**CAVENDISH
UNIVERSITY
Z A M B I A**

DESIGNING AND DEVELOPING A WEB APP THAT CREATES A BALANCED
7DAY DIET FOOD PLAN USING A RANDOMIZATION ALGORITHM TO HELP
WITH EATING HEALTHY IN ZAMBIA

by

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A Dissertation

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1.0 CHAPTER ONE: INTRODUCTION

1.0.0 Introduction

Zambia a developing country faces many challenges. One of these challenges is the poor eating habits of many Zambians, who often struggle to access or afford a varied and nutritious diet. Many Zambians consume foods processed foods and consume fewer fruits and vegetables, leading to a range of health problems I.e obesity, diabetes, and heart disease.

To address this problem, I propose the development of a web application that uses a random generation algorithm to help users create a balanced diet for a week. The web app will take into account the user's food preferences, allergies and other restrictions as well as special conditions and generate a randomized diet plan that is nutritionally balanced and easy to follow. The goal of this web app is to improve the health and eating habits of Zambians by providing them with an easy, accessible and convenient tool for following a healthy daily diet.

Technology has created many solutions to existing problems due to it being scalable, accessible and offering personalization. A web app which is a web technology can be accessed by a large number of people from any location with a reliable internet connection, The random generation algorithm will allow the creation of personalized diet plans that are tailored to individual preferences and requirements as well as create random meals to make it engaging.

1.1 Background to the study

Zambia has put in place several steps to promote good healthy eating habits and ways to address the issue of poor nutrition among its population, these are :

1. The National Food and Nutrition Commission (NFNC) is responsible for coordinating and implementing nutrition policies and programs, with a focus on addressing the nutrition needs of vulnerable groups.

2. The Scaling Up Nutrition (SUN) Movement is a global effort to improve nutrition outcomes, and Zambia is a member of this movement. Through its membership, Zambia has access to resources and technical assistance to support its nutrition programs and address specific issues such as diabetes and childhood obesity.

3. The Ministry of Agriculture and Livestock encourages the production of nutritious food in the country, focusing on small-scale farmers as well as promoting sustainable agriculture.

4. Community-based nutrition programs run by NGOs and CBOs also focus on promoting healthy eating habits and addressing specific issues such as diabetes, through nutrition education and awareness-raising campaigns.

1.2 Problem statement

Despite all the efforts made by the government and other social organizations in promoting healthy eating habits in Zambia, the country continues to face significant challenges in this area, particularly for diabetics and children. This research and development aim to investigate the causes of these challenges and propose a solution in the form of a web-based application that uses a random generation algorithm to help users create balanced diets for a week (7 days).

1.3 Purpose of the study

To research and develop a web-based system that can help generate a balanced diet for Zambians, the main focus is addressing the problem of poor nutrition in Zambia.

1.4 Objectives of the study

1.4.1 General objective of the study

To develop a web application, code-named "HealthyBites!," that helps users in Zambia generate a balanced diet for a week (7 days) using a random generation algorithm, to address the problem of poor nutrition in the country, particularly among high-risk groups such as diabetics and children.

1.4.2 Specific Objectives of the study

1. To understand the current state of nutrition in Zambia and the challenges faced by the population in following a healthy eating regimen.

2. To investigate the effectiveness of using technology as a solution to improve nutrition in Zambia.

3. To design and develop a user-friendly web application that generates a personalized, balanced diet for users based on their dietary restrictions and preferences.

4. To evaluate the effectiveness of the developed web application in promoting healthy eating habits and improving nutrition among users.

5. To identify any limitations or areas for improvement in the web application and suggest recommendations for future work.

1.5 Research Questions

1. What is the current state of nutrition in Zambia and what are the challenges people are facing in following a healthy diet?

2. What are the existing solutions to improve nutrition in Zambia and what is their effectiveness?

3. How can technology be used to improve nutrition in Zambia?

4. Is the use of technology an effective solution to promoting healthy eating habits and improving nutrition in Zambia?

5. How can a user-friendly web application be designed and developed to promote healthy eating habits and improve nutrition among Zambian people?

6. What are the key features and functionalities of a successful web application for promoting healthy eating habits and improving nutrition in Zambia?

7. How effective is the developed web application in promoting healthy eating habits and improving nutrition among users in Zambia?

8. What is the user feedback and experience with the web application and what is the impact of the application on their nutrition and health status?

9. What are the limitations or areas for improvement in the web application and what changes need to be made to make it more effective in promoting healthy eating habits and improving nutrition among Zambian people?

10. What are the best practices and recommendations for future work to improve the web application and enhance its impact on promoting healthy eating habits and improving nutrition in Zambia?

1.6 Significance and justification of the study

The significance of this study lies in the potential impact it can have on improving the nutritional status of individuals in Zambia, Among high-risk groups (diabetics and children). With the increasing prevalence of diet-related health issues and the lack of accessible and user-friendly meal-planning resources, there is a pressing need for a web-based meal-planning application or Web app that utilizes advanced web technologies to make healthy eating more convenient and achievable. By carrying out this research and developing the web app, I aim to address this need and contribute to the well-being of the Zambian population.

1.8 Methodology

This will involve a combination of quantitative and qualitative methods to effectively gather and analyze data within a specific time frame.

1. A literature review will be conducted to gather information on current meal planning applications and the nutritional status of individuals in Zambia, particularly among high-risk groups such as diabetics and children.

2. A literature review will be conducted to gather information on current meal planning solutions developed countries have implemented.

3. Interviews will be conducted with healthcare professionals particularly nutritionists to gather their views on the current state of nutrition in the country and the potential impact of a web-based meal planning web app.

4. The prototype will be developed and implemented.

The use of a combination of methods and a focus on both the user and healthcare professional perspectives will provide a comprehensive understanding of the problem and the potential impact of the proposed solution within the given time frame.

2.0 CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction

The literature review is a crucial element of any research project, including this dissertation. It serves to offer an overview of the existing research in the field, pinpoint gaps in current knowledge, and create a foundation for the proposed research. By consolidating previous studies, analyzing the connections between variables, and assessing the necessity for further research, the

literature review establishes a framework of knowledge and understanding that will inform the study's design and implementation. This section of the dissertation will delve into relevant literature, theories, and models related to the research topic.

2.2 Theoretical framework

According to Wakefield, Zgibor, & Kullgren (2016), promoting healthy eating through the integration of technology is the focus of the Health Information Technology (HIT) Model. This model comprises three primary components: the individual, the technology, and the environment. The individual component encompasses an individual's attitudes, beliefs, and motivation toward healthy eating. The technology component includes the features and functions of technology such as mobile apps or wearable devices. The environment component refers to the context in which the individual and technology interact, such as social support networks or access to healthy food options.

By taking into account all three components, the HIT Model offers a comprehensive perspective on how technology can support healthy eating. For example, the willingness of an individual to use technology that tracks food intake will be influenced by the ease of use and meaningful feedback provided by the technology. In addition, having access to healthy food options and support from others can help promote healthy eating habits.

The HIT Model can guide the design and implementation of health technology interventions aimed at promoting healthy eating. It emphasizes the importance of considering the individual's characteristics, technology features and functions, and environment to create effective and sustainable health technology interventions.

Antecedents | Mediating Process | Outcome

Health Zone

Health Status

Behavioral Beliefs
Outcome Valuations

Health Belief & Concerns

Perceived Threat

Information Zone

Normative Beliefs
Motivation to comply

Subjective Norm
Social Pressure (influence)
Community Competition

Technology Zone

HIT Reliability
Output Quality
Result Demonstrability

Perceived Usefulness

Efficacy Beliefs

HIT Self-efficacy
HIT Anxiety
HIT Playfulness
Perceived Enjoyment
Objective Usability

Perceived Ease of Use

Attitude

Behavioral Intention

Behavior

2.3 Previous studies

2.3.1 FAO promoting health diet

According to the Food and Agriculture Organization of the United Nations (FAO) (2021), Zambia has received several solutions to encourage healthy eating habits. The FAO has made dietary guidelines accessible through nutrition education and awareness-raising activities. The organization has collaborated with the Zambian government to integrate the guidelines into national policies and programs, as well as promote the development of food-based dietary guidelines and food composition databases.

Further, the FAO has partnered with various entities to strengthen the food systems in Zambia. which, includes promoting diverse and locally produced foods, making healthy foods more available and affordable, and creating food fortification programs to improve the nutrient content of staple foods.

2.3.2 Impact of a new web-based app (e-balance) in promoting a healthy lifestyle

In a randomized controlled trial conducted by Naimark et al., the effectiveness of a new web-based app called eBalance in promoting healthy lifestyles was evaluated. The study recruited participants from the community and compared them to a control group who received an

introductory lecture on healthy lifestyles. The ebalance app was designed based on the current USDA and Israeli Ministry of Health recommendations and offered tools for monitoring diet and physical activity while encouraging healthy choices. The study's results indicated that the app had a positive impact on weight, physical activity, nutritional knowledge, and diet quality compared to the control group. Furthermore, a higher success score in maintaining a healthy lifestyle was linked to the frequency of app use. Although the study highlights the potential of the app in promoting healthy lifestyles, more definitive conclusions would require larger and longer-duration studies.

2.4 Research gaps

- Limited research on food habits and preferences of specific demographic or groups in Zambia, such as pregnant women, children, or elderly individuals.

- A lack of research on the effectiveness of nutrition education and awareness programs in promoting healthy eating habits in Zambia, particularly in rural or low-income communities.

- Limited research on the cultural and social factors that influence food choices and eating behaviours in Zambia, and how these factors can be addressed to promote healthier diets.

- Insufficient research on the potential impact of climate change on food security and the availability of nutritious foods in Zambia.

- Limited use of web technology to solve medical issues

- Limited research on the use of technology in promoting healthy eating habits and improving nutrition in Zambia, and how best to design and implement digital interventions that are accessible and effective for different populations.

2.5 Research variables arising from the literature review

- Dietary intake: This variable could include the amount and types of foods consumed by individuals, as well as any nutritional deficiencies that may be present in the population.

- Cultural and social norms: These variables could influence what foods are considered acceptable or desirable to eat, and how meals are prepared and consumed.

- Availability and access to healthy foods: This variable could include the physical availability of healthy foods in Zambia, as well as the affordability and accessibility of these foods to different segments of the population.

- Technology adoption and usage: This variable could include the extent to which technology is currently being used in Zambia to support healthy eating, as well as any barriers to adoption or usage.

- Health outcomes: This variable could include measures of health status or disease prevalence that are related to diets, such as rates of obesity, malnutrition, or chronic diseases.

2.6 Conclusion

The Health Information Technology (HIT) Model provides a comprehensive approach to using technology to support healthy eating by considering individual characteristics, technology features, and the environment which is a good model to use for combining technology and health.

They are many schemes put in place to try to promote good eating habits, on the local front The FAO has already implemented various solutions to promote healthy eating in Zambia, such as making dietary guidelines accessible and strengthening the food systems. and on the international front other studies like the study by Naimark et al. showed the potential of a web-based app in promoting healthy lifestyles. However, More research is needed to understand specific groups' dietary habits, the effectiveness of nutrition education, cultural and social factors influencing food choices, climate change's impact on food security as well of using technology to promote healthy eating.

In general, the literature review forms the basis of knowledge that will guide the proposed research's design and implementation. The study's results will help address the identified research gaps and contribute to the existing literature on promoting healthy eating in Zambia. Policymakers, public health practitioners, and other stakeholders working towards promoting healthy eating in Zambia will find the research findings valuable.

3.0 CHAPTER THREE: METHODOLOGY AND DESIGN

3.1 Introduction

In this chapter, I outline the methodology and design picked to address the research questions and achieve the research objectives. it presents a detailed account of the research approach, design, data collection methods, data analysis techniques, and ethical considerations. The thinking behind the chosen methodology and design is elaborated and explained in detail, as well as the strengths and limitations of

the approach. The chapter will be organized into several sections to provide a clear and comprehensive overview of the study's methodology and design.

3.1.1 General Design of the Web-app

It is essential to understand what the web-app will offer and what category it falls inro which helps developers pick the algorithms or platforms and tools that will be used to develop the ui and architecture as well as language. At the same time, it also aids the end-users in understanding what to expect from the system. The general essence of this web-app is to get users detail or condition and create a balanced 7 day meal plan without forcing user into subscribing for the service. meaning its a tool that helps guide users make healthy food decisions.

The researcher utilized the following tools in the design of this Web-app:

- **HTML**: stands for Hypertext Markup Language. It is a markup language used to create and design web pages. HTML consists of a series of tags and attributes that are used to structure and format the content of a web page, such as headings, paragraphs, images, links, forms, and more. When an HTML file is loaded by a web browser, the browser reads the file and renders it as a web page, displaying the content according to the instructions provided by the HTML tags and attributes.

```html
1  <!DOCTYPE html>
2  <!--[if lt IE 7]>      <html class="no-js lt-ie9 lt-ie8 lt-ie7"> <![endif]-->
3  <!--[if IE 7]>         <html class="no-js lt-ie9 lt-ie8"> <![endif]-->
4  <!--[if IE 8]>         <html class="no-js lt-ie9"> <![endif]-->
5  <!--[if gt IE 8]>      <html class="no-js"> <!--<![endif]-->
6  <html>
7      <head>
8          <meta charset="utf-8">
9          <meta http-equiv="X-UA-Compatible" content="IE=edge">
10         <title></title>
11         <meta name="description" content="">
12         <meta name="viewport" content="width=device-width, initial-scale=1">
13         <link rel="stylesheet" href="">
14     </head>
15     <body>
16         <!--[if lt IE 7]>
17             <p class="browsehappy">You are using an <strong>outdated</strong> browser. Please <a href="#">upgrade your browser</a> to improve your experience.</p>
18         <![endif]-->
19
20         <script src="" async defer></script>
21     </body>
22 </html>
```
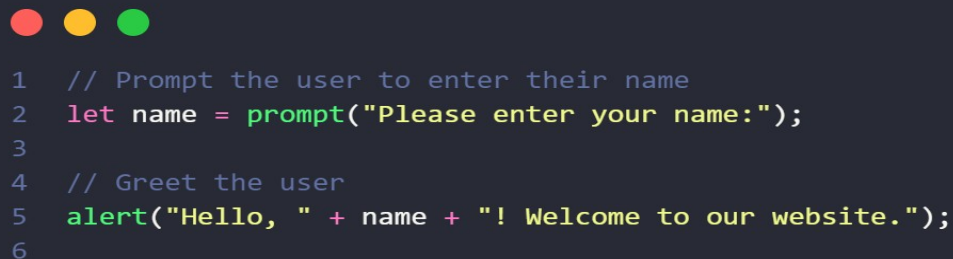
- **TAILWIND CSS:** utility-first CSS framework that provides pre-defined CSS classes that can be used to rapidly build user interfaces without writing custom CSS. It is designed to make it easy to create responsive and customizable designs with minimal effort. With Tailwind, you can build complex UI components quickly by composing small, reusable utility classes that can be applied directly in your HTML.

```
1  <button class="bg-blue-500 hover:bg-blue-700 text-white font-bold py-2 px-4 rounded">
2    Click me
3  </button>
```

In this example, the button element has several Tailwind CSS classes applied to it:

1. bg-blue-500: Sets the background color to a shade of blue.

2. hover:bg-blue-700: Changes the background color to a darker shade of blue when the user hovers over the button.

3. text-white: Sets the text color to white.

4. font-bold: Sets the font weight to bold.

5. py-2: Adds padding of 0.5rem (or 8px) to the top and bottom of the button.

6. px-4: Adds padding of 1rem (or 16px) to the left and right of the button.

7. rounded: Rounds the corners of the button.

- **JAVASCRIPT**: is a high-level, interpreted programming language that is commonly used to create interactive web pages and dynamic web applications. It was created in 1995 by Brendan Eich while he was working at Netscape Communications Corporation. JavaScript allows developers to add functionality to web pages, such as form validation, dynamic styling, and animations, and also enables the creation of complex web applications,

```
1  // Prompt the user to enter their name
2  let name = prompt("Please enter your name:");
3
4  // Greet the user
5  alert("Hello, " + name + "! Welcome to our website.");
6
```

This script uses the prompt() function to display a dialog box where the user can enter their name, and the alert() function to display a message welcoming them to the website.

- **LUNACY**: free graphic design software developed by Icons8. it's designed to work seamlessly with Icons8's extensive library of icons and other graphical assets. Lunacy is primarily aimed at UI/UX designers and developers

- **GIT:** is a distributed version control system used for tracking changes in source code during software development. It allows developers to collaborate on projects and keep track of different versions of their code.

- **GITHUB:** a web-based platform that uses Git for version control and collaboration. It provides a place for developers to store and share their code with others, as well as to collaborate on projects with other developers.

- **VS CODE:** Visual Studio Code (VS Code) is a source code editor developed by Microsoft for Windows, Linux, and macOS. It includes support for debugging, syntax highlighting, intelligent code completion, snippets, code refactoring, and embedded Git. It also includes extensions that can be added to provide additional features and support for additional programming languages.

3.2 Methodology Adopted

the research will follow the normal flow of software development by implementing the Software Development Life Cycle (SDLC) model (**waterfall model**), which involves several stages, starting with the

- Planning stage: In this stage, we establish the goals and objectives of our research, and identify the scope of our study. We review existing literature on particular topics, consult with nutrition experts, and use Google questionnaires to gather relevant data.

- Analysis stage: we will gather and analyze data related to the nutritional content and quality of food options available to consumers. We will use a variety of data sources, such as nutritional databases and Google questionnaires, to help us gain a better understanding of the current eating habits of Zambians.

- Design stage will involve the development of our research framework and methodology, where we will carefully design our study to ensure it is both valid and reliable. We will use appropriate sampling techniques and statistical analysis to ensure the accuracy of our findings.

- Development stage: where we will begin collecting and analyzing data. We will use Google questionnaires to gain insight into consumer attitudes and behaviours related to healthy eating.

- Testing stage: will involve the validation of our research findings and the identification of any potential biases or limitations in our study. We will conduct thorough data analysis to ensure the accuracy and validity of our findings and address any potential issues that may arise.

Deployment stage, we will disseminate our research findings to key stakeholders, such as policymakers, healthcare providers, and nutritionists. We will provide recommendations for improving healthy eating habits, and promote the adoption of evidence-based interventions to improve the nutritional status of consumers.
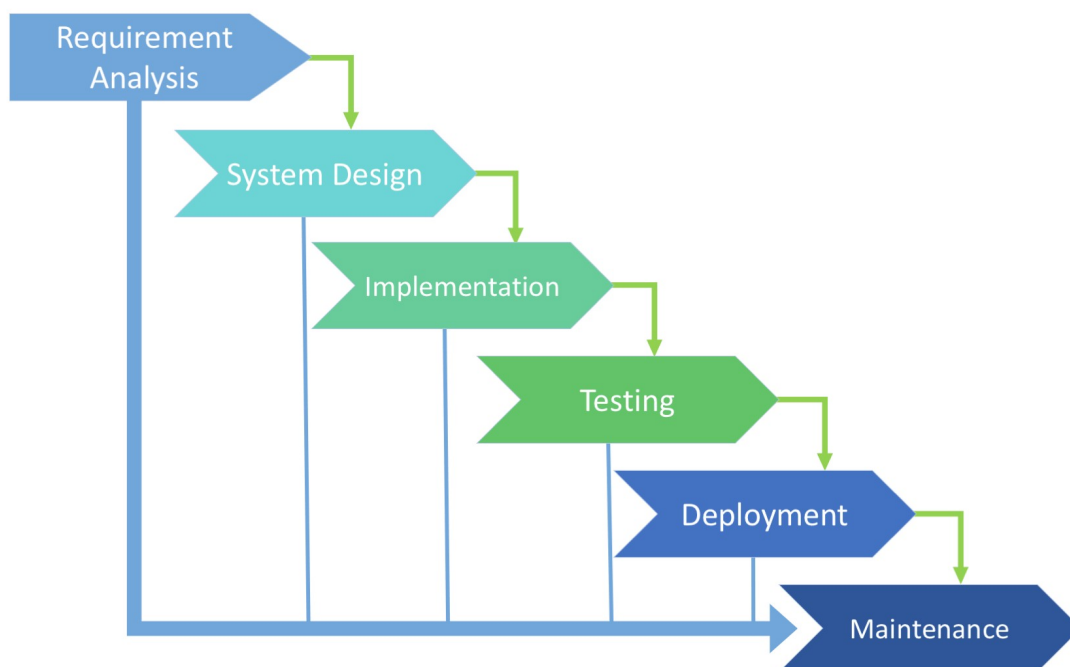
3.2.1 Site Map

A site map is simply a map on a website or web application that simply outlines the most important pages that a particular web application or website has ,as well as the connection between the important pages .

