Ketogenic

documentation

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Introduction

Developed BY
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REPRESENTATIVE

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The Idea

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. Will publish success stories of people who reached their goals and with their photos before and after. They can also learn the great benefit that comes when a combination of the ketogenic diet and intermittent fasting is done through articles that will explain to them the number of fasting hours for beginners and those with prior experience.

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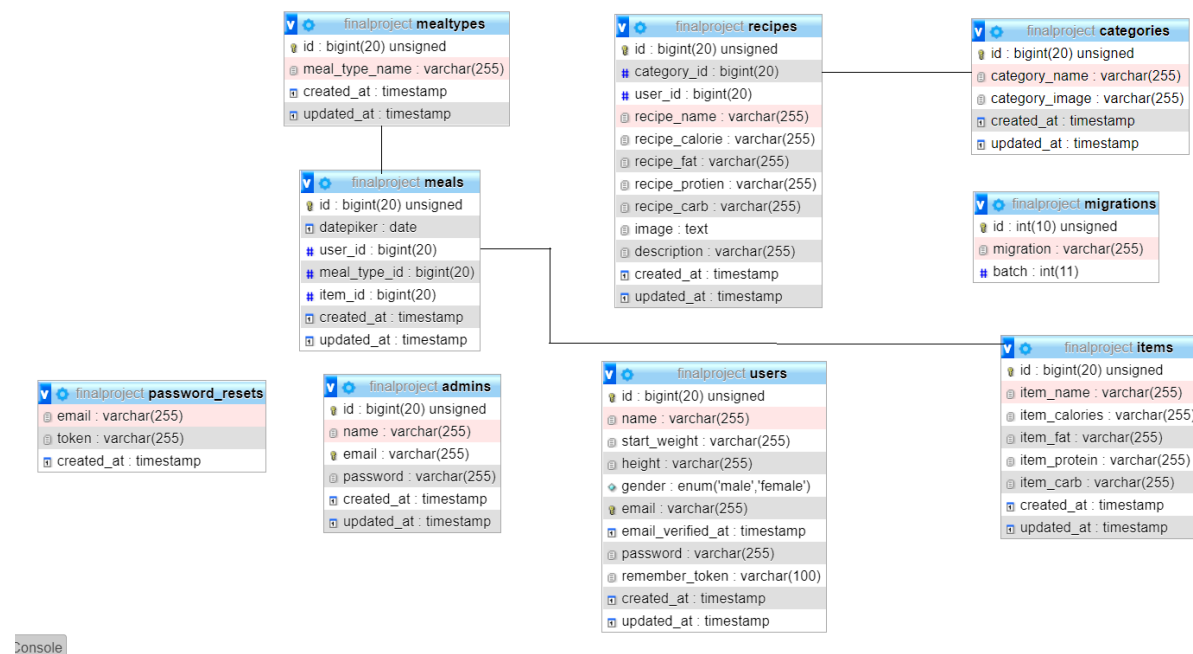
5.   Users can also browse all the categories that we have on the site, and also browse all the recipes that fall under each category.

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

7.

Technologies

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

Database Diagram

finalproject mealtypes
- id : bigint(20) unsigned
- meal_type_name : varchar(255)
- created_at : timestamp
- updated_at : timestamp

finalproject meals
- id : bigint(20) unsigned
- datepiker : date
- user_id : bigint(20)
- meal_type_id : bigint(20)
- item_id : bigint(20)
- created_at : timestamp
- updated_at : timestamp

finalproject recipes
- id : bigint(20) unsigned
- category_id : bigint(20)
- user_id : bigint(20)
- recipe_name : varchar(255)
- recipe_calorie : varchar(255)
- recipe_fat : varchar(255)
- recipe_protien : varchar(255)
- recipe_carb : varchar(255)
- image : text
- description : varchar(255)
- created_at : timestamp
- updated_at : timestamp

finalproject categories
- id : bigint(20) unsigned
- category_name : varchar(255)
- category_image : varchar(255)
- created_at : timestamp
- updated_at : timestamp

finalproject migrations
- id : int(10) unsigned
- migration : varchar(255)
- batch : int(11)

