Presentations

Project context

I had a personal experience with a long journey in weight loss, which made me think of building a platform to support obesity fighters and encourage them to follow a healthy diet through the keto diet. They will learn everything related to this health system, starting with how it works, what are the nutritional habits followed in it, what foods are allowed, and what are unallowed foods. Users can create personal accounts on the site, through which they can share their healthy and delicious recipes so that each recipe falls under a specific category, and each recipe will be published will mention the most important nutrition facts it contains such as protein, fats and carbohydrates, in addition to the number of calories.

General Description

1. Website designed to share healthy recipes with their calories and macros.

2. The website has two types of users [Admin and User].

3. The Admin is the one who controls everything in the website.

4. Users are the ones who will register on our site and have their personal accounts through which they can share their healthy recipes.

5. Users can also browse all the categories that we have on the site, and also browse all the recipes that fall under each category.

6. Admin Can Add Items and every Item has a number of Carbohydrate , Protein , Fat and Calories.
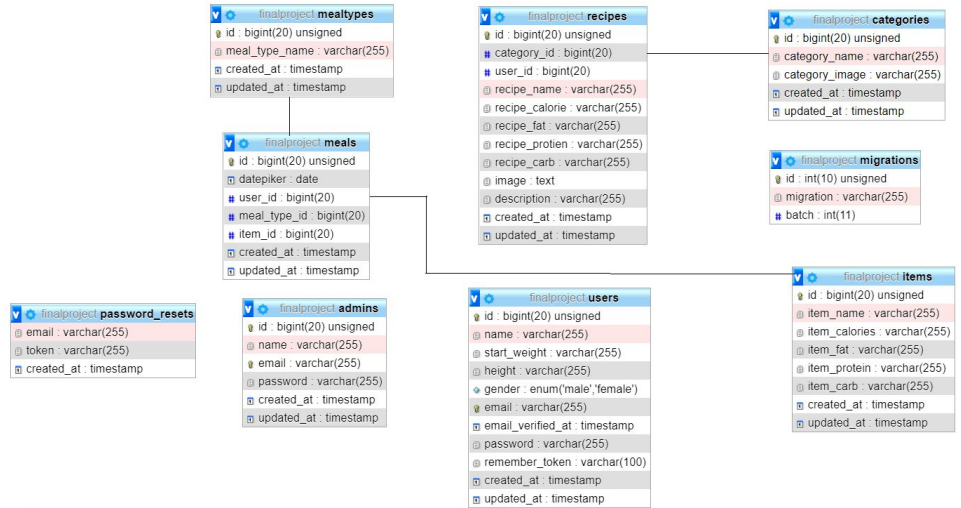
Technologies

1. Laravel.
2. MySQL.
3. HTML5.
4. CSS4.
5. Bootstrap.
6. JavaScript.

Security

- @csrf : Cross-site request forgeries .

- Authentication:

- Register and Login use Hash password,

- Username and email.

- Validation (regex :email, length for password).

- Authorization:

- Giving powers to both the user and the admin.

Database Diagram