Home page : The home page is the first page the user will first see which will have the important call to action buttons on any site or web application.

Detail page : This will be the page where he user enters his or her details in order to generate a meal that suits there particular details.

Code page : This is the page that returning users will access in order to enter code.

Meal page : this is the page with the 7 day meal plan generated for the user.

Guide page : the page with guide of how to use and read the web application .
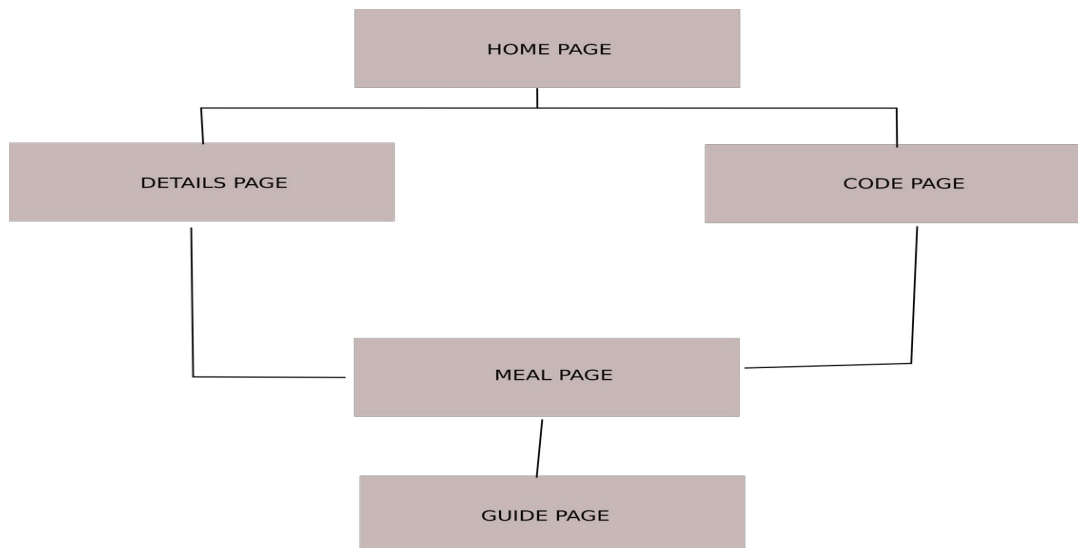
3.2.2 Use Case Diagram

In the Unified Modeling Language (UML) A use case diagram, just as the name suggests, is a diagram that takes key interest in representing the system's users and their interactions. However, it is vital that the Use case diagram is as effective as possible as it influences the

overall understanding of the system's architecture
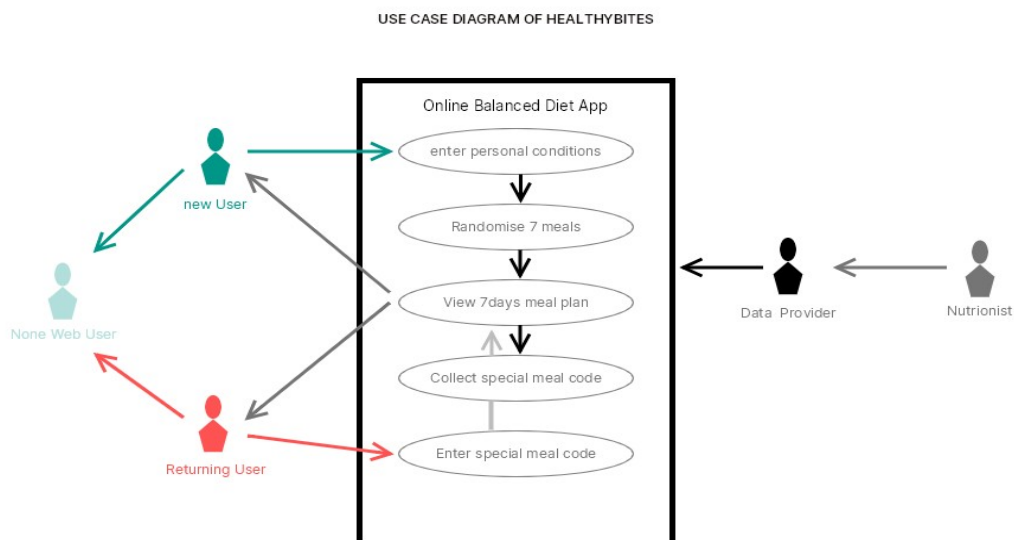
3.2.3 Flow Chart Diagram

A Flowchart demonstrates the Operation of the Web Application design that was followed. a flowchart is a diagram that represents a logical sequence depicting a process in a computer algorithm or a system.
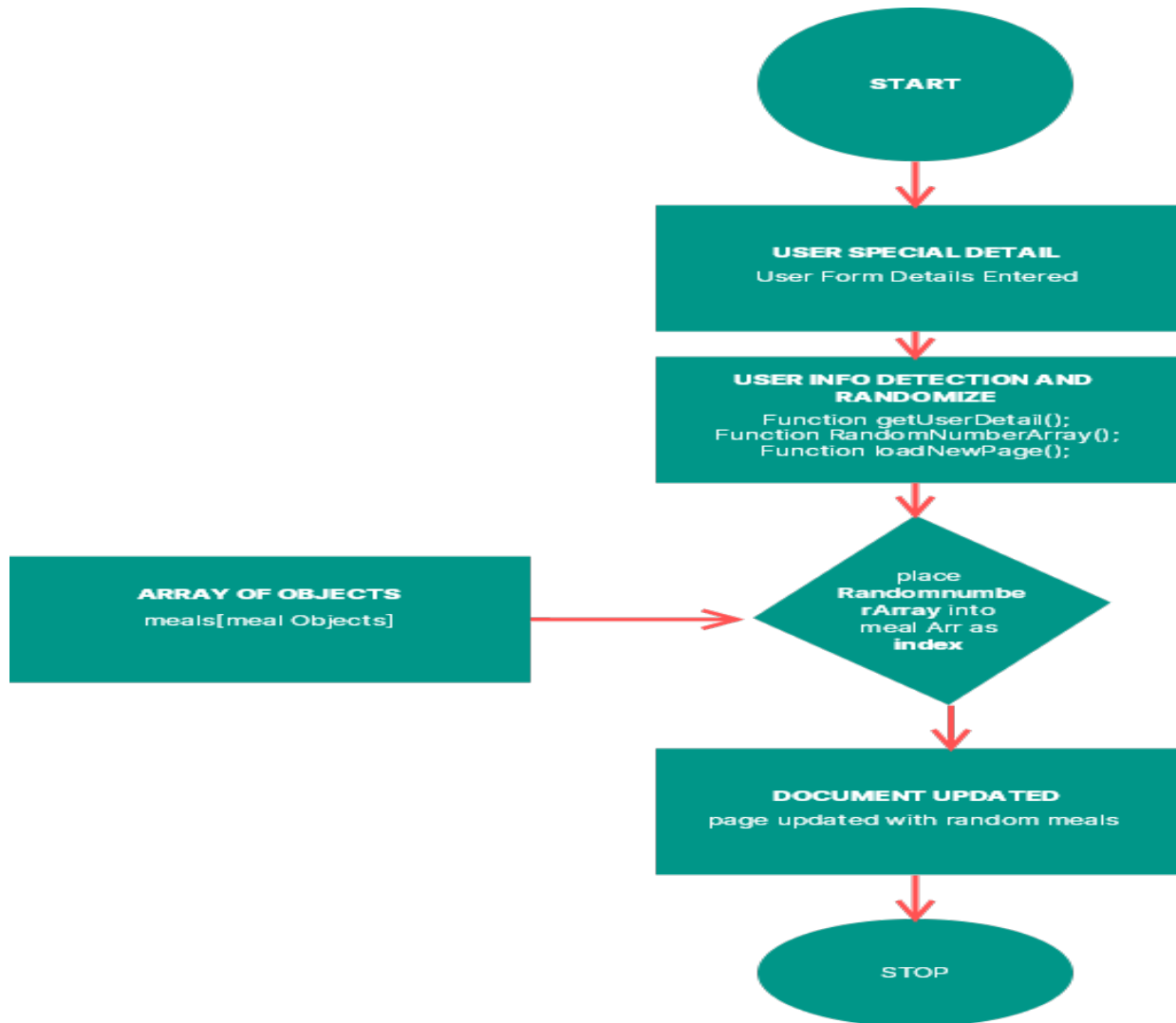
3.2.4 UI Design

UI design involves developing intuitive and visually appealing interface components that facilitate seamless user interaction with websites, applications, or other computer systems. The ultimate goal of UI design is to enhance the user experience by making it easy and enjoyable to use these systems. since this web-app is made to be used as a tool at any time mobile first approach to the user interface design was adopted because the majority of individuals who are going to use this app are going to access it using the mobile phone

3.2.4.1 Low Fidelity wire frames of Healthy-bites

This is a simple wire frame is a basic representation of how the product is going to look and feel and captures only the essential features of a product like the structure using simple tools like place holder text ,monochromatic colors etc and are the early stages of design.
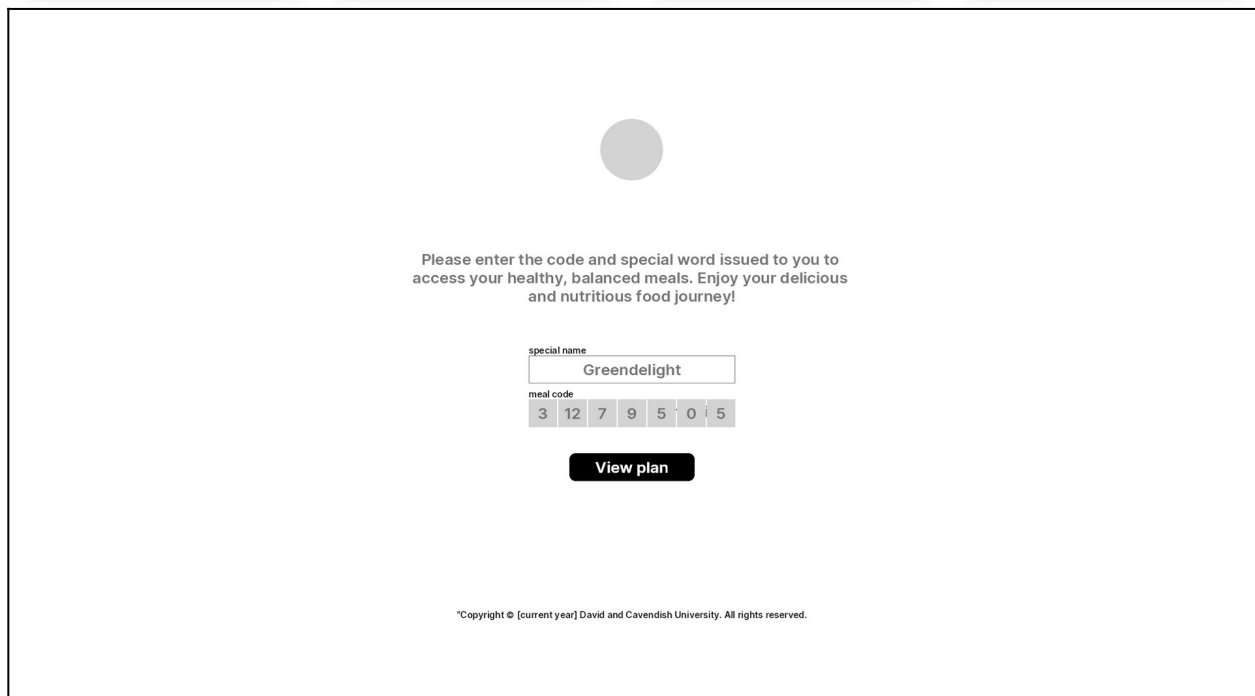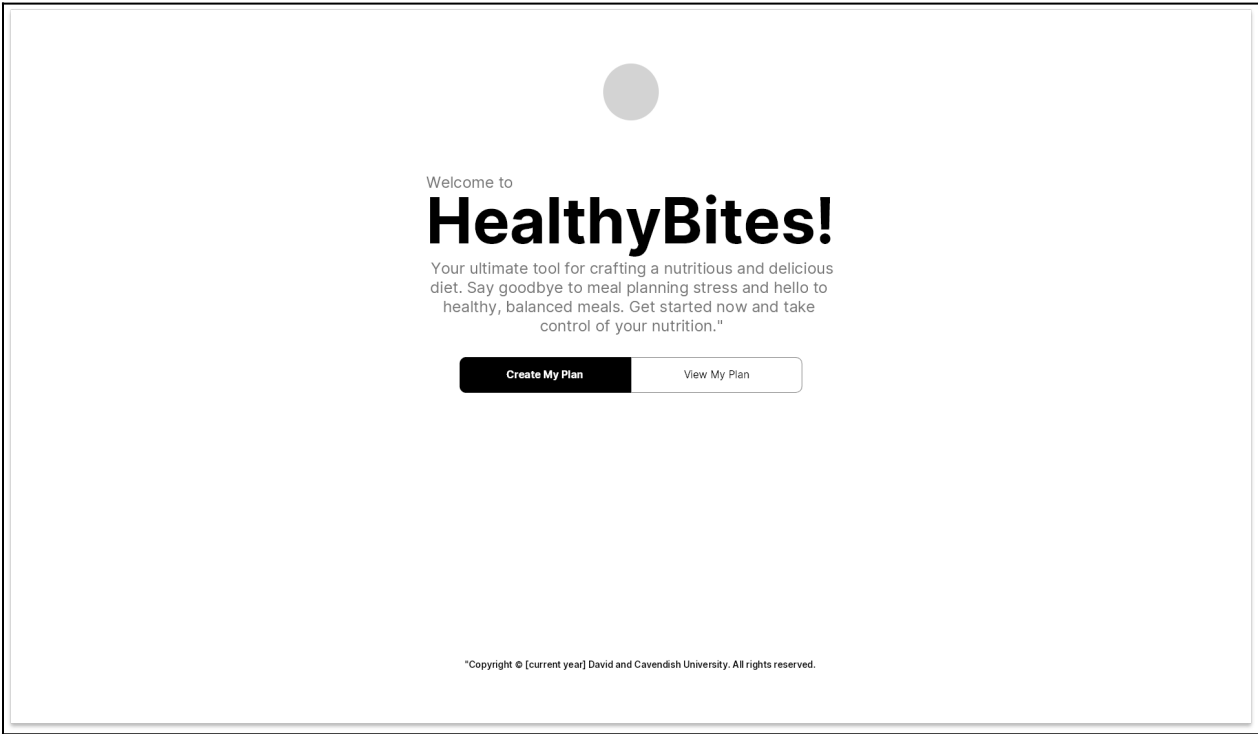
Figure of a low fidelity wire frame homepage
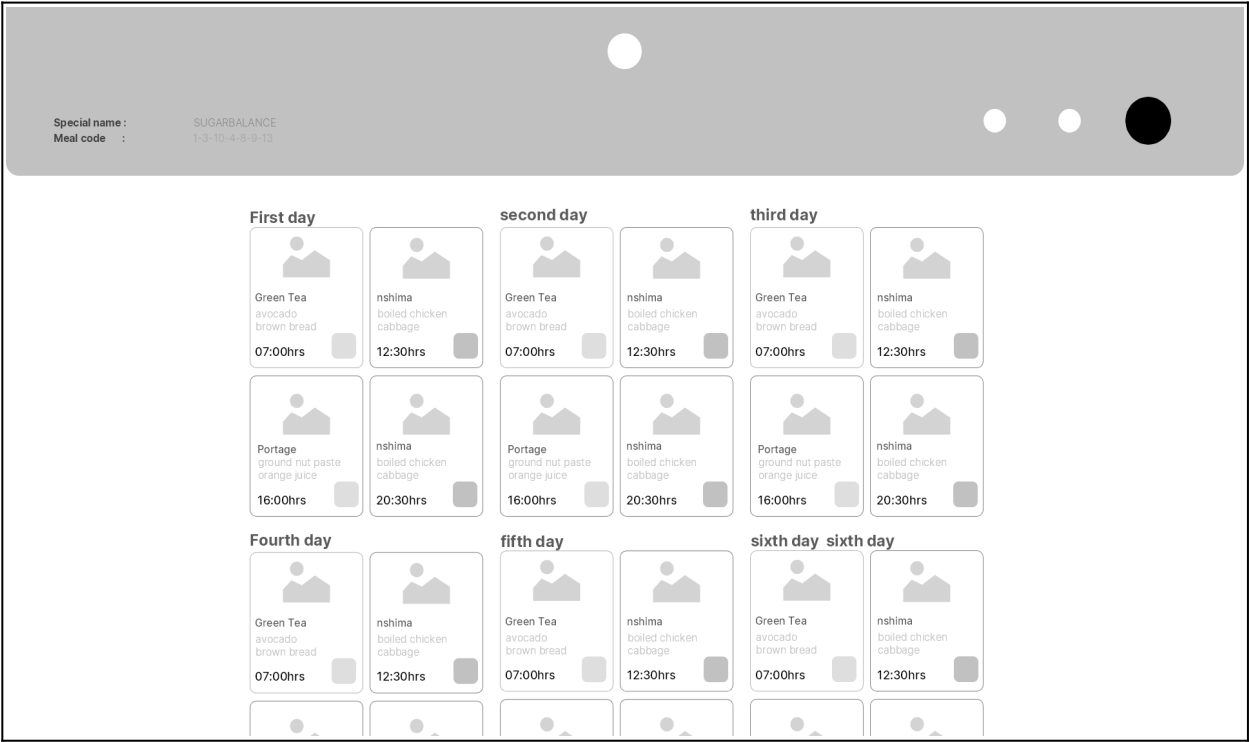
Figure of a low fidelity wire frame meal page