finalproject password_resets
- email : varchar(255)
- token : varchar(255)
- created_at : timestamp

finalproject admins
- id : bigint(20) unsigned
- name : varchar(255)
- email : varchar(255)
- password : varchar(255)
- created_at : timestamp
- updated_at : timestamp

finalproject users
- id : bigint(20) unsigned
- name : varchar(255)
- start_weight : varchar(255)
- height : varchar(255)
- gender : enum('male','female')
- email : varchar(255)
- email_verified_at : timestamp
- password : varchar(255)
- remember_token : varchar(100)
- created_at : timestamp
- updated_at : timestamp

finalproject items
- id : bigint(20) unsigned
- item_name : varchar(255)
- item_calories : varchar(255)
- item_fat : varchar(255)
- item_protein : varchar(255)
- item_carb : varchar(255)
- created_at : timestamp
- updated_at : timestamp

Console

Obstacles

In the beginning, it was very confusing due to the multiplicity of programming languages and libraries that we learned in the academy, so I had to choose at least one thing to work on for my graduation project, I searched a lot and consulted my trainers until I finally decided to work on Laravel because of the wonderful features it includes.

Security

My website has been through some security checks, making sure that the guards are working properly and each page matches the credentials it needs from users.

Installation

Given below are the steps you need to follow, to install the Project on your system:

Step 1: Open the terminal in your root directory(project directory) & to install the composer packages run the following command:

```
composer install
```

Step 3: Open the terminal in your root directory(project directory) & to migrate all tables on Database run the following command:

```
Php artisan migrate:fresh
```

Step 4: To serve the application you need to run the following command in the project directory. Now navigate to the given address you will see your application is running.

```
php artisan serve
```

significant code

```
1. $(document).ready(function() {
2.
3.          $('select[name="category"]').on('change', function() {
4.
5.              // console.log("hi")
6.              var category_id = $(this).val();
7.
8.              if (category_id) {
9.
10.                 $.ajax({
11.
12.                     url: '/showRecipe/' + category_id,
13.                     type: 'GET',
14.                     dataType: 'json',
15.                     success: function(data) {
16.                         console.log(data);
17.
18.                         $('select[name="Recipe"]').empty();
19.                         $('select[name="Recipe"]').append('<option selected
    hidden> Select Recipe </option>');
20.                         $.each(data, function(key, value) {
21.
22.                             $('select[name="Recipe"]').append('<option value="'
    + key + '">' + value + '</option>');
23.                         });
24.                     }
25.                 })
26.             }
27.         });
28.}
```

When the user adds a recipe, it must fall under a category and subcategory, so is it possible for all the added options to appear in the DataBase without taking into account the relationships between the tables? The answer is definitely no, so I used AJAX here in order to dynamically fetch data based on the information entered by the user.

research situation
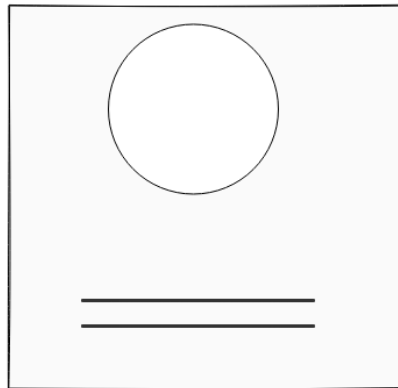
I needed to study the relationships between different types of database tables, so I spent some time understanding and studying this topic more, and this helped me afterwards to overcome several problems. In addition to Ajax, as important as this feature is, I need to study it again to get the best results.

LOGO

Register | Login

Home   Categories   About   Contact

Top Recipes

POST	POST	POST	POST	POST
POST	POST	POST	POST	POST
POST	POST	POST	POST	POST

1 — 2 — 3 — 4 — 5

TITOLO	TITOLO	TITOLO	TITOLO	TITOLO	TITOLO
Item 1	Item 1	Item 1	Item 1	Item 1	Item 1
Item 2	Item 2	Item 2	Item 2	Item 2	Item 2
Item 3	Item 3	Item 3	Item 3	Item 3	Item 3
Item 4	Item 4	Item 4	Item 4	Item 4	Item 4
Item 5	Item 5	Item 5	Item 5	Item 5	Item 5

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User Profile

About
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Edit Profile

Update

Ketogenic how to Work?

