Title:           Find A Recipe for Your Lifestyle
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## I.    PROPOSAL FOR WEB PAGE

The user will be able to input their information, food preferences, grocery list/inventory, and lifestyle goals, and the webpage will generate weekly recipes to fit their desired lifestyle. Users can chat with others about their nutrition journey and experience with the recipes they tried.

## II.    IMPORTANCE

Healthy living is becoming more and more important, but increasingly difficult to implement given the ease of access to fast food.

## III.    PROPOSED INCORPORATION OF TECHNICAL FEATURES

| Technical Feature | Proposed Incorporation into Website |
|---|---|
| HTML pages that validate (soft requirement) | Backbone of a web page! It defines the content of web pages by putting everything mentioned below together and arranging them into an informative fashion. |
| Cascading Style Sheets that validate (soft requirement) | CSS defines the layout of a web page. It is used to add style like colors, fonts, spacing, text size, etc. |
| JavaScript front end form verification | JavaScript is used to define the behavior of web pages. Setting up buttons and input windows for the user  to interact with the web pages and pull the desired answers when prompted. |
| Dynamic HTML features | Allow the user the change of web page's color / background picture to their desired scheme |
| PHP script to process form data | Handle and check if the user's input is valid for processing. Say they input an email address, PHP prompts an error message if they didn't include a domain name. |
| Maintain state in transactions | Work with cookies to "memorize" the user's past input on the web page and keep track of their achievements. |

| Set and read cookies | User's nutrition goal and name is stored in a cookie. The next time the user returns to the webpage, a welcome message is displayed asking the user if the goal is achieved. |
|---|---|
| MySQL database backend | Database pulled from https://fdc.nal.usda.gov/ that lists foods / meals and their nutritional value, if they are vegetarian/vegan/etc. Assign nutrition value to food classified into different categories, and pick different food from a healthy spectrum of taste/styles until their nutrition value adds up to a desired thrusthold. |
| PHP interface to the MySQL database | Link JavaScript with MySQL & manipulate the database by picking the desired recipes into a basket according to their nutrition value. |
| *Annotated* links to other related web sites | Links to other recipe websites or blogs that might fit their lifestyle. |
| Audio and video files | Embedded how-to videos for popular/recommended recipes. |
| AJAX application | AJAX will be used to update a web page without reloading the page. When users leave comments they will automatically be visible to others. |