3.2.4.2 High Fidelity wire frames of Healthy-bites

This is a high resolution design of the product that close to the end products look and feel .the structure is perfected and color scheme as well as assets are applied to the product in order to produce a well designed end product.
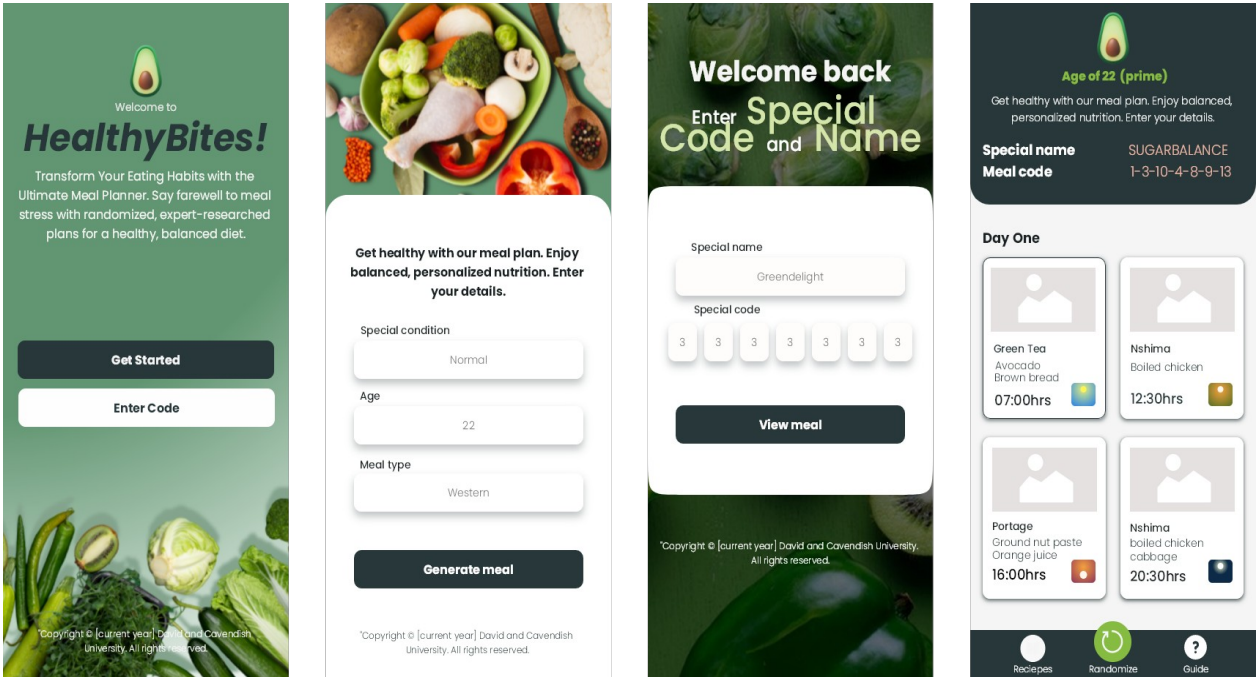
Figure of a high fidelity wire frame mobile view
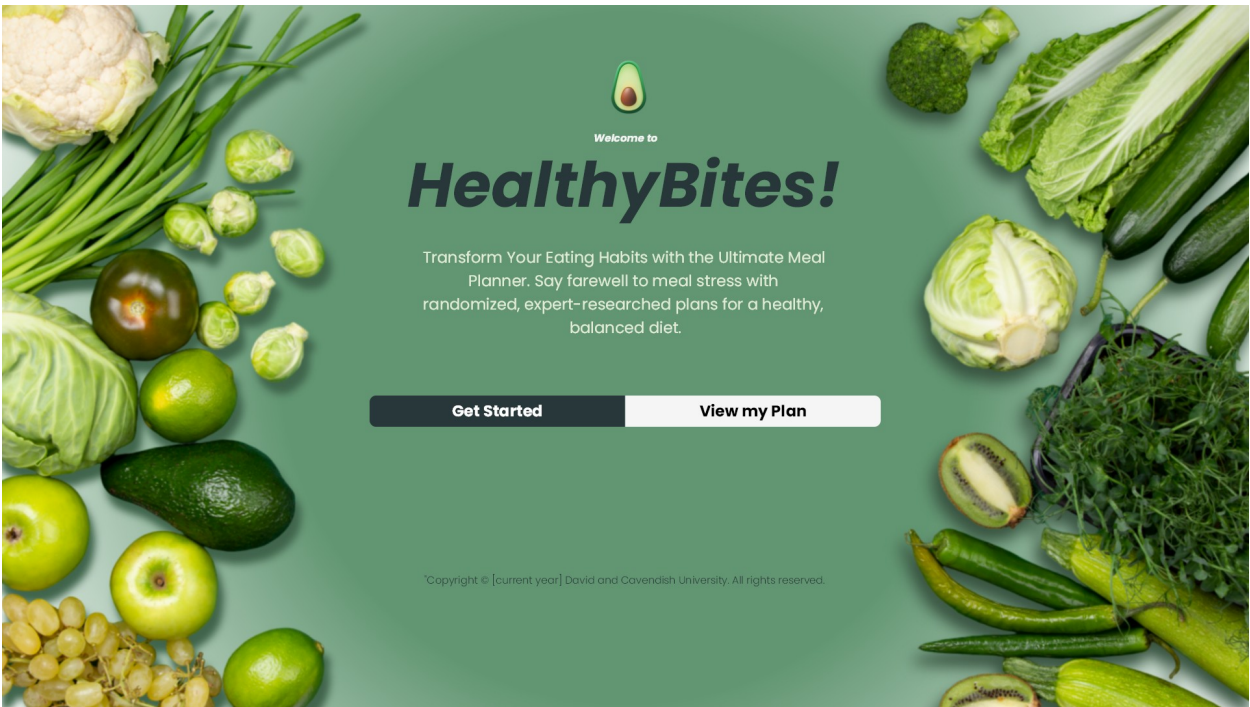
Figure of a high fidelity wire frame homepage
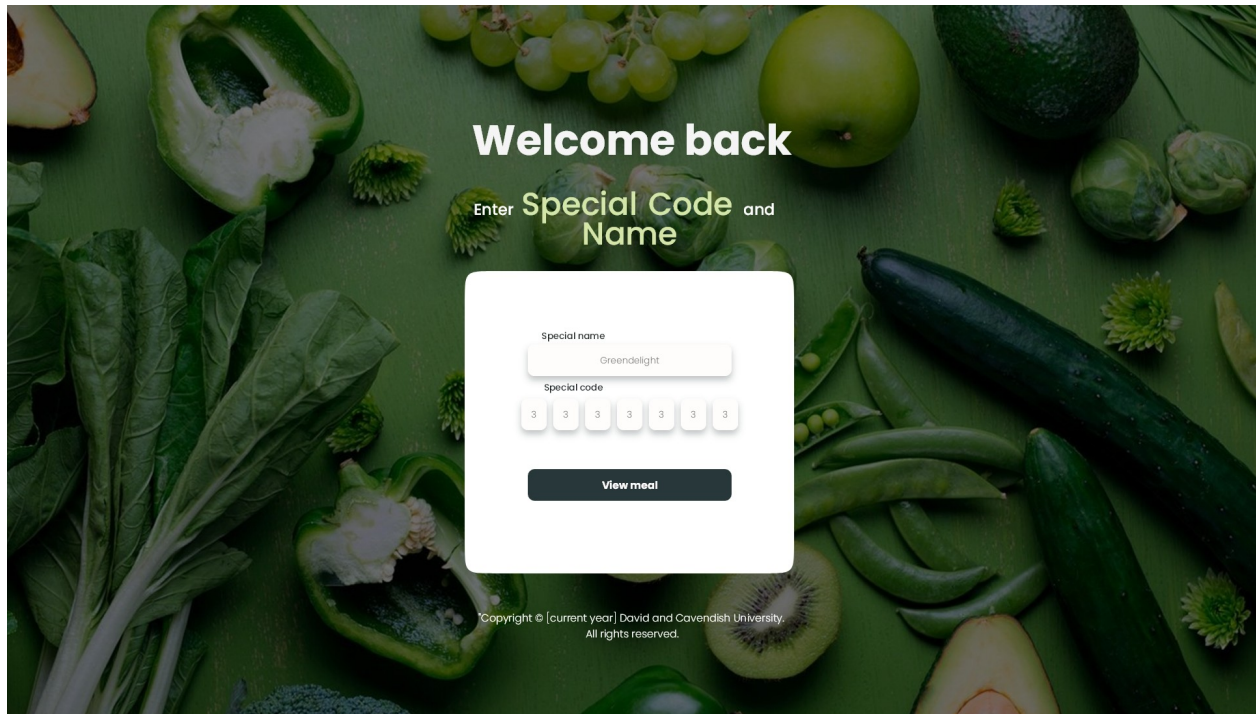
Figure of a high fidelity wire frame code page
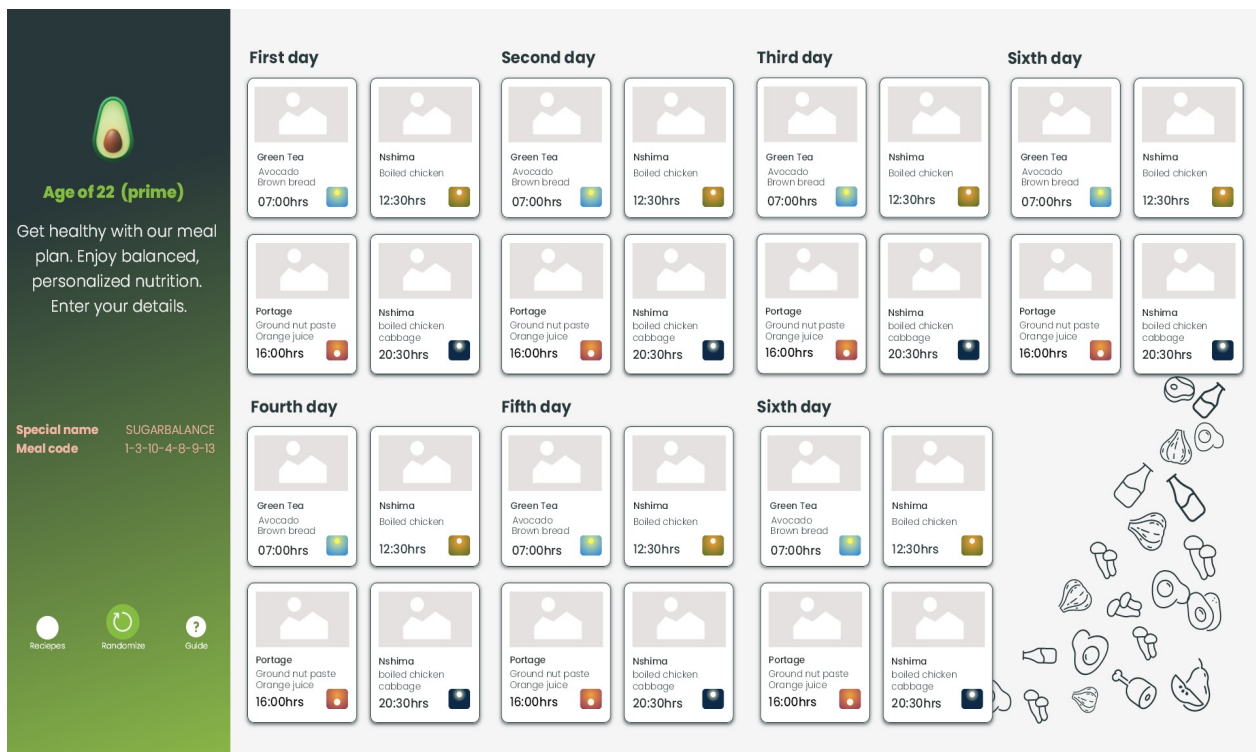
Figure of a high fidelity wire frame meal page

3.3 Research design

During the research, there are two primary methods or research design types: exploratory and conclusive research. The former seeks to identify and explore potential problems or situations to gain insight and

understanding, while the latter aims to test specific hypotheses and examine relationships. As we dive into the topic of healthy eating and eating habit by the Zambian people concerning healthy eating for the Healthy Bite web application, it's critical to note that the research design falls under the category of descriptive research, which is used to describe the characteristics of population, organizations, or markets. A descriptive research design is the most suitable approach for the Healthy Bite app because its the method that employs quantitative data to measure the factors influencing healthy eating behaviour.

3.3.1 Research Strategy

Will begin with a thorough literature review to help formulate research questions .that will be the basis of the research, from the response or feedback that will be obtained from the questionnaire, responses with similar attributes will be put together to form personas, these will be used to gain a better understanding of the problem at hand. By using this problems will be identified and a user-centered approach to solving the problems will be carried out, the research will focus on solving the personas problems, According to E.Navoseltseva (2018) "User-centered design (UCD) is an iterative design process in which designers and other stakeholders focus on the users and their needs in each phase of the design process. UCD calls for involving users throughout the design process via a variety of research and design techniques to create highly usable and accessible products for them." therefore this approach is effective in designing solutions to problems. Finally, the data collected from the personas will be analyzed through the use of frequency tables, and conclusions and recommendations will be drawn based on the findings.

3.4 Research variables

This web app will be an online application hosted online, this is so that everyone can access it online without having to install it onto their devices meaning everyone has the access to it no matter how old the device they are using to access the web app. it has no hardware requirements only access to the internet Requirement.

Further research shows that not everyone in Zambia has good access to the internet however the proposed system will not require account login so that even healthcare centers can create balanced meals for individuals on the fly without stressing too much about registration.

Returning users show that they want to continue passing saved details because this system has no registration and no need for the database to store user information, therefore, a model that works around this will be developed since the tool is intended to be a guide that helps people plan healthy meals.

3.5 Source of data

The source of data for the study has been a major concern, therefor both primary and secondary modes of data collection were utilized to overcome the potential weaknesses of intrinsic biases and problems that may arise from a single method and theory of studies, the research employed methodological triangulation, which involved reviewing interviews, observations, and questionnaires.

3.5.1 Primary data

The majority of the data collected was from Questionnaire issued to the local nutritionists at a small local clinic and a big hospital. The majority of the information from this Questionnaire stated that eating healthy in a Zambian household is a luxury because most of the common Zambian people leave below the poverty line therefore they eat what their pockets can afford to eat and do not know that even local cheap food can be structured in a balanced format. One nutritionist also stated that most of the people who access his services at the hospital are those who are pregnant or are in critical condition if a nutritionist guide is not found which should not be the case. the observation from all this is that most Zambians do not focus on healthy eating.

3.5.2 Secondary data

The secondary data was from analyzing the old system and Literature available from Zambian nutrition books available in Zambia The Internet's e-books and blogs were helpful in the collection of information in a quest to develop the web-based online web application system. Interviews also assisted in collecting the secondary data as the number of selected hospital patients (pregnant women, diabetics and children's parents) were interviewed to obtain information on the ways that they get balanced meals and how they pick balanced schedules.

3.6 Sampling methods

It is important to structure ways to collect information because it helps ensure that the data collected is relevant, accurate, and reliable.

- Questionnaires

- Interviews

- Observation

- Analysis of old System

3.7 Sampling Techniques

In this research, two sampling techniques were used

- **Stratified Sampling**: this involves dividing the population into subgroups (or strata) and selecting individuals from each subgroup in proportion to their representation in the population.

- **Snowball Sampling**: involves selecting individuals who can refer or introduce other individuals who fit the criteria for the study.

3.8 Data Collection Techniques

Three techniques were used to collect information from nutrition professionals and the general public. These includes

- Observation

- Interviews

- Questionnaires

Observation: the observation on how Zambians and eating healthily is that they tend to avoid it and only pay attention to healthy eating when instructed by the doctors when their health worsens due to bad eating habits and some assume it is expensive to eat right

Interviews: A selected few individuals (diabetics, pregnant women and parents) from the hospital were interviewed to obtain information on ways they get guides on a well-balanced diet and how easy they find these guides. Most of them stated that the hospital nutritionist guides them on what to eat and most of the time it's a rushed process, they also noted that they would want an easy guide that is easily followed than having to have the same meals issued and standing in line for a detailed plan.

Questionnaires: Basically, questionnaires were issued to a few nutritionists that provided the views of the nutrition on how nutrition is being viewed among est the local public The majority stated that nutrition information is easy to find but the foods that are recommended in these nutrition guides seem tailored for the west and locals tend to assume its expensive to eat right since most leaves bellow the poverty line.

3.9 Reliability / Validity

The data collected has shed some light on what best can be done to create the system. It has surely provided reliable information on ways to implement said system because most of the information was obtained from individuals that are closely related to Zambian society and professionals who have been involved in promoting nutrition took time to provide the necessary information.

3.10 Ethical Considerations

Computer ethics is a discipline in computer science that addresses ethical concerns that arise from computer technology. It involves examining the nature and social implications of computer technology, as well as developing ethical guidelines for its use. Computer ethics also covers the impact of computer technology on personal and social policies. The following are some of the factors that need to be considered.

3.10.1 Standardization:

These are established global or regional standards for addressing problems or designing ICT systems, which all ICT stakeholders are expected to comply with. Standardization aims to ensure that there is a universally recognized level of ICT standards, particularly in terms of technology usage.

3.10.2 Security

ICT security is an important aspect of any ICT project or establishment, measures and Standard practices must be implemented to ensure the protection of data and information. All stakeholders must follow established security procedures and standards to fully appreciate ICT. Measures such as password usage, firewalls, and encryption can enhance security. Companies may require clients to provide personal information to protect their clients from theft and abuse.

3.11 Limitation of Study

1. Data collection limitations: The study faced challenges in accurately collecting data on the dietary habits and nutritional status of individuals in Zambia, which can affect the validity of the findings.

2. Cultural and social factors: The cultural and social norms such as income, food availability, etc surrounding food and eating habits in Zambia impact the effectiveness of the web application in promoting healthy eating.

3. Technology adoption: The study also faced challenges related to technology adoption as most Zambian areas are not familiar with using web applications or do not have access to the technology needed to use the application especially rural-based area individuals.

4. Limited sample size: The study has a limited sample size because the time for developing reliable samples is extremely limited, which may have affected the generalization of the results.

5. Data privacy and security: The study must consider data privacy and security concerns, as individuals may not be comfortable sharing personal information such as dietary restrictions.

6. Resource constraints: The study may face budget and resource constraints, which could impact the quality and accuracy of the results

4.0 CHAPTER FOUR: IMPLEMENTATION AND TESTING

4.1Introduction

This chapter presents the results of the implemented program and its functionality, focusing on the important capabilities that have been designed to answer the questions raised from the research .

4.2 Landing page (Home Page)

This is the first page users see when the page is loaded and its purpose is to give a brief overview of the web applications perpose aswell as to prompt user to start the generating of meal plans.the landing page is essential to a web application due to the fact that its what attracts users .therefore a simplistic interface that can easily be navigated is important for this application.

