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Department of MCA

Mini Project – 1 [21MCA210]

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Project Title: **NutriGO**

Sl. No	Particulars	Remarks
1.	Introduction	
2.	Literature Survey	
3.	Objectives	
4.	Proposed System	
5.	Modules Identified	
6.	Hardware and Software Requirements	

Recommendations: Accepted (Y/N) [ ]

Suggestions by the coordinators:

[   ]

Evaluation by Guid [**/10**]

Signature of coordinators

Synopsis

Project Title: **NutriGO**

Abstract:

"NutriGO" is a web application that helps you get fit and eat good. This application is done in a user-friendly manner with the help of technologies such as React.js, Express.js, Node.js and MongoDB.

NutriGO is a comprehensive health and wellness platform designed to empower individuals to achieve their optimal health and fitness goals. The app offers a holistic approach to well-being by combining personalized nutrition, convenient food ordering, and tailored fitness plans.

Literature Survey

Existing system:

This idea was inspired by many websites like EatingWell, verywellfit , goodFOOD etc..

EatingWell : It is a website that focuses on healthy and delicious food. They provide a ton of recipes, meal plans, and nutrition advice. Basically, it's a place where you can find yummy food ideas that are also good for you.

Verywellfit: It is like having a personal fitness and nutrition coach online. They give you information about Exercise, Nutrition, Overall health

goodFOOD : BBC Good Food is a recipe and cooking website. This application gives you information about diet plans.

Drawbacks of Existing System:

Currently there are no applications that are providing personalized Nutrition plans, recipes, ordering food online instantly and workout plans in one platform, user has to search for diet plans and order food in separate platforms

Proposed solutions:

NutriGO is a platform that offers a comprehensive solution for health and wellness. Users can access personalized nutritional plans, explore a variety of recipes, order healthy meals directly, and receive tailored workout plans to achieve their fitness goals.

Modules

- **Registration/Login:**
  The user should register themselves first and then using those credentials he/she should be able to login. The users must have their own credentials to keep a track on their personalised fitness plans.

- **Get meal plans :**
  User can get personalized meal plans with recipes

- **Add recipes :**
  User can add their own recipes that will be verified and accepted by administrators

- **Search :**
  User can search for particular recipes

- **Categorization :**
  Food can be categorized on the basis of veg and non- veg

- **Order Food :**
  User can order food online instantly

- **Manage users, recipes and plans:**

  Admin can manage all the users meal plans and everything.

Hardware Requirements

Name of component	Specification
Processor	intel core i3 and above
RAM	4 GB or above
Hard disk	256 GB or above
Monitor	15" color monitor
Keyboard	122 keys

Software Requirements

Name of component	Specification
Operating System	Windows/Linux
Browser	Any of Mozilla, Opera, Chrome etc
Front End	React.js
Back End	Node.js, Express.js
Database	MongoDB