

# MealPlanner Web Application Report

## Overview

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The MealPlanner is a comprehensive web application designed to help users create, manage, and organize personalized meal plans based on their dietary preferences and nutritional needs.

## Core Features

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### 1. User Management:

- Complete authentication system with signup, login, password reset, and profile management.

### 2. Personalized Meal Plans:

- Users can create custom meal plans based on parameters like:
  - \* Daily calorie goals (1200-4000 calories)
  - \* Number of meals per day (3-6)
  - \* Plan duration (1 day to 2 weeks)
  - \* Diet type (regular, vegetarian, vegan, paleo, keto, Mediterranean)
  - \* Macro distribution (protein, carbs, fat percentages)
  - \* Food exclusions (dairy, gluten, nuts, shellfish, soy, eggs)

### 3. Plan Management:

- Save, view, edit, delete, and mark meal plans as favorites.

### 4. PDF Export:

- Download meal plans as PDF documents for offline use.

## 5. Nutritional Information:

- Detailed nutrient breakdown for each meal and daily totals.

## 6. User Profile:

- Track personal information like height, weight, age, body fat percentage, and activity level.

## Technical Architecture

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- Frontend: HTML5, CSS3, JavaScript
- Backend: PHP
- Database: MySQL
- Development Environment: XAMPP

## Application Structure

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- Home Page: Marketing landing page with features, testimonials, and featured recipes.
- User Authentication: Signup, login, password reset functionality.
- Profile Management: Personal info, preferences, and account settings.
- Meal Plan Creation: Interactive form to set preferences and generate plans.
- Saved Plans: Library of previously created meal plans.
- Individual Plan View: Detailed display of meal plans with nutritional info.

## User Experience

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The interface is designed to be intuitive and mobile-responsive, with a clean, modern aesthetic.

The meal planning workflow guides users through setting their preferences, generating a plan, and then viewing/saving/editing as needed.

The application includes interactive elements like sliders for calorie and macro adjustments, day-based tabs for navigating meal plans, and a user-friendly profile interface.