4.2.1 Hero section
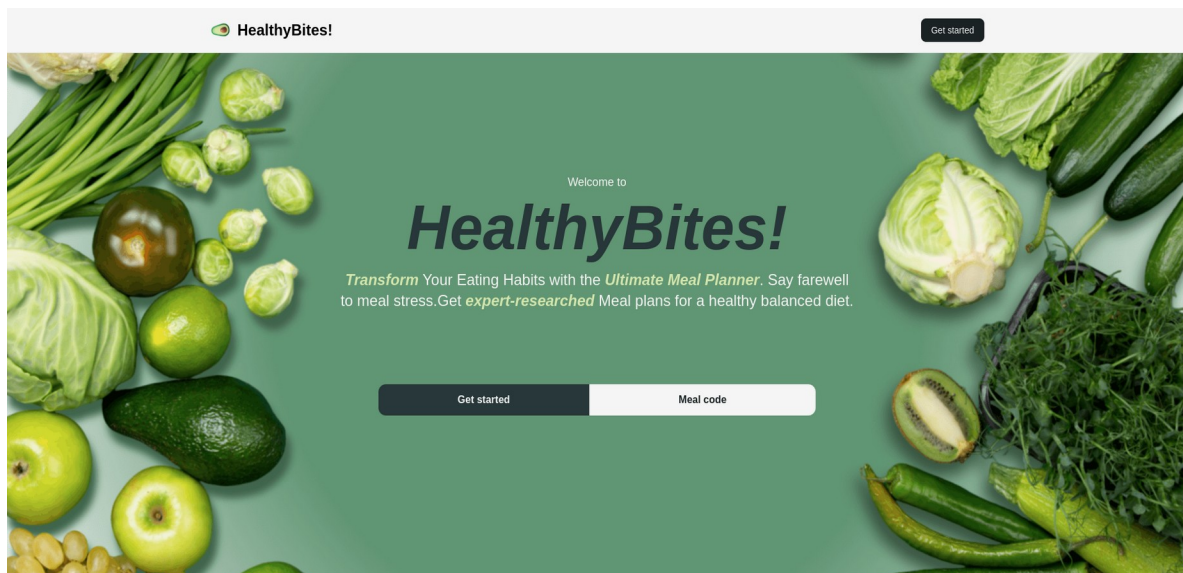
4.2.1.0 Html And tailWind Css Code

```html
<nav
        class="bg-myWhite dark:bg-gray-900 fixed w-full z-20 top-0 left-0
border-b border-gray-200 dark:border-gray-600"
    >
      <div
          class="max-w-screen-xl flex flex-wrap items-center justify-between
mx-auto p-4"
      >
        <a href="index.html" class="flex items-center">
          <img
            src="images/icons/logo160x160.png"
            class="h-8 mr-3 animate-spin"
            alt="HealthyBites"
          />
          <span
                class="self-center text-2xl font-semibold whitespace-nowrap
dark:text-white"
            >HealthyBites!</span
          >
        </a>
        <div class="flex md:order-2">
          <a href="code.html">
            <button
              type="button"
                        class="text-myWhite bg-myDarkestGreen hover:bg-myGreen
focus:ring-4   focus:outline-none   focus:ring-myDarkestGreen   font-medium
rounded-lg text-sm px-4 py-2 text-center mr-3 md:mr-0 dark:bg-blue-600
dark:hover:bg-blue-700 dark:focus:ring-blue-800"
            >
              Get started
            </button>
          </a>
        </div>
      </div>
    </nav>

<!--this is the introduction section for thr first screen-->
    <header
        class="bg-myBgGreen bg-[url('../images/index-mobile-bg.png')] lg:bg-
[url('../images/index-desktop-bg.png')] bg-clip-border bg-center bg-cover bg-
no-repeat flex flex-col justify-center items-center h-[90svh]"
    >
      <div>
        <p class="font-normal text-sm text-myWhite lg:text-lg text-center">
          Welcome to
        </p>
        <h1
            class="text-5xl font-bold italic text-myDarkGreen mt-2 lg:text-8xl
text-center"
        >
          HealthyBites!
        </h1>
```

```html
      <p
        class="mt-4 text-center text-sm text-center px-6 text-myWhite font-
normal lg:text-2xl lg:font-normal lg:w-[55rem]"
      >
        <em class="text-myEmGreen font-semibold">Transform</em> Your Eating
        Habits with the
                  <em  class="text-myEmGreen  font-semibold">Ultimate  Meal
Planner</em>.
        Say farewell to meal stress.Get
            <em class="text-myEmGreen font-semibold">expert-researched</em>
Meal
        plans for a healthy balanced diet.
      </p>
    </div>

    <div
          class="flex  flex-col  items-center  mt-20  lg:mx-72  lg:flex-row
lg:justify-center lg:mt-28"
      >
      <!--the main btns-->
      <a
        href="code.html"
        id="primary-btn"
         class="bg-myDarkGreen rounded-xl lg:rounded-tl-xl lg:rounded-bl-xl
lg:rounded-tr-none lg:rounded-br-none font-bold text-center transition ease-
in-out delay-150 duration-300 text-myWhite text-xs sm:text-base px-32 sm:px-
36 lg:px-32 py-3 lg:ml-32 hover:bg-myEmGreen hover:shadow-xl active:bg-teal-
400 focus:bg-myGreen"
        >Get started
      </a>

      <a
        id="secondary-btn"
        href="specialCode.html"
         class="bg-myWhite rounded-xl lg:rounded-tl-none lg:rounded-bl-none
lg:rounded-tr-xl lg:rounded-br-xl mt-3 lg:mt-0 font-bold text-center text-xs
sm:text-base  text-myDarkestGreen  px-32  sm:px-36  py-3  lg:mr-32  transition
ease-in-out  delay-150  duration-300  hover:bg-myEmGreen  hover:text-myWhite
hover:shadow-xl active:bg-teal-400 active:text-myWhite focus:bg-myGreen"
        >Meal code</a
      >
    </div>
  </header>
```

4.2.2 How it Works Section
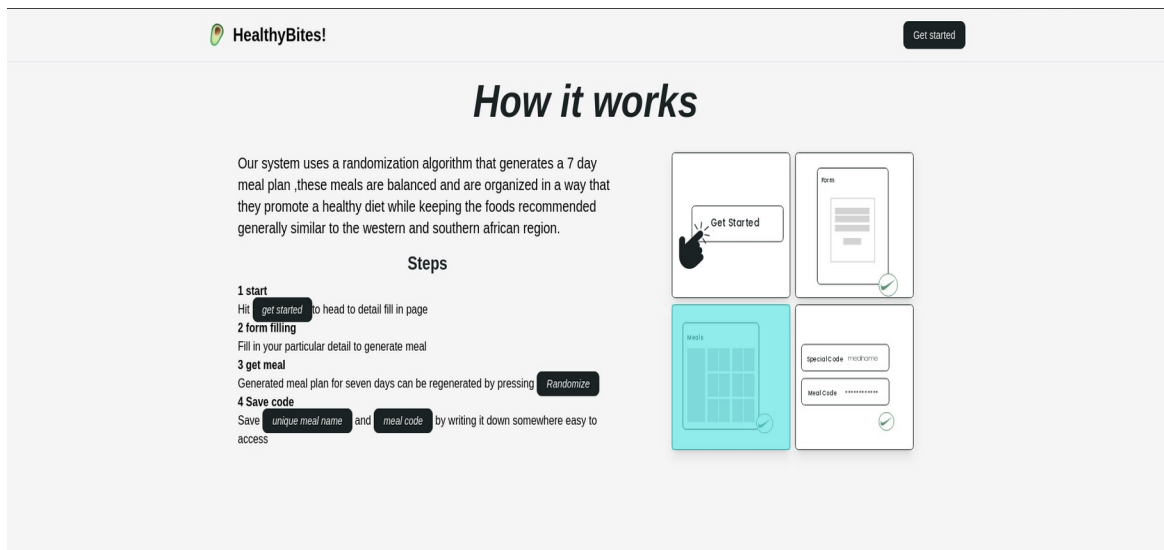
4.2.2.1 Html And tailWind Css Code

```
 <section
        class="flex flex-col flex-nowrap justify-center items-center mb-24"
    >
        <!--how it works-->
        <h2
          class="font-poppins italic font-black text-center text-2xl lg:text-
6xl text-myDarkestGreen mb-2"
        >
          How it works
        </h2>
        <div
          class="flex flex-col lg:flex-row lg:p-5 justify-evenly items-center
lg:items-start lg:w-[80rem]"
        >
          <div class="lg:p-2 lg:w-[40rem] mb-3 p-2">
            <p class="text-base lg:text-xl mb-4 text-center lg:text-left">
                Our system uses a randomization algorithm that generates a 7
day
              meal plan ,these meals are balanced and are organized in a way
              that they promote a healthy diet while keeping the foods
                recommended generally similar to the western and southern
african
              region.
            </p>
            <dl class="text-center lg:text-left">
              <dt
                    class="font-bold text-2xl text-myDarkestGreen mb-2 text-
center"
              >
                Steps
              </dt>
              <dt class="font-semibold">1 start</dt>
```

```html
          <dd class="font-light">
            Hit
            <em
                    class="text-myWhite bg-myDarkestGreen hover:bg-myGreen
focus:ring-4   focus:outline-none   focus:ring-myDarkestGreen   font-medium
rounded-lg  text-sm  px-4  py-2  text-center  mr-3  md:mr-0  dark:bg-blue-600
dark:hover:bg-blue-700 dark:focus:ring-blue-800"
                    >get started</em
            >to head to detail fill in page
          </dd>
          <dt class="font-semibold">2 form filling</dt>
          <dd class="font-thin">
            Fill in your particular detail to generate meal
          </dd>
          <dt class="font-semibold">3 get meal</dt>
          <dd class="font-thin">
            Generated meal plan for seven days can be regenerated by
            pressing
            <em
                    class="text-myWhite bg-myDarkestGreen hover:bg-myGreen
focus:ring-4   focus:outline-none   focus:ring-myDarkestGreen   font-medium
rounded-lg  text-sm  px-4  py-2  text-center  mr-3  md:mr-0  dark:bg-blue-600
dark:hover:bg-blue-700 dark:focus:ring-blue-800"
                    >Randomize</em
            >
          </dd>
          <dt class="font-semibold">4 Save code</dt>
          <dd class="font-thin">
            Save
            <em
                    class="text-myWhite bg-myDarkestGreen hover:bg-myGreen
focus:ring-4   focus:outline-none   focus:ring-myDarkestGreen   font-medium
rounded-lg  text-sm  px-4  py-2  text-center  mr-3  md:mr-0  dark:bg-blue-600
dark:hover:bg-blue-700 dark:focus:ring-blue-800"
                    >unique meal name</em
            >
            and
            <em
                    class="text-myWhite bg-myDarkestGreen hover:bg-myGreen
focus:ring-4   focus:outline-none   focus:ring-myDarkestGreen   font-medium
rounded-lg  text-sm  px-4  py-2  text-center  mr-3  md:mr-0  dark:bg-blue-600
dark:hover:bg-blue-700 dark:focus:ring-blue-800"
                    >meal code</em
            >
            by writing it down somewhere easy to access
          </dd>
        </dl>
      </div>

      <ul
        class="lg:p-2 flex flex-row flex-wrap justify-center items-center
gap-2 lg:w-[30rem]"
      >
        <li class="bg-white hover:bg-slate-200 shadow-lg">
          <img src="images/icons/sted.png" alt="press-submit" />
```

```
          </li>
          <li class="bg-white hover:bg-myLightOrange shadow-lg">
            <img src="images/icons/fms.png" alt="enter-details" />
          </li>
          <li class="bg-white hover:bg-myDarkOrange shadow-lg">
            <img src="images/icons/mls.png" alt="get generated meal" />
          </li>
          <li class="bg-white hover:bg-myDarkGreen shadow-lg">
            <img src="images/icons/mlcd.png" alt="save unique code" />
          </li>
        </ul>
      </div>
    </section>
```

4.2.3 Features Section

4.2.3.2 Html And tailWind Css Code

```
 <section class="mb-24">
        <!--features-->
        <h2
          class="font-poppins font-black text-center italic text-2xl lg:text-
6xl text-myDarkestGreen mb-2 lg:mb-24"
          >
          Features
        </h2>
        <div class="flex flex-row flex-wrap justify-center items-center gap-
8">
          <div
            class="bg-white hover:bg-myDarkGreen hover:text-myWhite shadow-lg
rounded p-2"
            >
```

```
        <dl
          class="flex flex-col flex-nowrap justify-center items-center w-
[300px] h-[500px] p-3"
        >
          <div>
            <img
              src="images/icons/price.png"
              alt="priceless"
              class="pb-4"
            />
          </div>
          <dt class="font-bold text-lg pb-2 text-center">
            No login ,No fees and High security
          </dt>
          <dd class="text-center">
            Our system has no login or subscription which is important to
            our users because it provides convenience and simplicity.
            Additionally, it offers enhanced security by eliminating the
            need to create and manage user accounts, reducing the risk of
            personal data breaches.
          </dd>
        </dl>
      </div>
      <div
        class="bg-white hover:bg-myDarkGreen hover:text-myWhite shadow-lg
rounded p-2"
      >
        <dl
          class="flex flex-col flex-nowrap justify-center items-center w-
[300px] p-3 h-[500px]"
        >
          <img
            src="images/icons/research.png"
            alt="research"
            class="pb-4"
          />
          <dt class="font-bold text-lg pb-2">Expert research</dt>
          <dd class="text-center">
            The foundation of this system lies in the expertise and
diligent
            research conducted by professionals in the field of
nutrition.
            The meal plans are meticulously crafted, taking into
            consideration various factors such as dietary requirements,
            health goals, and personal preferences. By relying on this
            system, you can trust that your meal plans are backed by
solid
            scientific knowledge and reliable sources.
          </dd>
        </dl>
      </div>
      <div
        class="bg-white hover:bg-myDarkGreen hover:text-myWhite shadow-lg
rounded p-2"
      >
```

```
            <dl
              class="flex flex-col flex-nowrap justify-center items-center w-
[300px] p-3 h-[500px]"
            >
              <img src="images/icons/algo.png" alt="algorithm" class="pb-
4" />
              <dt class="font-bold text-lg pb-2">Randomization Algorithm</dt>
              <dd class="text-center">
                Randomization ensures a diverse selection of meals,
preventing
                monotony and encouraging a well-balanced diet. By generating
                varied meal combinations, the algorithm promotes the
inclusion
                of different food groups, essential nutrients, and a wide
range
                of vitamins and minerals, resulting in a more comprehensive
and
                nutritionally balanced meal plan.
              </dd>
            </dl>
          </div>
        </div>
      </section>
```

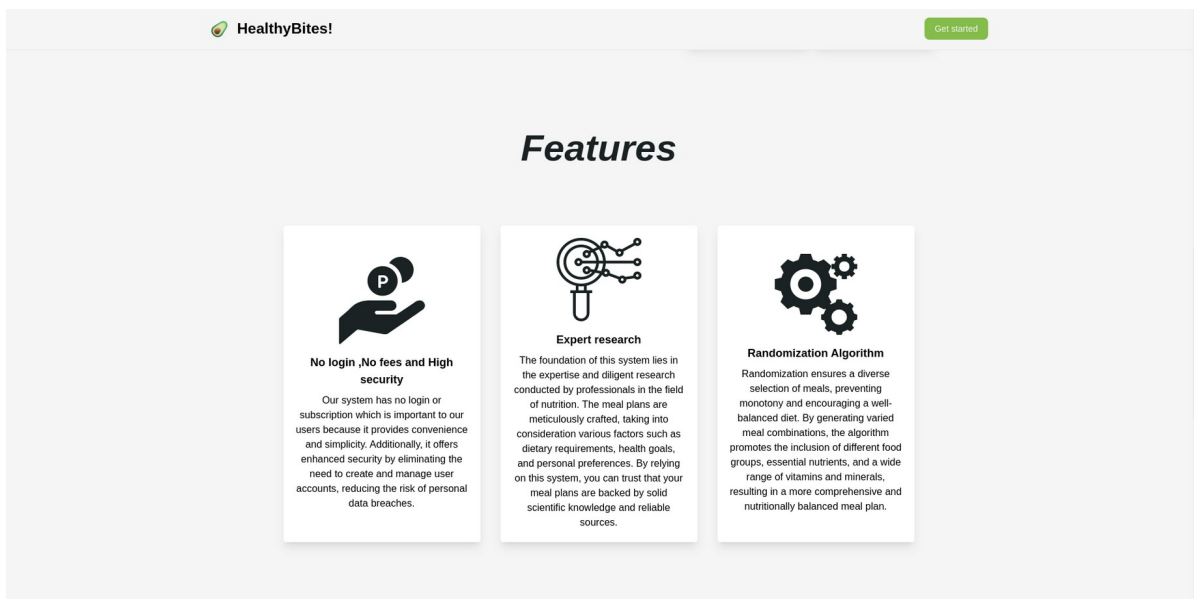### 4.2.4 Consultation Section
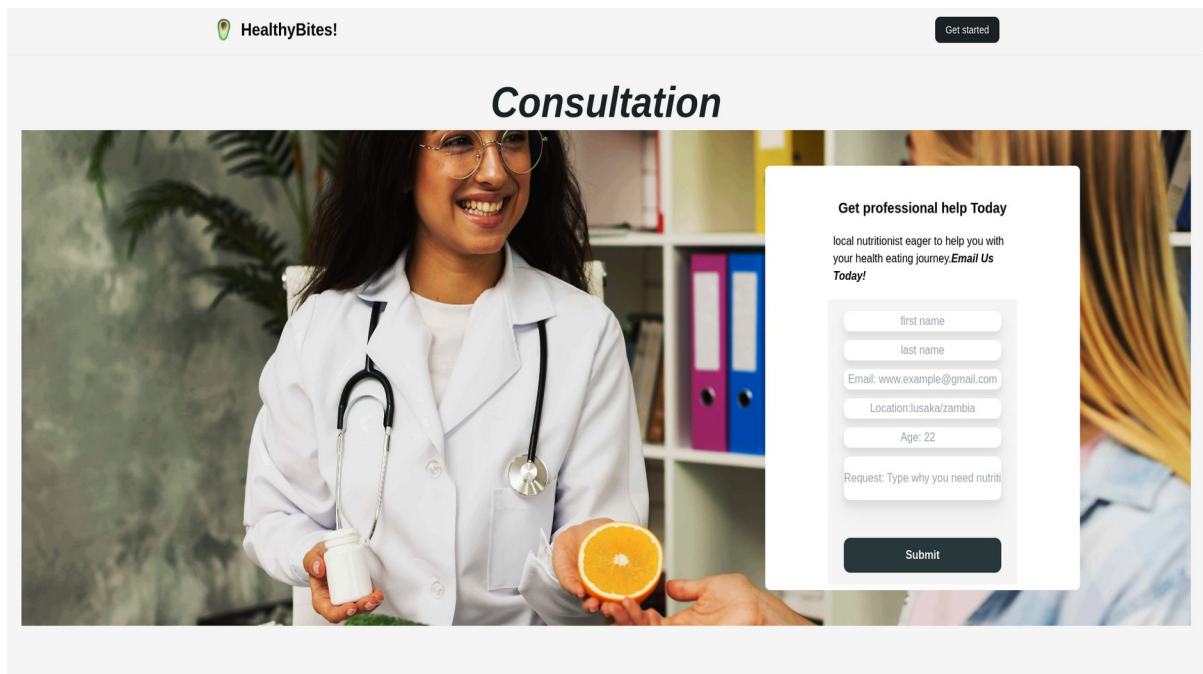
4.2.2.3 Html And tailWind Css Code

```
<section class="mb-24 w-[100%]">
        <h2
```

```
          class="font-poppins font-black text-center italic text-2xl lg:text-
6xl text-myDarkestGreen mb-2"
        >
          Consultation
        </h2>
        <!--get a nutritionist help for extra balance-->
        <div
          class="h-[70svh] bg-[url('../images/bg-nutri.jpg')] bg-clip-border
bg-top bg-cover bg-fixed bg-no-repeat flex flex-row flex-wrap justify-center
lg:justify-end items-center"
        >
          <div
            class="bg-white rounded-lg p-2 flex flex-col flex-nowrap w-
[300px] lg:w-[500px] lg:mr-44 items-center gap-3"
          >
            <h3 class="text-xl font-bold mt-9">Get professional help
Today</h3>
            <p class="w-[300px] p-2">
              local nutritionist eager to help you with your health eating
              journey.<em class="font-bold">Email Us Today!</em>
            </p>
            <form
              action="post"
              class="flex flex-col flex-nowrap gap-3 bg-myWhite justify-
center items-center rounded w-[300px] p-4"
            >
              <input
                type="text"
                name="fname"
                id="fname"
                placeholder="first name"
               class=" w-[250px] h-[28px] rounded-[10px] text-center  text-xs
sm:text-base drop-shadow-xl transition ease-in-out delay-150 duration-300"
              />
              <input
                type="text"
                id="lname"
                name="lname"
                placeholder="last name"
              class=" w-[250px] h-[28px] rounded-[10px] text-center  text-xs
sm:text-base drop-shadow-xl transition ease-in-out delay-150 duration-300"
              />
              <input
                type="email"
                name="email"
                id="email"
                placeholder="Email: www.example@gmail.com"
               class=" w-[250px] h-[28px] rounded-[10px] text-center  text-xs
sm:text-base drop-shadow-xl transition ease-in-out delay-150 duration-300"
              />
              <input
                type="text"
                id="location"
                name="location"
                placeholder="Location:lusaka/zambia"
```

```
                class=" w-[250px] h-[28px] rounded-[10px] text-center  text-xs
sm:text-base drop-shadow-xl transition ease-in-out delay-150 duration-300"
                />
                <input
                  type="number"
                  name="age"
                  id="age"
                  min="1"
                  max="150"
                  placeholder="Age: 22"
                  class=" w-[250px] h-[28px] rounded-[10px] text-center  text-
xs  sm:text-base drop-shadow-xl transition ease-in-out delay-150 duration-
300"
                />
                <input
                  type="textfield"
                  name="reason"
                  id="reason"
                  placeholder="Request: Type why you need nutritionist help
here ...."
                  class=" w-[250px] h-[60px] rounded-[10px] text-center  text-
xs  sm:text-base drop-shadow-xl transition ease-in-out delay-150 duration-
300"
                />
                <input type="Submit" id="Submit-btn" class="bg-myDarkGreen w-
[250px] h-[48px] rounded-[10px] text-center text-base font-bold mt-6 lg:mt-10
transition ease-in-out delay-150 duration-300 text-myWhite hover:bg-myEmGreen
hover:shadow-xl active:bg-teal-400 focus:bg-myGreen" />
              </form>
            </div>
          </div>
        </section>
```

4.3 Details Entry Page (form fill in Page)

This is the page the user views once he or she decides to create a meal plan.its perpose os to get
user details such as age ,type of meal needed ,special conditions (diabetic etc) .the purpose of
this detail collection is to make sure a meal using the users unique variables is created .

