity Other

Health Conditions
Type 2 Diabetes
Cardiovascular Disease
Hypertension Osteoporosis
Iron Deficiency Anemia Other

Reason to chat with Cocineco
General health and wellness

Individual Planner

Start Bot Restart Bot

Hello Maria! I'm CocinEco: an AI assistant that will help you elaborate sustainable meal plans. I will ask you a few questions to understand you better and provide you with personalized nutrition advice. Let's get started! ok?

Yep let's go!

Great! Before we start, could you please let me know if you have any specific food preferences or dislikes?

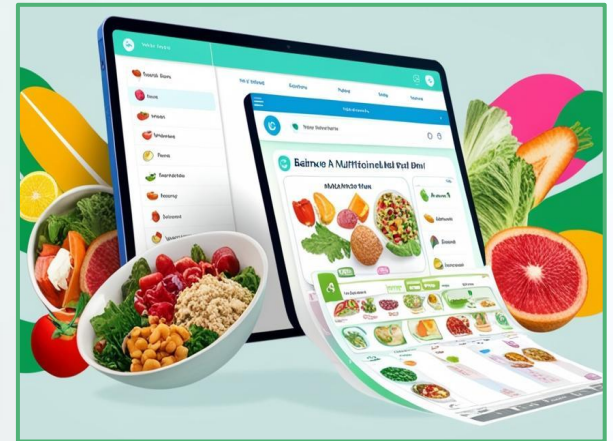
Yes, I'm vegetarian

Thank you for sharing that! Is there anything else you would like me to know about your food preferences or dietary habits?

