

# Technology to Upgrade Your Home Meals

**Technology can be a great thing, especially when it comes to meal prep. These multipurpose apps and websites can help you create easy meals from items already in your pantry.**

## Apps

### NoWaste – Food Inventory List

The [NoWaste](#) app is a life saver when it comes to keeping tabs on your food inventory. You can easily track, organize and manage the food in your home. Separate inventory lists can be created for the freezer, refrigerator and pantry. Barcodes and receipts can also be scanned to easily add food to the app.

### BigOven Recipes and Meal Planner

While this [app](#) includes a ton of useful features, users mainly rave about the “Use Up Leftovers” feature, which suggests recipes for you based on items already in your pantry.

### SuperCook

Users of [SuperCook](#) love the abundance and variety of recipes that it provides. The app also includes a shopping list feature and a tracker for what is already in your pantry, which can make grocery shopping a breeze.

### Allrecipes Dinner Spinner

Step-by-step cooking videos are one of the highlights in this [app](#). If you live in some locations, you can also take advantage of a feature allowing you to cook with what's on sale at your local grocery store.

### Epicurious

If you haven't checked out the [Epicurious](#) app or website, you need to. The app is well-organized and includes recipes from around the world. New recipes are added often, and fun videos have their own tab for viewing.

### Mealime

This [app](#) focuses on creating healthy, easy meal plans for the busy consumer. You can select dietary restrictions, food dislikes and serving size before the app suggests recipes that you may like.

### Meal Hero

[Meal Hero](#) users tout the ease with which meals can be planned using this app. In certain locations, you can click a few extra times and groceries are delivered to your door!

### Seasonal and Simple

Created by University of Missouri Extension, this [app](#) allows you to search for recipes based on what is in season. This app is also unique in that it includes recipes and guidelines for preserving food at home by canning, freezing or drying.

## Other Resources for Home Use

### Canned Food Alliance

<https://www.mealtime.org/>

This website is home to all information related to canned foods, including the harvesting and canning processes, nutrition information for canned items, recipes and much more.

## University of Missouri Extension

### Can-Do Recipes

[These guides](#) are filled with easy recipes that call for pantry staples — everything from rice and canned vegetables to canned meat.