Get healthy with our meal plan. Enjoy balanced, personalized nutrition. Enter your details.

Special condition

Normal

Age

22

Meal type

Western meal

Generate Diet

4.3.1 Html And tailWind Css Code

```html
 <body
    class="bg-myBgGreen bg-[url('../images/code-bg-mobile.png')] lg:bg-
[url('../images/code-bg-desktop.png')] bg-no-repeat bg-fixed bg-cover bg-
clip-border font-poppins max-h-full flex flex-col lg:flex-row justify-end"
  >
    <header class="h-[30vh]">
      <p id="blank-space"></p>
    </header>

    <div
      id="main-wrap"
      class="bg-myWhite lg:bg-white h-[75vh] lg:w-[50vw] lg:h-screen flex
flex-col justify-around items-center rounded-tl-3xl rounded-tr-3xl
lg:rounded-tl-none lg:rounded-tr-none"
    >
      <!--thr form wrapped in the main because its the main content-->
      <main class="flex flex-col justify-center items-center p-1">
        <p class="font-bold text-center text-xs lg:text-base px-7 text-
myDarkestGreen">
          Get healthy with our meal plan. Enjoy balanced, personalized
          nutrition. Enter your details.
        </p>
        <!--form section-->
        <form id="codeSection" class="mt-6 lg:mt-14 lg:bg-myWhite lg:p-12
lg:rounded-[20px]">
          <ul>
            <!--special condition-->
            <li>
              <label for="specialNeeds" class="text-sm text-myDarkGreen font-
medium"
                >Special condition <br /><select
                  name="spn"
                  id="specialNeeds"
                  class="bg-white w-[313px] h-[48px] rounded-[10px] text-
center font-light text-myGray drop-shadow-xl"
                >
                  <option value="normal">Normal</option>
                  <option value="vegan">Vegan</option>
                  <option value="diabetic">Diabetic</option>
                  <option value="pescatarian">Pescatarian</option>
                </select></label
              >
            </li>
            <li>
              <!-- age field-->
              <label for="age" class="text-sm text-myDarkGreen font-medium"
                >Age <br /><input
                  type="number"
                  name="integer"
                  id="age"
                  min="1"
                  max="150"
                  value="22"
```

```html
                  class="bg-white w-[313px] h-[48px] rounded-[10px] text-
center font-light text-myGray drop-shadow-xl  focus:ring-myGreen"
                  /></label>
              </li>
              <!--meal type for people to choose the food resources -->
              <li>
                <label for="mealType"
                  class="text-sm text-myDarkGreen font-medium">Meal type
<br />
                  <select name="meal" id="mealType"  class="bg-white w-[313px]
h-[48px] rounded-[10px] text-center font-light text-myGray drop-shadow-xl
focus:ring-myGreen">
                    <option value="western">Western meal</option>
                    <option value="zambian">Zambian meal</option>
                    <option value="mix">Combination meal</option>
                  </select></label
                >
              </li>
            </ul>
            <input type="submit" id="submit-btn" value="Generate Diet"
class="bg-myDarkGreen w-[313px] h-[48px] rounded-[10px] text-center text-base
font-bold mt-10  transition ease-in-out delay-150 duration-300 text-myWhite
hover:bg-myEmGreen hover:shadow-xl active:bg-teal-400 focus:bg-myGreen" />
        </form>
      </main>
      <!--the footer with cavendish details-->
```

4.3.2 Javascript (logic)

```javascript
//todo : function to get form details
function getDetails() {
  let formDetails = {}; // object to store form data from generation field

  //selecting the form fields to retrieve data from

  let specialCondition = document.getElementById("specialNeeds");
  let age = document.getElementById("age");
  let meal = document.getElementById("mealType");

  //get the selected value and place it in selected condition

  let selectedCondition =
    specialCondition.options[specialCondition.selectedIndex].value;
  let selectedAge = age.value;
  let selectedMealType = meal.options[meal.selectedIndex].value;

  // placing them into object formDetails

  formDetails.condition = selectedCondition;
  formDetails.age = selectedAge;
  formDetails.meal = selectedMealType;

  return formDetails;
}
```

```
//todo :this is the function to stop submit from submitting and perform my
function instead

let form = document.getElementById("codeSection");
if (form) {
  form.addEventListener("submit", function (event) {

    //prevents submit reload
    event.preventDefault();

    //gets users info to be processed by the meal plan function
    let details = getDetails();

    // saves the user details to session storage
    sessionStorage.setItem("userDetails", JSON.stringify(details));

   //loads new page
    loadPlanPage();
  });
}
```