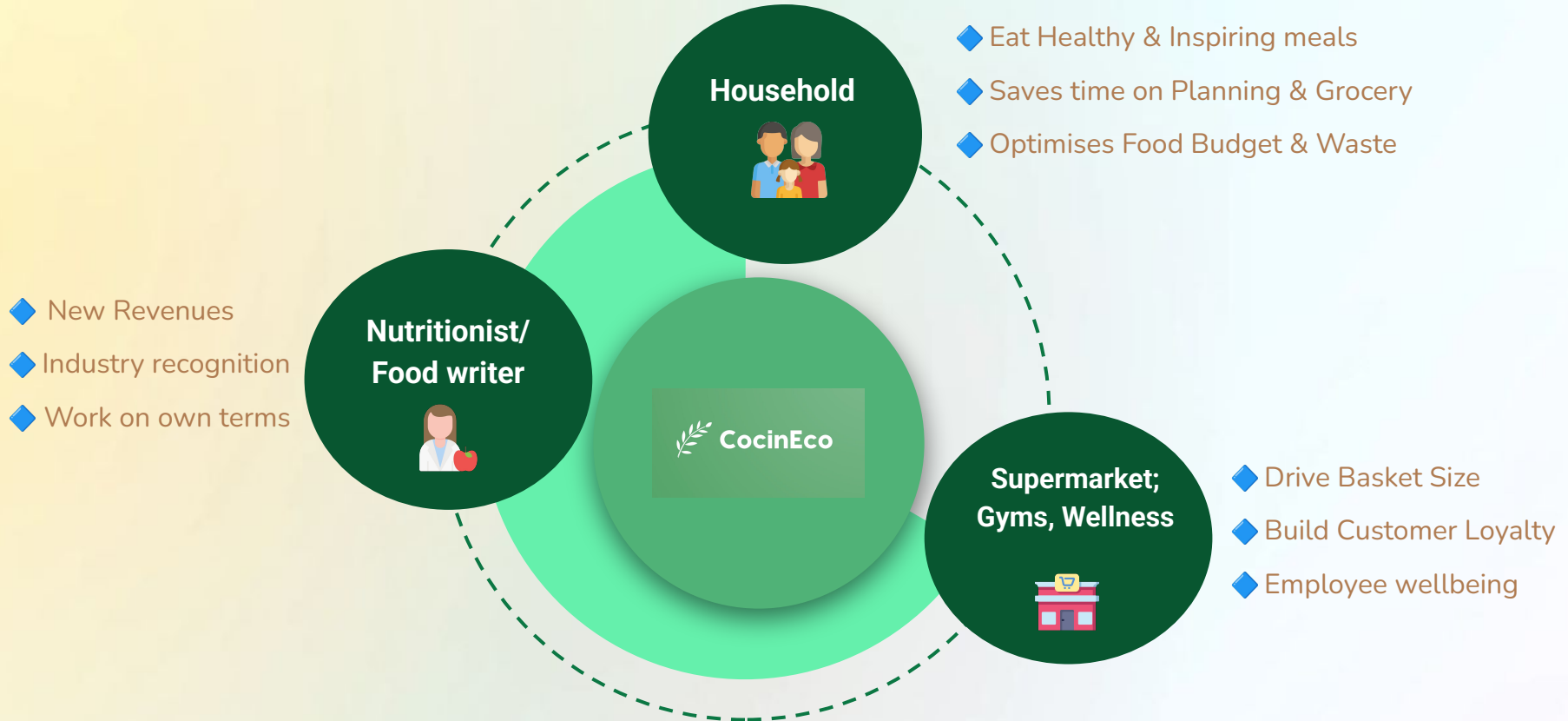
No, that's it

Perfect! Now, I'll identify 25 ingredients that are produced in Italy and are available in this season (spring). Here's the list:

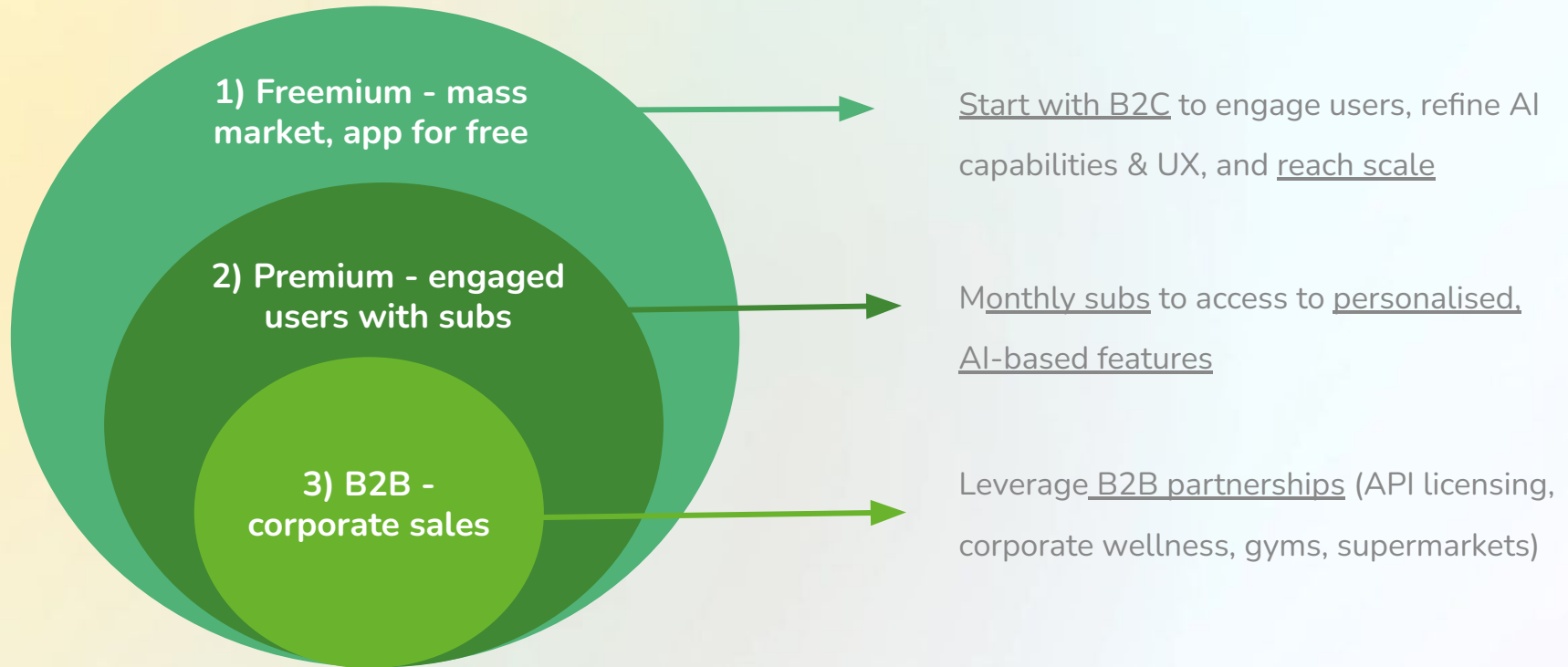
Enter message



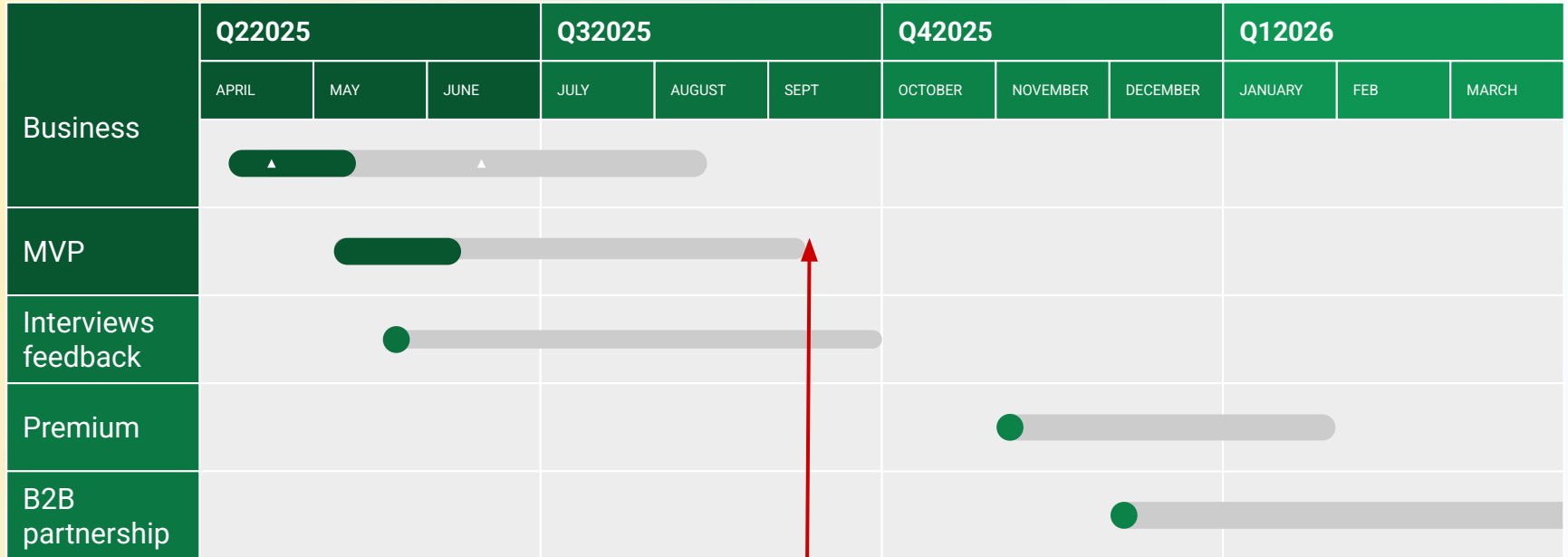
Bringing value to all stakeholders



Combining B2C for Scalability and B2B for Revenue Diversification



Launching first MVP September 2025



Release date for V.1

A team of Seasoned Technical & Business leaders from the European startup ecosystem

CocinEco leadership team



Antoine
Founder



Gian
Product



Francois
Sales & Marketing

CocinEco team has worked 10+ years with leading tech companies & startups

