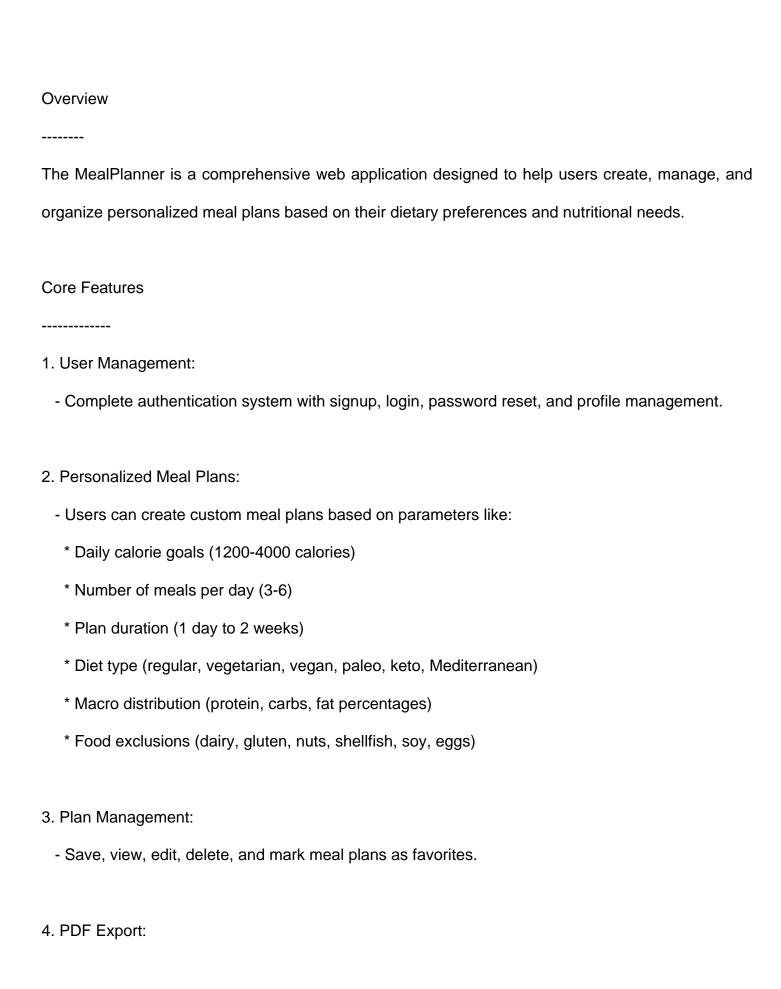
MealPlanner Web Application Report



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

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.