4.4 Meal page (Randomized meals Page)

This page is the most important page of the web application ,the users details are used to
generate a meal plan that is balanced and can be randomized easily again if user wants another
meal ,this is the result of a randomization algorythm that help the system create random meals
using the users information.
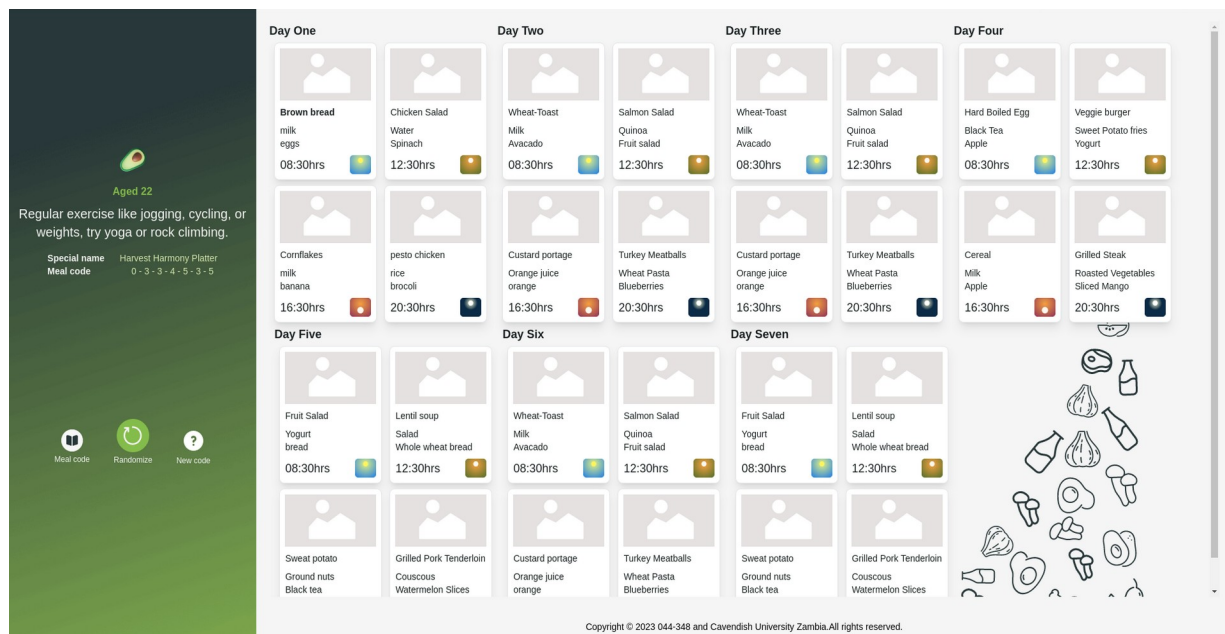
4.4.1 Html And tailWind Css Code

```
<!--this is where the details go for age and recoommentation -->
  <header
```

```html
      class="bg-myDarkestGreen lg:bg-[url(../images/bg-meals.png)] bg-cover
bg-no-repeat bg-center h-56 w-[100vw] lg:w-[40rem] lg:h-[100svh] flex flex-
col justify-self-start lg:justify-around rounded-b-3xl lg:rounded-none sticky
lg:relative p-1 lg:p-3 lg:overflow-hidden"
    >
    <div id="wrapper-dets" class="flex flex-col justify-center items-center">
        <!--this is banner for the logo-->
      <div id="logo-wrapper" class="justify-self-center self-center">
        <a href="index.html">
          <img
            src="images/icons/logo160x160.png"
            alt="HealthyBites!"
            class="w-12 h-12 mt-4 lg:mt-28 animate-spin"
        /></a>
      </div>
      <!--here is where the special code for people to get and enter on -->
      <div id="loadage" class="self-center justify-self-center">
        <h1
          id="Header-Age"
          class="text-center mt-3 font-extrabold text-base text-myGreen mb-2"
        >
          Recommendation
        </h1>
        <p class="text-center font-light text-myWhite text-sm lg:text-xl">
         Remember, eating healthy can be as easy as adding some colorful
veggies to your plate.
        </p>
      </div>
      <!-- special details wrapper-->
      <div
        id="special-detail-wrapper"
        class="self-center mt-3 justify-self-center lg:mt-4"
      >
        <div id="special-name-wrapper" class="flex flex-row">
          <h2 class="font-bold text-myWhite mr-3 lg:text-sm">Special
name</h2>
          <p id="special-name" class="text-myEmGreen ml-3 lg:text-sm">
            SPECIAL NAME HERE
          </p>
        </div>

        <div id="special-code-wrapper" class="flex flex-row">
          <h2 class="font-bold text-myWhite mr-4 lg:text-sm">Meal code</h2>
          <p id="special-code" class="text-myEmGreen ml-12 lg:text-sm">
            XXXXXXX
          </p>
        </div>
      </div>

    </div>
      <!--this is for buttons that will be used for basic navigation-->
      <ul
        id="randomizer"
```

```
        class="fixed lg:relative bottom-0 lg:mt-14 self-center justify-self-
center flex flex-row justify-evenly items-center bg-myDarkestGreen lg:bg-
transparent w-[100vw] lg:w-[20rem]"
      >
        <li>
          <a href="specialCode.html" class="flex flex-col justify-center
items-center"
            ><img
              src="images/icons/recipes.png"
              alt="Recipes"
              class="active:animate-spin hover:animate-pulse"
            />
            <p
              class="text-myWhite text-xs pt-1 hover:animate-pulse
hover:text-myGreen"
            >
              Meal code
            </p></a
          >
        </li>
        <li id="random-btn">
          <button
            class="flex flex-col justify-center items-center relative bottom-
2"
          >
            <img
              src="images/icons/randomize.png"
              alt="Randomise"
              class="active:animate-spin hover:animate-pulse"
            />
            <p
              class="hover:animate-pulse hover:text-myGreen text-myWhite
text-xs pt-1"
            >
              Randomize
            </p>
          </button>
        </li>
        <li>
          <a href="code.html" class="flex flex-col justify-center items-
center"
            ><img
              src="images/icons/guide.png"
              alt="Guide"
              class="active:animate-spin hover:animate-pulse"
            />
            <p
              class="text-myWhite text-xs pt-1 hover:animate-pulse
hover:text-myGreen"
            >
              New code
            </p>
          </a>
        </li>
      </ul>
```

```html
<!-- this is where it displays if you -->
      <div id="msg-section"></div>
    </header>

    <!--div to hold main and footer-->
    <div
      class="flex flex-col mb-20 lg:mb-0 p-2 lg:p-5 lg:h-[100svh] justify-
evenly items-center"
    >
      <main
        id="sevenday-plan"
        class="flex flex-row flex-wrap mb-5 justify-center lg:justify-start
space-x-2 items-center lg:items-stretch lg:overflow-y-scroll
lg:bg-[url(../images/meal-Desktop-bg.png)] bg-fixed bg-no-repeat bg-cover!
[alt text](image_url)"
      >
        <!--first day card-->
        <div id="day1" class="w-[350px]">
          <h3 class="text-myDarkestGreen font-bold text-lg">Day One</h3>
          <div
            class="day-card flex flex-row flex-wrap justify-evenly items-
center"
          >
            <!--morning card-->
            <div
              class="breakfast p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-slate-200 shadow-lg"
            >
              <img src="images/icons/placehold.png" alt="morning meal" />
              <dl class="mt-2 mb-2">
                <dt class="text-myDarkestGreen font-bold text-sm">
                  meal name
                </dt>
                <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                  bavarage
                </dd>
                <dd class="text-myDarkestGreen text-sm font-light">
                  side dish
                </dd>
              </dl>
              <div class="flex flex-row justify-between items-center">
                <time
                  datetime="T08:30"
                  class="text-myDarkestGreen font-medium text-lg"
                  >08:30hrs</time
                ><img src="images/icons/morning.png" alt="08:30hrs" />
              </div>
            </div>

            <!--day card-->
            <div
              class="lunch p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myLightOrange shadow-lg"
            >
              <img src="images/icons/placehold.png" alt="lunch" />
```

```html
        <dl class="mt-2 mb-2">
          <dt class="text-myDarkestGreen font-medium text-sm">
            meal name
          </dt>
          <dd class="mt-2 text-myDarkestGreen text-sm font-light">
            bavarage
          </dd>
          <dd class="text-myDarkestGreen text-sm font-light">
            side dish
          </dd>
        </dl>
        <div class="flex flex-row justify-between items-center">
          <time
            datetime="T12:30"
            class="text-myDarkestGreen font-medium text-lg"
            >12:30hrs</time
          ><img src="images/icons/afternoon.png" alt="12:30hrs" />
        </div>
      </div>

      <!--sunset card-->
      <div
        class="snack p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myDarkOrange shadow-lg"
      >
        <img src="images/icons/placehold.png" alt="snack" />
        <dl class="mt-2 mb-2">
          <dt class="text-myDarkestGreen font-medium text-sm">
            meal name
          </dt>
          <dd class="mt-2 text-myDarkestGreen text-sm font-light">
            bavarage
          </dd>
          <dd class="text-myDarkestGreen text-sm font-light">
            side dish
          </dd>
        </dl>
        <div class="flex flex-row justify-between items-center">
          <time
            datetime="T16:30"
            class="text-myDarkestGreen font-medium text-lg"
            >16:30hrs</time
          ><img src="images/icons/sunset.png" alt="16:30hrs" />
        </div>
      </div>

      <!--night card-->
      <div
        class="supa p-2 m-1 border hover:border-myDarkestGreen rounded-
lg bg-white hover:bg-slate-600 shadow-lg"
      >
        <img src="images/icons/placehold.png" alt="snack" />
        <dl class="mt-2 mb-2">
          <dt class="text-myDarkestGreen font-medium text-sm">
            meal name
```

```
        </dt>
        <dd class="mt-2 text-myDarkestGreen text-sm font-light">
          bavarage
        </dd>
        <dd class="text-myDarkestGreen text-sm font-light">
          side dish
        </dd>
      </dl>
      <div class="flex flex-row justify-between items-center">
        <time
          datetime="T20:30"
          class="text-myDarkestGreen font-medium text-lg"
          >20:30hrs</time
        ><img src="images/icons/night.png" alt="20:30hrs" />
      </div>
    </div>
  </div>
</div>
<!--second day card-->
<div id="day2" class="w-[350px]">
  <h3 class="text-myDarkestGreen font-bold text-lg">Day Two</h3>
  <div
    class="day-card flex flex-row flex-wrap justify-evenly items-
center"
  >
    <!--morning card-->
    <div
      class="breakfast p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-slate-200 shadow-lg"
    >
      <img src="images/icons/placehold.png" alt="morning meal" />
      <dl class="mt-2 mb-2">
        <dt class="text-myDarkestGreen font-medium text-sm">
          meal name
        </dt>
        <dd class="mt-2 text-myDarkestGreen text-sm font-light">
          bavarage
        </dd>
        <dd class="text-myDarkestGreen text-sm font-light">
          side dish
        </dd>
      </dl>
      <div class="flex flex-row justify-between items-center">
        <time
          datetime="T08:30"
          class="text-myDarkestGreen font-medium text-lg"
          >08:30hrs</time
        ><img src="images/icons/morning.png" alt="08:30hrs" />
      </div>
    </div>

    <!--day card-->
    <div
      class="lunch p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myLightOrange shadow-lg"
```

```
              >
                <img src="images/icons/placehold.png" alt="lunch" />
                <dl class="mt-2 mb-2">
                  <dt class="text-myDarkestGreen font-medium text-sm">
                    meal name
                  </dt>
                  <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                    bavarage
                  </dd>
                  <dd class="text-myDarkestGreen text-sm font-light">
                    side dish
                  </dd>
                </dl>
                <div class="flex flex-row justify-between items-center">
                  <time
                    datetime="T12:30"
                    class="text-myDarkestGreen font-medium text-lg"
                    >12:30hrs</time
                  ><img src="images/icons/afternoon.png" alt="12:30hrs" />
                </div>
              </div>

              <!--sunset card-->
              <div
                class="snack p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myDarkOrange shadow-lg"
              >
                <img src="images/icons/placehold.png" alt="snack" />
                <dl class="mt-2 mb-2">
                  <dt class="text-myDarkestGreen font-medium text-sm">
                    meal name
                  </dt>
                  <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                    bavarage
                  </dd>
                  <dd class="text-myDarkestGreen text-sm font-light">
                    side dish
                  </dd>
                </dl>
                <div class="flex flex-row justify-between items-center">
                  <time
                    datetime="T16:30"
                    class="text-myDarkestGreen font-medium text-lg"
                    >16:30hrs</time
                  ><img src="images/icons/sunset.png" alt="16:30hrs" />
                </div>
              </div>

              <!--night card-->
              <div
                class="supa p-2 m-1 border hover:border-myDarkestGreen rounded-
lg bg-white hover:bg-slate-600 shadow-lg"
              >
                <img src="images/icons/placehold.png" alt="snack" />
                <dl class="mt-2 mb-2">
```

```html
        <dt class="text-myDarkestGreen font-medium text-sm">
          meal name
        </dt>
        <dd class="mt-2 text-myDarkestGreen text-sm font-light">
          bavarage
        </dd>
        <dd class="text-myDarkestGreen text-sm font-light">
          side dish
        </dd>
      </dl>
      <div class="flex flex-row justify-between items-center">
        <time
          datetime="T20:30"
          class="text-myDarkestGreen font-medium text-lg"
          >20:30hrs</time
        ><img src="images/icons/night.png" alt="20:30hrs" />
      </div>
    </div>
  </div>
</div>
<!--third day card-->
<div id="day3" class="w-[350px]">
  <h3 class="text-myDarkestGreen font-bold text-lg">Day Three</h3>
  <div
    class="day-card flex flex-row flex-wrap justify-evenly items-
center"
  >
    <!--morning card-->
    <div
      class="breakfast p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-slate-200 shadow-lg"
    >
      <img src="images/icons/placehold.png" alt="morning meal" />
      <dl class="mt-2 mb-2">
        <dt class="text-myDarkestGreen font-medium text-sm">
          meal name
        </dt>
        <dd class="mt-2 text-myDarkestGreen text-sm font-light">
          bavarage
        </dd>
        <dd class="text-myDarkestGreen text-sm font-light">
          side dish
        </dd>
      </dl>
      <div class="flex flex-row justify-between items-center">
        <time
          datetime="T08:30"
          class="text-myDarkestGreen font-medium text-lg"
          >08:30hrs</time
        ><img src="images/icons/morning.png" alt="08:30hrs" />
      </div>
    </div>

    <!--day card-->
    <div
```

```html
            class="lunch p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myLightOrange shadow-lg"
          >
            <img src="images/icons/placehold.png" alt="lunch" />
            <dl class="mt-2 mb-2">
              <dt class="text-myDarkestGreen font-medium text-sm">
                meal name
              </dt>
              <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                bavarage
              </dd>
              <dd class="text-myDarkestGreen text-sm font-light">
                side dish
              </dd>
            </dl>
            <div class="flex flex-row justify-between items-center">
              <time
                datetime="T12:30"
                class="text-myDarkestGreen font-medium text-lg"
                >12:30hrs</time
              ><img src="images/icons/afternoon.png" alt="12:30hrs" />
            </div>
          </div>

          <!--sunset card-->
          <div
            class="snack p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myDarkOrange shadow-lg"
          >
            <img src="images/icons/placehold.png" alt="snack" />
            <dl class="mt-2 mb-2">
              <dt class="text-myDarkestGreen font-medium text-sm">
                meal name
              </dt>
              <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                bavarage
              </dd>
              <dd class="text-myDarkestGreen text-sm font-light">
                side dish
              </dd>
            </dl>
            <div class="flex flex-row justify-between items-center">
              <time
                datetime="T16:30"
                class="text-myDarkestGreen font-medium text-lg"
                >16:30hrs</time
              ><img src="images/icons/sunset.png" alt="16:30hrs" />
            </div>
          </div>

          <!--night card-->
          <div
            class="supa p-2 m-1 border hover:border-myDarkestGreen rounded-
lg bg-white hover:bg-slate-600 shadow-lg"
          >
```

```
              <img src="images/icons/placehold.png" alt="snack" />
              <dl class="mt-2 mb-2">
                <dt class="text-myDarkestGreen font-medium text-sm">
                  meal name
                </dt>
                <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                  bavarage
                </dd>
                <dd class="text-myDarkestGreen text-sm font-light">
                  side dish
                </dd>
              </dl>
              <div class="flex flex-row justify-between items-center">
                <time
                  datetime="T20:30"
                  class="text-myDarkestGreen font-medium text-lg"
                  >20:30hrs</time
                ><img src="images/icons/night.png" alt="20:30hrs" />
              </div>
            </div>
          </div>
        </div>
        <!--fourth day card-->
         <div id="day4" class="w-[350px]">
          <h3 class="text-myDarkestGreen font-bold text-lg">Day Four</h3>
          <div
            class="day-card flex flex-row flex-wrap justify-evenly items-
center"
          >
            <!--morning card-->
            <div
              class="breakfast p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-slate-200 shadow-lg"
            >
              <img src="images/icons/placehold.png" alt="morning meal" />
              <dl class="mt-2 mb-2">
                <dt class="text-myDarkestGreen font-medium text-sm">
                  meal name
                </dt>
                <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                  bavarage
                </dd>
                <dd class="text-myDarkestGreen text-sm font-light">
                  side dish
                </dd>
              </dl>
              <div class="flex flex-row justify-between items-center">
                <time
                  datetime="T08:30"
                  class="text-myDarkestGreen font-medium text-lg"
                  >08:30hrs</time
                ><img src="images/icons/morning.png" alt="08:30hrs" />
              </div>
            </div>
```

```html
<!--day card-->
<div
  class="lunch p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myLightOrange shadow-lg"
>
  <img src="images/icons/placehold.png" alt="lunch" />
  <dl class="mt-2 mb-2">
    <dt class="text-myDarkestGreen font-medium text-sm">
      meal name
    </dt>
    <dd class="mt-2 text-myDarkestGreen text-sm font-light">
      bavarage
    </dd>
    <dd class="text-myDarkestGreen text-sm font-light">
      side dish
    </dd>
  </dl>
  <div class="flex flex-row justify-between items-center">
    <time
      datetime="T12:30"
      class="text-myDarkestGreen font-medium text-lg"
      >12:30hrs</time
    ><img src="images/icons/afternoon.png" alt="12:30hrs" />
  </div>
</div>

<!--sunset card-->
<div
  class="snack p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myDarkOrange shadow-lg"
>
  <img src="images/icons/placehold.png" alt="snack" />
  <dl class="mt-2 mb-2">
    <dt class="text-myDarkestGreen font-medium text-sm">
      meal name
    </dt>
    <dd class="mt-2 text-myDarkestGreen text-sm font-light">
      bavarage
    </dd>
    <dd class="text-myDarkestGreen text-sm font-light">
      side dish
    </dd>
  </dl>
  <div class="flex flex-row justify-between items-center">
    <time
      datetime="T16:30"
      class="text-myDarkestGreen font-medium text-lg"
      >16:30hrs</time
    ><img src="images/icons/sunset.png" alt="16:30hrs" />
  </div>
</div>

<!--night card-->
<div
```

```html
                    class="supa p-2 m-1 border hover:border-myDarkestGreen rounded-
lg bg-white hover:bg-slate-600 shadow-lg"
                  >
                    <img src="images/icons/placehold.png" alt="snack" />
                    <dl class="mt-2 mb-2">
                      <dt class="text-myDarkestGreen font-medium text-sm">
                        meal name
                      </dt>
                      <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                        bavarage
                      </dd>
                      <dd class="text-myDarkestGreen text-sm font-light">
                        side dish
                      </dd>
                    </dl>
                    <div class="flex flex-row justify-between items-center">
                      <time
                        datetime="T20:30"
                        class="text-myDarkestGreen font-medium text-lg"
                        >20:30hrs</time
                      ><img src="images/icons/night.png" alt="20:30hrs" />
                    </div>
                  </div>
                </div>
              </div>
              <!-- Fifth day card-->
              <div id="day5" class="w-[350px]">
                <h3 class="text-myDarkestGreen font-bold text-lg">Day Five</h3>
                <div
                  class="day-card flex flex-row flex-wrap justify-evenly items-
center"
                >
                  <!--morning card-->
                  <div
                    class="breakfast p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-slate-200 shadow-lg"
                  >
                    <img src="images/icons/placehold.png" alt="morning meal" />
                    <dl class="mt-2 mb-2">
                      <dt class="text-myDarkestGreen font-medium text-sm">
                        meal name
                      </dt>
                      <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                        bavarage
                      </dd>
                      <dd class="text-myDarkestGreen text-sm font-light">
                        side dish
                      </dd>
                    </dl>
                    <div class="flex flex-row justify-between items-center">
                      <time
                        datetime="T08:30"
                        class="text-myDarkestGreen font-medium text-lg"
                        >08:30hrs</time
                      ><img src="images/icons/morning.png" alt="08:30hrs" />
```

```html
          </div>
        </div>

        <!--day card-->
        <div
          class="lunch p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myLightOrange shadow-lg"
        >
          <img src="images/icons/placehold.png" alt="lunch" />
          <dl class="mt-2 mb-2">
            <dt class="text-myDarkestGreen font-medium text-sm">
              meal name
            </dt>
            <dd class="mt-2 text-myDarkestGreen text-sm font-light">
              bavarage
            </dd>
            <dd class="text-myDarkestGreen text-sm font-light">
              side dish
            </dd>
          </dl>
          <div class="flex flex-row justify-between items-center">
            <time
              datetime="T12:30"
              class="text-myDarkestGreen font-medium text-lg"
              >12:30hrs</time
            ><img src="images/icons/afternoon.png" alt="12:30hrs" />
          </div>
        </div>

        <!--sunset card-->
        <div
          class="snack p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myDarkOrange shadow-lg"
        >
          <img src="images/icons/placehold.png" alt="snack" />
          <dl class="mt-2 mb-2">
            <dt class="text-myDarkestGreen font-medium text-sm">
              meal name
            </dt>
            <dd class="mt-2 text-myDarkestGreen text-sm font-light">
              bavarage
            </dd>
            <dd class="text-myDarkestGreen text-sm font-light">
              side dish
            </dd>
          </dl>
          <div class="flex flex-row justify-between items-center">
            <time
              datetime="T16:30"
              class="text-myDarkestGreen font-medium text-lg"
              >16:30hrs</time
            ><img src="images/icons/sunset.png" alt="16:30hrs" />
          </div>
        </div>
```

```html
            <!--night card-->
            <div
              class="supa p-2 m-1 border hover:border-myDarkestGreen rounded-
lg bg-white hover:bg-slate-600 shadow-lg"
            >
              <img src="images/icons/placehold.png" alt="snack" />
              <dl class="mt-2 mb-2">
                <dt class="text-myDarkestGreen font-medium text-sm">
                  meal name
                </dt>
                <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                  bavarage
                </dd>
                <dd class="text-myDarkestGreen text-sm font-light">
                  side dish
                </dd>
              </dl>
              <div class="flex flex-row justify-between items-center">
                <time
                  datetime="T20:30"
                  class="text-myDarkestGreen font-medium text-lg"
                  >20:30hrs</time
                ><img src="images/icons/night.png" alt="20:30hrs" />
              </div>
            </div>
          </div>
        </div>
        <!-- SIxth Day Card-->
         <div id="day6" class="w-[350px]">
          <h3 class="text-myDarkestGreen font-bold text-lg">Day Six</h3>
          <div
            class="day-card flex flex-row flex-wrap justify-evenly items-
center"
          >
            <!--morning card-->
            <div
              class="breakfast p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-slate-200 shadow-lg"
            >
              <img src="images/icons/placehold.png" alt="morning meal" />
              <dl class="mt-2 mb-2">
                <dt class="text-myDarkestGreen font-medium text-sm">
                  meal name
                </dt>
                <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                  bavarage
                </dd>
                <dd class="text-myDarkestGreen text-sm font-light">
                  side dish
                </dd>
              </dl>
              <div class="flex flex-row justify-between items-center">
                <time
                  datetime="T08:30"
                  class="text-myDarkestGreen font-medium text-lg"
```

```html
              >08:30hrs</time
            ><img src="images/icons/morning.png" alt="08:30hrs" />
          </div>
        </div>

        <!--day card-->
        <div
          class="lunch p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myLightOrange shadow-lg"
          >
          <img src="images/icons/placehold.png" alt="lunch" />
          <dl class="mt-2 mb-2">
            <dt class="text-myDarkestGreen font-medium text-sm">
              meal name
            </dt>
            <dd class="mt-2 text-myDarkestGreen text-sm font-light">
              bavarage
            </dd>
            <dd class="text-myDarkestGreen text-sm font-light">
              side dish
            </dd>
          </dl>
          <div class="flex flex-row justify-between items-center">
            <time
              datetime="T12:30"
              class="text-myDarkestGreen font-medium text-lg"
              >12:30hrs</time
            ><img src="images/icons/afternoon.png" alt="12:30hrs" />
          </div>
        </div>

        <!--sunset card-->
        <div
          class="snack p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myDarkOrange shadow-lg"
          >
          <img src="images/icons/placehold.png" alt="snack" />
          <dl class="mt-2 mb-2">
            <dt class="text-myDarkestGreen font-medium text-sm">
              meal name
            </dt>
            <dd class="mt-2 text-myDarkestGreen text-sm font-light">
              bavarage
            </dd>
            <dd class="text-myDarkestGreen text-sm font-light">
              side dish
            </dd>
          </dl>
          <div class="flex flex-row justify-between items-center">
            <time
              datetime="T16:30"
              class="text-myDarkestGreen font-medium text-lg"
              >16:30hrs</time
            ><img src="images/icons/sunset.png" alt="16:30hrs" />
          </div>
```

```
          </div>

          <!--night card-->
          <div
            class="supa p-2 m-1 border hover:border-myDarkestGreen rounded-
lg bg-white hover:bg-slate-600 shadow-lg"
          >
            <img src="images/icons/placehold.png" alt="snack" />
            <dl class="mt-2 mb-2">
              <dt class="text-myDarkestGreen font-medium text-sm">
                meal name
              </dt>
              <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                bavarage
              </dd>
              <dd class="text-myDarkestGreen text-sm font-light">
                side dish
              </dd>
            </dl>
            <div class="flex flex-row justify-between items-center">
              <time
                datetime="T20:30"
                class="text-myDarkestGreen font-medium text-lg"
                >20:30hrs</time
              ><img src="images/icons/night.png" alt="20:30hrs" />
            </div>
          </div>
        </div>
      </div>
      <!-- Seventh day card-->
       <div id="day7" class="w-[350px]">
        <h3 class="text-myDarkestGreen font-bold text-lg">Day Seven</h3>
        <div
          class="day-card flex flex-row flex-wrap justify-evenly items-
center"
        >
          <!--morning card-->
          <div
            class="breakfast p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-slate-200 shadow-lg"
          >
            <img src="images/icons/placehold.png" alt="morning meal" />
            <dl class="mt-2 mb-2">
              <dt class="text-myDarkestGreen font-medium text-sm">
                meal name
              </dt>
              <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                bavarage
              </dd>
              <dd class="text-myDarkestGreen text-sm font-light">
                side dish
              </dd>
            </dl>
            <div class="flex flex-row justify-between items-center">
              <time
```

```
                datetime="T08:30"
                class="text-myDarkestGreen font-medium text-lg"
                >08:30hrs</time
              ><img src="images/icons/morning.png" alt="08:30hrs" />
            </div>
          </div>

          <!--day card-->
          <div
            class="lunch p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myLightOrange shadow-lg"
          >
            <img src="images/icons/placehold.png" alt="lunch" />
            <dl class="mt-2 mb-2">
              <dt class="text-myDarkestGreen font-medium text-sm">
                meal name
              </dt>
              <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                bavarage
              </dd>
              <dd class="text-myDarkestGreen text-sm font-light">
                side dish
              </dd>
            </dl>
            <div class="flex flex-row justify-between items-center">
              <time
                datetime="T12:30"
                class="text-myDarkestGreen font-medium text-lg"
                >12:30hrs</time
              ><img src="images/icons/afternoon.png" alt="12:30hrs" />
            </div>
          </div>

          <!--sunset card-->
          <div
            class="snack p-2 m-1 border hover:border-myDarkestGreen
rounded-lg bg-white hover:bg-myDarkOrange shadow-lg"
          >
            <img src="images/icons/placehold.png" alt="snack" />
            <dl class="mt-2 mb-2">
              <dt class="text-myDarkestGreen font-medium text-sm">
                meal name
              </dt>
              <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                bavarage
              </dd>
              <dd class="text-myDarkestGreen text-sm font-light">
                side dish
              </dd>
            </dl>
            <div class="flex flex-row justify-between items-center">
              <time
                datetime="T16:30"
                class="text-myDarkestGreen font-medium text-lg"
                >16:30hrs</time
```

```
              ><img src="images/icons/sunset.png" alt="16:30hrs" />
            </div>
          </div>

          <!--night card-->
          <div
            class="supa p-2 m-1 border hover:border-myDarkestGreen rounded-
lg bg-white hover:bg-slate-600 shadow-lg"
          >
            <img src="images/icons/placehold.png" alt="snack" />
            <dl class="mt-2 mb-2">
              <dt class="text-myDarkestGreen font-medium text-sm">
                meal name
              </dt>
              <dd class="mt-2 text-myDarkestGreen text-sm font-light">
                bavarage
              </dd>
              <dd class="text-myDarkestGreen text-sm font-light">
                side dish
              </dd>
            </dl>
            <div class="flex flex-row justify-between items-center">
              <time
                datetime="T20:30"
                class="text-myDarkestGreen font-medium text-lg"
                >20:30hrs</time
              ><img src="images/icons/night.png" alt="20:30hrs" />
            </div>
          </div>
        </div>
      </div>
    </main>
```