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Categories
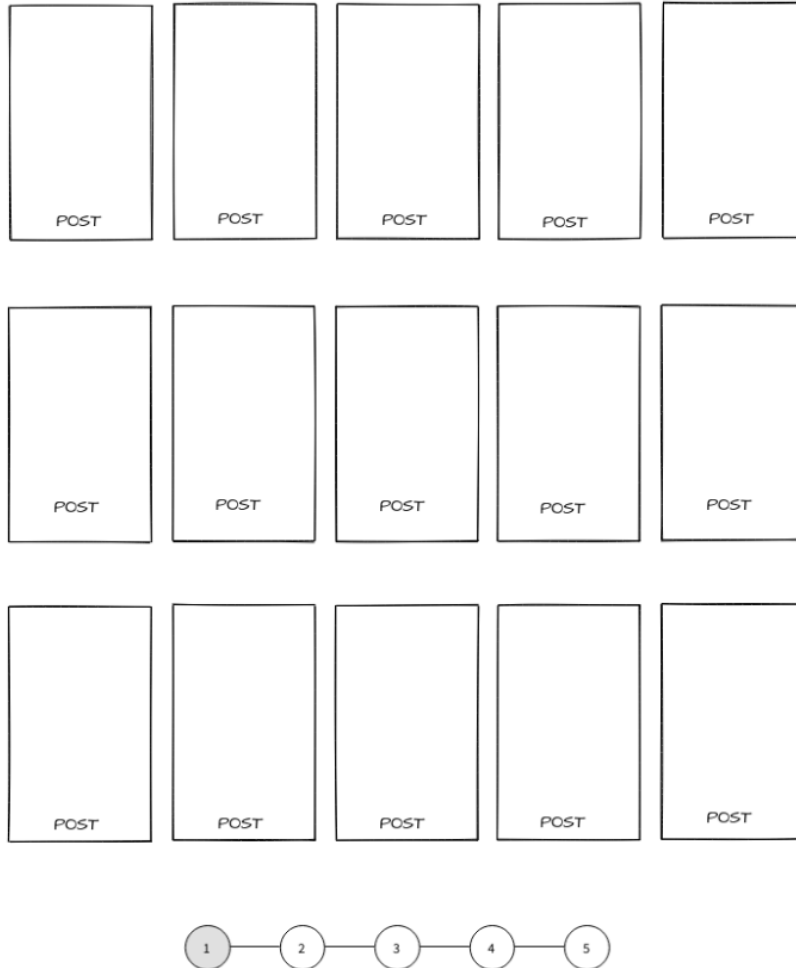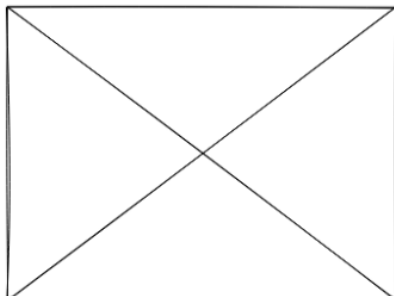
POST	POST	POST	POST	POST
POST	POST	POST	POST	POST
POST	POST	POST	POST	POST

1 — 2 — 3 — 4 — 5

About

Lorem ipsum dolor sit amet, consectetur adipiscing elit.Lorem ipsum dolor sit amet, consectetur adipiscing elit.Lorem ipsum dolor sit amet, consectetur adipiscing elit.Lorem ipsum dolor sit amet, consectetur adipiscing elit.Lorem ipsum dolor sit amet, consectetur adipiscing elit.Lorem ipsum dolor sit amet, consectetur adipiscing elit.Lorem ipsum dolor sit amet, consectetur adipiscing elit.

Contact

Add Recipe

[_____]   [_____]

[_____]   [_____]

[_____]   [_____]

                                        [submit]

View Categories

① ② ③ ④ ⑤

Single Recipe