4.4.2 Javascript (logic)

```
//todo :normal meals

let normalized = [
  //day1
  {
    image: "images/meals/normal",
    breakfast: "vitumbuwa",
    breakfastSide: ["milk", "Eggs"],
    lunch: "nshima",
    lunchside: ["Village chicken", "Spinach"],
    mealSunset: "Fried sweet potatoes ",
    mealSunsetSide: ["Black tea", "Ground nuts"],
    eveningmeal: "nshima",
    eveningmealside: ["Village Chicken", "Beans"],
  },
  //day2
  {
    image: "images/meals/normal",
    breakfast: "Peanut butter Buns",
    breakfastSide: ["Milk tea", "Banana"],
    lunch: "nshima",
```

```
    lunchside: ["Salted Fish", "Kalembula veg"],
    mealSunset: "Brown bread",
    mealSunsetSide: ["Lemon juice", "oranges"],
    eveningmeal: "nshima",
    eveningmealside: ["Salted fish", "Beans"],
},
//day3
{
    image: "images/meals/normal",
    breakfast: "2 slices bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["vinkubala", "cabbage"],
    mealSunset: "Fried Casava",
    mealSunsetSide: ["Black tea", "Ground nuts"],
    eveningmeal: "nshima",
    eveningmealside: ["Vinkubala", "Casava leaves"],
},
//day4
{
    images: "images/meals/normal",
    breakfast: "Sample (corn mix)",
    breakfastSide: ["Tea", "orange"],
    lunch: "nshima",
    lunchside: ["Kapenta", "Five years(veggies)"],
    mealSunset: "Tobwa",
    mealSunsetSide: ["Water", "Mangoes"],
    eveningmeal: "Rice",
    eveningmealside: ["kapenta", "Green beans"],
},
//day5
{
    image: "images/meals/normal",
    breakfast: "Portage",
    breakfastSide: ["Milk", "Banana"],
    lunch: "nshima",
    lunchside: ["Dry fish", "spinach"],
    mealSunset: "Wild fruits",
    mealSunsetSide: ["Orange juice", "banana"],
    eveningmeal: "nshima",
    eveningmealside: ["Dry fish", "Kalembla"],
},
//day6
{
    image: "images/meals/normal",
    breakfast: "Chapati",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["Boiled fish", "spinach"],
    mealSunset: "Jam Bun",
    mealSunsetSide: ["Lemon juice", "orange"],
    eveningmeal: "nshima",
    eveningmealside: ["Boiled fish", "Beans"],
},
//day7
```

```javascript
  {
    images: "images/meals/normal",
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["Goat meat", "rep veggies"],
    mealSunset: "Portage",
    mealSunsetSide: ["Tea", "Mangoes"],
    eveningmeal: "Fried Rice",
    eveningmealside: ["Goat meat", "spinach"],
  },
];
let normalWest = [
  //day1
  {
    breakfast: "Brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "Chicken Salad",
    lunchside: ["Water", "Spinach"],
    mealSunset: "Cornflakes",
    mealSunsetSide: ["milk", "banana"],
    eveningmeal: "pesto chicken",
    eveningmealside: ["rice", "brocoli"],
  },
  //day2
  {
    breakfast: "Oat meal",
    breakfastSide: ["Nuts", "Banana"],
    lunch: "Quinoa",
    lunchside: ["Chickpea", "Orange juice"],
    mealSunset: "Brown bread",
    mealSunsetSide: ["Black Tea", "Apple"],
    eveningmeal: "Chickpea Curry",
    eveningmealside: ["Sausage", "pear"],
  },
  //day3
  {
    breakfast: "Yogurt parfait",
    breakfastSide: ["Barries", "Granola"],
    lunch: "Grilled Chicken",
    lunchside: ["Roasted Veg", "Pasta"],
    mealSunset: "Black bean soup",
    mealSunsetSide: ["salad", "bread"],
    eveningmeal: "Grilled Chicken Breast",
    eveningmealside: ["Steamed Broccoli", "Sliced Strawberries"],
  },
  //day4
  {
    breakfast: "Wheat-Toast",
    breakfastSide: ["Milk", "Avacado"],
    lunch: "Salmon Salad",
    lunchside: ["Quinoa", "Fruit salad"],
    mealSunset: "Custard portage",
    mealSunsetSide: ["Orange juice", "orange"],
    eveningmeal: "Turkey Meatballs",
```

```javascript
      eveningmealside: ["Wheat Pasta", "Blueberries"],
    },
    //day5
    {
      breakfast: "Hard Boiled Egg",
      breakfastSide: ["Black Tea", "Apple"],
      lunch: "Veggie burger",
      lunchside: ["Sweet Potato fries", "Yogurt"],
      mealSunset: "Cereal",
      mealSunsetSide: ["Milk", "Apple"],
      eveningmeal: "Grilled Steak",
      eveningmealside: ["Roasted Vegetables", "Sliced Mango"],
    },
    //day6
    {
      breakfast: "Fruit Salad",
      breakfastSide: ["Yogurt", "bread"],
      lunch: "Lentil soup",
      lunchside: ["Salad", "Whole wheat bread"],
      mealSunset: "Sweat potato",
      mealSunsetSide: ["Ground nuts", "Black tea"],
      eveningmeal: "Grilled Pork Tenderloin",
      eveningmealside: ["Couscous", "Watermelon Slices"],
    },
    //day7
    {
      breakfast: "Cereal",
      breakfastSide: ["milk", "egg"],
      lunch: "Chicken stir-fry",
      lunchside: ["Brown rice", "Edamame"],
      mealSunset: "Oat meal",
      mealSunsetSide: ["Milk", "Banana"],
      eveningmeal: "Baked Cod",
      eveningmealside: ["Quinoa Pilaf", "Kiwi Slices"],
    },
];
let normalMix = [
  //day1
  {
    image: "images/meals/normal",
    breakfast: "vitumbuwa",
    breakfastSide: ["milk", "Eggs"],
    lunch: "nshima",
    lunchside: ["Village chicken", "Spinach"],
    mealSunset: "Fried sweet potatoes ",
    mealSunsetSide: ["Black tea", "Ground nuts"],
    eveningmeal: "nshima",
    eveningmealside: ["Village Chicken", "Beans"],
  },
  //day2
  {
    image: "images/meals/normal",
    breakfast: "Peanut butter Buns",
    breakfastSide: ["Milk tea", "Banana"],
    lunch: "nshima",
```

```
    lunchside: ["Salted Fish", "Kalembula veg"],
    mealSunset: "Brown bread",
    mealSunsetSide: ["Lemon juice", "oranges"],
    eveningmeal: "nshima",
    eveningmealside: ["Salted fish", "Beans"],
  },
  //day3
  {
    image: "images/meals/normal",
    breakfast: "2 slices bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["vinkubala", "cabbage"],
    mealSunset: "Fried Casava",
    mealSunsetSide: ["Black tea", "Ground nuts"],
    eveningmeal: "nshima",
    eveningmealside: ["Vinkubala", "Casava leaves"],
  },
  //day4
  {
    images: "images/meals/normal",
    breakfast: "Sample (corn mix)",
    breakfastSide: ["Tea", "orange"],
    lunch: "nshima",
    lunchside: ["Kapenta", "Five years(veggies)"],
    mealSunset: "Tobwa",
    mealSunsetSide: ["Water", "Mangoes"],
    eveningmeal: "Rice",
    eveningmealside: ["kapenta", "Green beans"],
  },
  //day5
  {
    image: "images/meals/normal",
    breakfast: "Portage",
    breakfastSide: ["Milk", "Banana"],
    lunch: "nshima",
    lunchside: ["Dry fish", "spinach"],
    mealSunset: "Wild fruits",
    mealSunsetSide: ["Orange juice", "banana"],
    eveningmeal: "nshima",
    eveningmealside: ["Dry fish", "Kalembla"],
  },
  //day6
  {
    image: "images/meals/normal",
    breakfast: "Chapati",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["Boiled fish", "spinach"],
    mealSunset: "Jam Bun",
    mealSunsetSide: ["Lemon juice", "orange"],
    eveningmeal: "nshima",
    eveningmealside: ["Boiled fish", "Beans"],
  },
  //day7
```

```
{
  images: "images/meals/normal",
  breakfast: "brown bread",
  breakfastSide: ["milk", "eggs"],
  lunch: "nshima",
  lunchside: ["Goat meat", "rep veggies"],
  mealSunset: "Portage",
  mealSunsetSide: ["Tea", "Mangoes"],
  eveningmeal: "Fried Rice",
  eveningmealside: ["Goat meat", "spinach"],
},
//day8
{
  breakfast: "Brown bread",
  breakfastSide: ["milk", "eggs"],
  lunch: "Chicken Salad",
  lunchside: ["Water", "Spinach"],
  mealSunset: "Cornflakes",
  mealSunsetSide: ["milk", "banana"],
  eveningmeal: "pesto chicken",
  eveningmealside: ["rice", "brocoli"],
},
//day9
{
  breakfast: "Oat meal",
  breakfastSide: ["Nuts", "Banana"],
  lunch: "Quinoa",
  lunchside: ["Chickpea", "Orange juice"],
  mealSunset: "Brown bread",
  mealSunsetSide: ["Black Tea", "Apple"],
  eveningmeal: "Chickpea Curry",
  eveningmealside: ["Sausage", "pear"],
},
//day10
{
  breakfast: "Yogurt parfait",
  breakfastSide: ["Barries", "Granola"],
  lunch: "Grilled Chicken",
  lunchside: ["Roasted Veg", "Pasta"],
  mealSunset: "Black bean soup",
  mealSunsetSide: ["salad", "bread"],
  eveningmeal: "Grilled Chicken Breast",
  eveningmealside: ["Steamed Broccoli", "Sliced Strawberries"],
},
//day11
{
  breakfast: "Wheat-Toast",
  breakfastSide: ["Milk", "Avacado"],
  lunch: "Salmon Salad",
  lunchside: ["Quinoa", "Fruit salad"],
  mealSunset: "Custard portage",
  mealSunsetSide: ["Orange juice", "orange"],
  eveningmeal: "Turkey Meatballs",
  eveningmealside: ["Wheat Pasta", "Blueberries"],
},
```

```javascript
  //day12
  {
    breakfast: "Hard Boiled Egg",
    breakfastSide: ["Black Tea", "Apple"],
    lunch: "Veggie burger",
    lunchside: ["Sweet Potato fries", "Yogurt"],
    mealSunset: "Cereal",
    mealSunsetSide: ["Milk", "Apple"],
    eveningmeal: "Grilled Steak",
    eveningmealside: ["Roasted Vegetables", "Sliced Mango"],
  },
  //day13
  {
    breakfast: "Fruit Salad",
    breakfastSide: ["Yogurt", "bread"],
    lunch: "Lentil soup",
    lunchside: ["Salad", "Whole wheat bread"],
    mealSunset: "Sweat potato",
    mealSunsetSide: ["Ground nuts", "Black tea"],
    eveningmeal: "Grilled Pork Tenderloin",
    eveningmealside: ["Couscous", "Watermelon Slices"],
  },
  //day14
  {
    breakfast: "Cereal",
    breakfastSide: ["milk", "egg"],
    lunch: "Chicken stir-fry",
    lunchside: ["Brown rice", "Edamame"],
    mealSunset: "Oat meal",
    mealSunsetSide: ["Milk", "Banana"],
    eveningmeal: "Baked Cod",
    eveningmealside: ["Quinoa Pilaf", "Kiwi Slices"],
  },
];
//todo :vegan meals
let veganized = [
  //day1
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day2
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
```

```
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day3
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day4
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day5
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day6
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day7
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
```

```
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
];
let veganWest = [
  //day1
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day2
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day3
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day4
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day5
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
```

```
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day6
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day7
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
];
let veganMix = [
  //day1
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day2
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day3
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
```

```
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day4
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day5
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day6
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day7
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day8
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
```

```
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day9
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day10
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day11
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day12
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day13
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
```

```javascript
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day14
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
];
//todo :Diabetic meals
let diabeticZed = [
  //day1
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day2
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day3
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day4
```

```
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day5
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day6
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day7
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
];
let diabeticWest = [
    //day1
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
```

```
  },
  //day2
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day3
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day4
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day5
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day6
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
```

```javascript
  },
  //day7
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
];
let diabeticMix = [
  //day1
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day2
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day3
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day4
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
```

```
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day5
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day6
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day7
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day8
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day9
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
```

```
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
},
//day10
{
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
},
//day11
{
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
},
//day12
{
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
},
//day13
{
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
},
//day14
{
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
```

```javascript
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
];
//todo :pescaterian meals
let pescatarianZed = [
  //day1
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day2
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day3
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day4
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day5
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
```

```javascript
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day6
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day7
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
];
let pescatarianWest = [
    //day1
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day2
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day3
    {
      breakfast: "brown bread",
```

```
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day4
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day5
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day6
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
    //day7
    {
      breakfast: "brown bread",
      breakfastSide: ["milk", "eggs"],
      lunch: "nshima",
      lunchside: ["village chicken", "spinach"],
      mealSunset: "placeholder",
      mealSunsetSide: ["side1", "side2"],
      eveningmeal: "placeholder",
      eveningmealside: ["side1", "side2"],
    },
];
let pescatarianMix = [
    //day1
```

```
{
  breakfast: "brown bread",
  breakfastSide: ["milk", "eggs"],
  lunch: "nshima",
  lunchside: ["village chicken", "spinach"],
  mealSunset: "placeholder",
  mealSunsetSide: ["side1", "side2"],
  eveningmeal: "placeholder",
  eveningmealside: ["side1", "side2"],
},
//day2
{
  breakfast: "brown bread",
  breakfastSide: ["milk", "eggs"],
  lunch: "nshima",
  lunchside: ["village chicken", "spinach"],
  mealSunset: "placeholder",
  mealSunsetSide: ["side1", "side2"],
  eveningmeal: "placeholder",
  eveningmealside: ["side1", "side2"],
},
//day3
{
  breakfast: "brown bread",
  breakfastSide: ["milk", "eggs"],
  lunch: "nshima",
  lunchside: ["village chicken", "spinach"],
  mealSunset: "placeholder",
  mealSunsetSide: ["side1", "side2"],
  eveningmeal: "placeholder",
  eveningmealside: ["side1", "side2"],
},
//day4
{
  breakfast: "brown bread",
  breakfastSide: ["milk", "eggs"],
  lunch: "nshima",
  lunchside: ["village chicken", "spinach"],
  mealSunset: "placeholder",
  mealSunsetSide: ["side1", "side2"],
  eveningmeal: "placeholder",
  eveningmealside: ["side1", "side2"],
},
//day5
{
  breakfast: "brown bread",
  breakfastSide: ["milk", "eggs"],
  lunch: "nshima",
  lunchside: ["village chicken", "spinach"],
  mealSunset: "placeholder",
  mealSunsetSide: ["side1", "side2"],
  eveningmeal: "placeholder",
  eveningmealside: ["side1", "side2"],
},
//day6
```

```
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day7
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day8
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day9
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day10
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day11
```

```javascript
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day12
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day13
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
  //day14
  {
    breakfast: "brown bread",
    breakfastSide: ["milk", "eggs"],
    lunch: "nshima",
    lunchside: ["village chicken", "spinach"],
    mealSunset: "placeholder",
    mealSunsetSide: ["side1", "side2"],
    eveningmeal: "placeholder",
    eveningmealside: ["side1", "side2"],
  },
];

export {
  normalized,
  normalWest,
  normalMix,
  veganized,
  veganWest,
  veganMix,
  diabeticZed,
  diabeticWest,
  diabeticMix,
```

```
  pescatarianZed,
  pescatarianWest,
  pescatarianMix,
};

// ** ------------------------------------------------------------- THIS IS
THE FUNCTION TO PLACE ON DOCUMENT
-------------------------------------------------------------

document.addEventListener("DOMContentLoaded", () => {
  let loadMeal = document.getElementById("sevenday-plan");
  if (loadMeal) {
    //randomize function is called for seven and fourteen
    let indexGiven = PlaceIntInArr();
    let indexGiven2 = PlaceIntInArrTwo();

    // retrieves the user details from session storage
    let userDetails = JSON.parse(sessionStorage.getItem("userDetails"));
    let userDetailsTwo =
JSON.parse(sessionStorage.getItem("userDetailsTwo"));

    //todo :this gets age and offers the recommendation
    let DisplayAge = document.getElementById("Header-Age");
    let DisplayRecommendation = document.querySelector("#Header-Age+p");
    //todo :| 1 - 15 Age | 16 - 25 age| 26 - 45 age| 46 + age
    let OneToFifteen = [
        "Balanced diet with fruits, veggies, lean protein, low-fat dairy,
limit sugary & processed foods.",
        "Be active with sports, swimming, or dancing, limit TV and video
games.",
      ],
      SixteenToTwentyFive = [
        "Balanced diet with whole foods, limit processed fast foods, drink
water, limit alcohol.",
        "Regular exercise like jogging, cycling, or weights, try yoga or rock
climbing.",
      ],
      TwentyFiveToFortyFive = [
        "Whole foods, limit processed fast foods, drink water, limit alcohol
and caffeine.",
        "Regular exercises jogging, cycling, or lifting weights, and try new
activities like hiking or martial arts.",
      ],
      fortySixPlus = [
        "Balanced diet with whole foods, lean protein, healthy fats, limit
sugar salt, drink water.",
        "Stay active with walking, swimming, yoga, exercise, social
activities for mental health.",
      ],
      RecommendationList = [
        "Balanced diet with whole foods, limit processed/fast foods, drink
water, limit alcohol.",
        "Regular exercise like jogging, cycling, or weights, try yoga or rock
climbing.",
```

```
        "Whole foods, limit processed fast foods, drink water, limit alcohol
and caffeine.",
        "Regular exercises jogging, cycling, or lifting weights, and try new
activities like hiking or martial arts.",
        "Balanced diet with whole foods, lean protein, healthy fats, limit
sugar salt, drink water.",
        "Stay active with walking, swimming, yoga, exercise, social
activities for mental health.",
      ];
    // the logic for displaying the data
    if (DisplayAge && userDetails) {
      // to make sure these properties are available
      let UserAge = parseInt(userDetails.age, 10); // this changes string to
integer
      if (UserAge <= young) {
        DisplayAge.textContent = "Aged " + UserAge;
        DisplayRecommendation.textContent = OneToFifteen[getRandomOfTwo()];
      } else if (UserAge <= teen) {
        DisplayAge.textContent = "Aged " + UserAge;
        DisplayRecommendation.textContent =
          SixteenToTwentyFive[getRandomOfTwo()];
      } else if (UserAge <= middleAge) {
        DisplayAge.textContent = "Aged " + UserAge;
        DisplayRecommendation.textContent =
          TwentyFiveToFortyFive[getRandomOfTwo()];
      } else if (UserAge >= oldAge) {
        DisplayAge.textContent = "Aged " + UserAge;
        DisplayRecommendation.textContent = fortySixPlus[getRandomOfTwo()];
      } else {
        DisplayAge.textContent = "Recommendation";
        DisplayRecommendation.textContent =
          RecommendationList[getRandomOfSix()];
      }
    }

    //*********************************************** NORMAL MEAL
***********************************************/
    // normal one
    if (
      userDetails &&
      userDetails.condition === conOne &&
      userDetails.meal === typeTwo
    ) {
      //to place unique code on header
      let unigueCode = document.getElementById("special-code");
      unigueCode.textContent =
        indexGiven[0] +
        " - " +
        indexGiven[1] +
        " - " +
        indexGiven[2] +
        " - " +
        indexGiven[3] +
        " - " +
        indexGiven[4] +
```

```
   " - " +
   indexGiven[5] +
   " - " +
   indexGiven[6];

//to place unique word on top
let FancyName = document.getElementById("special-name");
FancyName.textContent = norm1;

//day1 //variables holding location
let breakfastDayOne = document.querySelector(
  "#day1 .day-card .breakfast dt"
);
let lunchDayOne = document.querySelector("#day1 .day-card .lunch dt");
let snackDayOne = document.querySelector("#day1 .day-card .snack dt");
let supaDayOne = document.querySelector("#day1 .day-card .supa dt");

//placing the meals on document

breakfastDayOne.textContent = normalized[indexGiven[0]].breakfast;
breakfastDayOne.nextElementSibling.textContent =
  normalized[indexGiven[0]].breakfastSide[0];
breakfastDayOne.nextElementSibling.nextElementSibling.textContent =
  normalized[indexGiven[0]].breakfastSide[1];

lunchDayOne.textContent = normalized[indexGiven[0]].lunch;
lunchDayOne.nextElementSibling.textContent =
  normalized[indexGiven[0]].lunchside[0];
lunchDayOne.nextElementSibling.nextElementSibling.textContent =
  normalized[indexGiven[0]].lunchside[1];

snackDayOne.textContent = normalized[indexGiven[0]].mealSunset;
snackDayOne.nextElementSibling.textContent =
  normalized[indexGiven[0]].mealSunsetSide[0];
snackDayOne.nextElementSibling.nextElementSibling.textContent =
  normalized[indexGiven[0]].mealSunsetSide[1];

supaDayOne.textContent = normalized[indexGiven[0]].eveningmeal;
supaDayOne.nextElementSibling.textContent =
  normalized[indexGiven[0]].eveningmealside[0];
supaDayOne.nextElementSibling.nextElementSibling.textContent =
  normalized[indexGiven[0]].eveningmealside[1];

//day2
let breakfastDayTwo = document.querySelector(
  "#day2 .day-card .breakfast dt"
);
let lunchDayTwo = document.querySelector("#day2 .day-card .lunch dt");
let snackDayTwo = document.querySelector("#day2 .day-card .snack dt");
let supaDayTwo = document.querySelector("#day2 .day-card .supa dt");

breakfastDayTwo.textContent = normalized[indexGiven[1]].breakfast;
breakfastDayTwo.nextElementSibling.textContent =
  normalized[indexGiven[1]].breakfastSide[0];
breakfastDayTwo.nextElementSibling.nextElementSibling.textContent =
```

```
          normalized[indexGiven[1]].breakfastSide[1];

      lunchDayTwo.textContent = normalized[indexGiven[1]].lunch;
      lunchDayTwo.nextElementSibling.textContent =
        normalized[indexGiven[1]].lunchside[0];
      lunchDayTwo.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[1]].lunchside[1];

      snackDayTwo.textContent = normalized[indexGiven[1]].mealSunset;
      snackDayTwo.nextElementSibling.textContent =
        normalized[indexGiven[1]].mealSunsetSide[0];
      snackDayTwo.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[1]].mealSunsetSide[1];

      supaDayTwo.textContent = normalized[indexGiven[1]].eveningmeal;
      supaDayTwo.nextElementSibling.textContent =
        normalized[indexGiven[1]].eveningmealside[0];
      supaDayTwo.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[1]].eveningmealside[1];

      //day3
      let breakfastDayThree = document.querySelector(
        "#day3 .day-card .breakfast dt"
      );
      let lunchDayThree = document.querySelector("#day3 .day-card .lunch
dt");
      let snackDayThree = document.querySelector("#day3 .day-card .snack
dt");
      let supaDayThree = document.querySelector("#day3 .day-card .supa dt");

      breakfastDayThree.textContent = normalized[indexGiven[2]].breakfast;
      breakfastDayThree.nextElementSibling.textContent =
        normalized[indexGiven[2]].breakfastSide[0];
      breakfastDayThree.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[2]].breakfastSide[1];

      lunchDayThree.textContent = normalized[indexGiven[2]].lunch;
      lunchDayThree.nextElementSibling.textContent =
        normalized[indexGiven[2]].lunchside[0];
      lunchDayThree.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[2]].lunchside[1];

      snackDayThree.textContent = normalized[indexGiven[2]].mealSunset;
      snackDayThree.nextElementSibling.textContent =
        normalized[indexGiven[2]].mealSunsetSide[0];
      snackDayThree.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[2]].mealSunsetSide[1];

      supaDayThree.textContent = normalized[indexGiven[2]].eveningmeal;
      supaDayThree.nextElementSibling.textContent =
        normalized[indexGiven[2]].eveningmealside[0];
      supaDayThree.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[2]].eveningmealside[1];

      //day4
```

```javascript
let breakfastDayFour = document.querySelector(
  "#day4 .day-card .breakfast dt"
);
let lunchDayFour = document.querySelector("#day4 .day-card .lunch dt");
let snackDayFour = document.querySelector("#day4 .day-card .snack dt");
let supaDayFour = document.querySelector("#day4 .day-card .supa dt");

breakfastDayFour.textContent = normalized[indexGiven[3]].breakfast;
breakfastDayFour.nextElementSibling.textContent =
  normalized[indexGiven[3]].breakfastSide[0];
breakfastDayFour.nextElementSibling.nextElementSibling.textContent =
  normalized[indexGiven[3]].breakfastSide[1];

lunchDayFour.textContent = normalized[indexGiven[3]].lunch;
lunchDayFour.nextElementSibling.textContent =
  normalized[indexGiven[3]].lunchside[0];
lunchDayFour.nextElementSibling.nextElementSibling.textContent =
  normalized[indexGiven[3]].lunchside[1];

snackDayFour.textContent = normalized[indexGiven[3]].mealSunset;
snackDayFour.nextElementSibling.textContent =
  normalized[indexGiven[3]].mealSunsetSide[0];
snackDayFour.nextElementSibling.nextElementSibling.textContent =
  normalized[indexGiven[3]].mealSunsetSide[1];

supaDayFour.textContent = normalized[indexGiven[3]].eveningmeal;
supaDayFour.nextElementSibling.textContent =
  normalized[indexGiven[3]].eveningmealside[0];
supaDayFour.nextElementSibling.nextElementSibling.textContent =
  normalized[indexGiven[3]].eveningmealside[1];

//day5
let breakfastDayFive = document.querySelector(
  "#day5 .day-card .breakfast dt"
);
let lunchDayFive = document.querySelector("#day5 .day-card .lunch dt");
let snackDayFive = document.querySelector("#day5 .day-card .snack dt");
let supaDayFive = document.querySelector("#day5 .day-card .supa dt");

breakfastDayFive.textContent = normalized[indexGiven[4]].breakfast;
breakfastDayFive.nextElementSibling.textContent =
  normalized[indexGiven[4]].breakfastSide[0];
breakfastDayFive.nextElementSibling.nextElementSibling.textContent =
  normalized[indexGiven[4]].breakfastSide[1];

lunchDayFive.textContent = normalized[indexGiven[4]].lunch;
lunchDayFive.nextElementSibling.textContent =
  normalized[indexGiven[4]].lunchside[0];
lunchDayFive.nextElementSibling.nextElementSibling.textContent =
  normalized[indexGiven[4]].lunchside[1];

snackDayFive.textContent = normalized[indexGiven[4]].mealSunset;
snackDayFive.nextElementSibling.textContent =
  normalized[indexGiven[4]].mealSunsetSide[0];
snackDayFive.nextElementSibling.nextElementSibling.textContent =
```

```javascript
        normalized[indexGiven[4]].mealSunsetSide[1];

      supaDayFive.textContent = normalized[indexGiven[4]].eveningmeal;
      supaDayFive.nextElementSibling.textContent =
        normalized[indexGiven[4]].eveningmealside[0];
      supaDayFive.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[4]].eveningmealside[1];

      //day6
      let breakfastDaySix = document.querySelector(
        "#day6 .day-card .breakfast dt"
      );
      let lunchDaySix = document.querySelector("#day6 .day-card .lunch dt");
      let snackDaySix = document.querySelector("#day6 .day-card .snack dt");
      let supaDaySix = document.querySelector("#day6 .day-card .supa dt");

      breakfastDaySix.textContent = normalized[indexGiven[5]].breakfast;
      breakfastDaySix.nextElementSibling.textContent =
        normalized[indexGiven[5]].breakfastSide[0];
      breakfastDaySix.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[5]].breakfastSide[1];

      lunchDaySix.textContent = normalized[indexGiven[5]].lunch;
      lunchDaySix.nextElementSibling.textContent =
        normalized[indexGiven[5]].lunchside[0];
      lunchDaySix.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[5]].lunchside[1];

      snackDaySix.textContent = normalized[indexGiven[5]].mealSunset;
      snackDaySix.nextElementSibling.textContent =
        normalized[indexGiven[5]].mealSunsetSide[0];
      snackDaySix.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[5]].mealSunsetSide[1];

      supaDaySix.textContent = normalized[indexGiven[5]].eveningmeal;
      supaDaySix.nextElementSibling.textContent =
        normalized[indexGiven[5]].eveningmealside[0];
      supaDaySix.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[5]].eveningmealside[1];

      //day7
      let breakfastDaySeven = document.querySelector(
        "#day7 .day-card .breakfast dt"
      );
      let lunchDaySeven = document.querySelector("#day7 .day-card .lunch
dt");
      let snackDaySeven = document.querySelector("#day7 .day-card .snack
dt");
      let supaDaySeven = document.querySelector("#day7 .day-card .supa dt");

      breakfastDaySeven.textContent = normalized[indexGiven[6]].breakfast;
      breakfastDaySeven.nextElementSibling.textContent =
        normalized[indexGiven[6]].breakfastSide[0];
      breakfastDaySeven.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[6]].breakfastSide[1];
```

```
        lunchDaySeven.textContent = normalized[indexGiven[6]].lunch;
        lunchDaySeven.nextElementSibling.textContent =
          normalized[indexGiven[6]].lunchside[0];
        lunchDaySeven.nextElementSibling.nextElementSibling.textContent =
          normalized[indexGiven[6]].lunchside[1];

        snackDaySeven.textContent = normalized[indexGiven[6]].mealSunset;
        snackDaySeven.nextElementSibling.textContent =
          normalized[indexGiven[6]].mealSunsetSide[0];
        snackDaySeven.nextElementSibling.nextElementSibling.textContent =
          normalized[indexGiven[6]].mealSunsetSide[1];

        supaDaySeven.textContent = normalized[indexGiven[6]].eveningmeal;
        supaDaySeven.nextElementSibling.textContent =
          normalized[indexGiven[6]].eveningmealside[0];
        supaDaySeven.nextElementSibling.nextElementSibling.textContent =
          normalized[indexGiven[6]].eveningmealside[1];
      }
      // normal two
      else if (
        userDetails &&
        userDetails.condition === conOne &&
        userDetails.meal === typeOne
      ) {
        //to place unique code on header
        let unigueCode = document.getElementById("special-code");
        unigueCode.textContent =
          indexGiven[0] +
          " - " +
          indexGiven[1] +
          " - " +
          indexGiven[2] +
          " - " +
          indexGiven[3] +
          " - " +
          indexGiven[4] +
          " - " +
          indexGiven[5] +
          " - " +
          indexGiven[6];
        //to place unique word on top
        let FancyName = document.getElementById("special-name");
        FancyName.textContent = norm2;

        //day1 //variables holding location
        let breakfastDayOne = document.querySelector(
          "#day1 .day-card .breakfast dt"
        );
        let lunchDayOne = document.querySelector("#day1 .day-card .lunch dt");
        let snackDayOne = document.querySelector("#day1 .day-card .snack dt");
        let supaDayOne = document.querySelector("#day1 .day-card .supa dt");

        //placing the meals on document
```

```
breakfastDayOne.textContent = normalWest[indexGiven[0]].breakfast;
breakfastDayOne.nextElementSibling.textContent =
  normalWest[indexGiven[0]].breakfastSide[0];
breakfastDayOne.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[0]].breakfastSide[1];

lunchDayOne.textContent = normalWest[indexGiven[0]].lunch;
lunchDayOne.nextElementSibling.textContent =
  normalWest[indexGiven[0]].lunchside[0];
lunchDayOne.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[0]].lunchside[1];

snackDayOne.textContent = normalWest[indexGiven[0]].mealSunset;
snackDayOne.nextElementSibling.textContent =
  normalWest[indexGiven[0]].mealSunsetSide[0];
snackDayOne.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[0]].mealSunsetSide[1];

supaDayOne.textContent = normalWest[indexGiven[0]].eveningmeal;
supaDayOne.nextElementSibling.textContent =
  normalWest[indexGiven[0]].eveningmealside[0];
supaDayOne.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[0]].eveningmealside[1];

//day2
let breakfastDayTwo = document.querySelector(
  "#day2 .day-card .breakfast dt"
);
let lunchDayTwo = document.querySelector("#day2 .day-card .lunch dt");
let snackDayTwo = document.querySelector("#day2 .day-card .snack dt");
let supaDayTwo = document.querySelector("#day2 .day-card .supa dt");

breakfastDayTwo.textContent = normalWest[indexGiven[1]].breakfast;
breakfastDayTwo.nextElementSibling.textContent =
  normalWest[indexGiven[1]].breakfastSide[0];
breakfastDayTwo.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[1]].breakfastSide[1];

lunchDayTwo.textContent = normalWest[indexGiven[1]].lunch;
lunchDayTwo.nextElementSibling.textContent =
  normalWest[indexGiven[1]].lunchside[0];
lunchDayTwo.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[1]].lunchside[1];

snackDayTwo.textContent = normalWest[indexGiven[1]].mealSunset;
snackDayTwo.nextElementSibling.textContent =
  normalWest[indexGiven[1]].mealSunsetSide[0];
snackDayTwo.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[1]].mealSunsetSide[1];

supaDayTwo.textContent = normalWest[indexGiven[1]].eveningmeal;
supaDayTwo.nextElementSibling.textContent =
  normalWest[indexGiven[1]].eveningmealside[0];
supaDayTwo.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[1]].eveningmealside[1];
```

```javascript
        //day3
        let breakfastDayThree = document.querySelector(
          "#day3 .day-card .breakfast dt"
        );
        let lunchDayThree = document.querySelector("#day3 .day-card .lunch
dt");
        let snackDayThree = document.querySelector("#day3 .day-card .snack
dt");
        let supaDayThree = document.querySelector("#day3 .day-card .supa dt");

        breakfastDayThree.textContent = normalWest[indexGiven[2]].breakfast;
        breakfastDayThree.nextElementSibling.textContent =
          normalWest[indexGiven[2]].breakfastSide[0];
        breakfastDayThree.nextElementSibling.nextElementSibling.textContent =
          normalWest[indexGiven[2]].breakfastSide[1];

        lunchDayThree.textContent = normalWest[indexGiven[2]].lunch;
        lunchDayThree.nextElementSibling.textContent =
          normalWest[indexGiven[2]].lunchside[0];
        lunchDayThree.nextElementSibling.nextElementSibling.textContent =
          normalWest[indexGiven[2]].lunchside[1];

        snackDayThree.textContent = normalWest[indexGiven[2]].mealSunset;
        snackDayThree.nextElementSibling.textContent =
          normalWest[indexGiven[2]].mealSunsetSide[0];
        snackDayThree.nextElementSibling.nextElementSibling.textContent =
          normalWest[indexGiven[2]].mealSunsetSide[1];

        supaDayThree.textContent = normalWest[indexGiven[2]].eveningmeal;
        supaDayThree.nextElementSibling.textContent =
          normalWest[indexGiven[2]].eveningmealside[0];
        supaDayThree.nextElementSibling.nextElementSibling.textContent =
          normalWest[indexGiven[2]].eveningmealside[1];

        //day4
        let breakfastDayFour = document.querySelector(
          "#day4 .day-card .breakfast dt"
        );
        let lunchDayFour = document.querySelector("#day4 .day-card .lunch dt");
        let snackDayFour = document.querySelector("#day4 .day-card .snack dt");
        let supaDayFour = document.querySelector("#day4 .day-card .supa dt");

        breakfastDayFour.textContent = normalWest[indexGiven[3]].breakfast;
        breakfastDayFour.nextElementSibling.textContent =
          normalWest[indexGiven[3]].breakfastSide[0];
        breakfastDayFour.nextElementSibling.nextElementSibling.textContent =
          normalWest[indexGiven[3]].breakfastSide[1];

        lunchDayFour.textContent = normalWest[indexGiven[3]].lunch;
        lunchDayFour.nextElementSibling.textContent =
          normalWest[indexGiven[3]].lunchside[0];
        lunchDayFour.nextElementSibling.nextElementSibling.textContent =
          normalWest[indexGiven[3]].lunchside[1];
```

```javascript
snackDayFour.textContent = normalWest[indexGiven[3]].mealSunset;
snackDayFour.nextElementSibling.textContent =
  normalWest[indexGiven[3]].mealSunsetSide[0];
snackDayFour.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[3]].mealSunsetSide[1];

supaDayFour.textContent = normalWest[indexGiven[3]].eveningmeal;
supaDayFour.nextElementSibling.textContent =
  normalWest[indexGiven[3]].eveningmealside[0];
supaDayFour.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[3]].eveningmealside[1];

//day5
let breakfastDayFive = document.querySelector(
  "#day5 .day-card .breakfast dt"
);
let lunchDayFive = document.querySelector("#day5 .day-card .lunch dt");
let snackDayFive = document.querySelector("#day5 .day-card .snack dt");
let supaDayFive = document.querySelector("#day5 .day-card .supa dt");

breakfastDayFive.textContent = normalWest[indexGiven[4]].breakfast;
breakfastDayFive.nextElementSibling.textContent =
  normalWest[indexGiven[4]].breakfastSide[0];
breakfastDayFive.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[4]].breakfastSide[1];

lunchDayFive.textContent = normalWest[indexGiven[4]].lunch;
lunchDayFive.nextElementSibling.textContent =
  normalWest[indexGiven[4]].lunchside[0];
lunchDayFive.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[4]].lunchside[1];

snackDayFive.textContent = normalWest[indexGiven[4]].mealSunset;
snackDayFive.nextElementSibling.textContent =
  normalWest[indexGiven[4]].mealSunsetSide[0];
snackDayFive.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[4]].mealSunsetSide[1];

supaDayFive.textContent = normalWest[indexGiven[4]].eveningmeal;
supaDayFive.nextElementSibling.textContent =
  normalWest[indexGiven[4]].eveningmealside[0];
supaDayFive.nextElementSibling.nextElementSibling.textContent =
  normalWest[indexGiven[4]].eveningmealside[1];

//day6
let breakfastDaySix = document.querySelector(
  "#day6 .day-card .breakfast dt"
);
let lunchDaySix = document.querySelector("#day6 .day-card .lunch dt");
let snackDaySix = document.querySelector("#day6 .day-card .snack dt");
let supaDaySix = document.querySelector("#day6 .day-card .supa dt");

breakfastDaySix.textContent = normalWest[indexGiven[5]].breakfast;
breakfastDaySix.nextElementSibling.textContent =
  normalWest[indexGiven[5]].breakfastSide[0];
```

```
      breakfastDaySix.nextElementSibling.nextElementSibling.textContent =
        normalWest[indexGiven[5]].breakfastSide[1];

      lunchDaySix.textContent = normalWest[indexGiven[5]].lunch;
      lunchDaySix.nextElementSibling.textContent =
        normalWest[indexGiven[5]].lunchside[0];
      lunchDaySix.nextElementSibling.nextElementSibling.textContent =
        normalWest[indexGiven[5]].lunchside[1];

      snackDaySix.textContent = normalWest[indexGiven[5]].mealSunset;
      snackDaySix.nextElementSibling.textContent =
        normalWest[indexGiven[5]].mealSunsetSide[0];
      snackDaySix.nextElementSibling.nextElementSibling.textContent =
        normalWest[indexGiven[5]].mealSunsetSide[1];

      supaDaySix.textContent = normalWest[indexGiven[5]].eveningmeal;
      supaDaySix.nextElementSibling.textContent =
        normalWest[indexGiven[5]].eveningmealside[0];
      supaDaySix.nextElementSibling.nextElementSibling.textContent =
        normalWest[indexGiven[5]].eveningmealside[1];

      //day7
      let breakfastDaySeven = document.querySelector(
        "#day7 .day-card .breakfast dt"
      );
      let lunchDaySeven = document.querySelector("#day7 .day-card .lunch
dt");
      let snackDaySeven = document.querySelector("#day7 .day-card .snack
dt");
      let supaDaySeven = document.querySelector("#day7 .day-card .supa dt");

      breakfastDaySeven.textContent = normalWest[indexGiven[6]].breakfast;
      breakfastDaySeven.nextElementSibling.textContent =
        normalWest[indexGiven[6]].breakfastSide[0];
      breakfastDaySeven.nextElementSibling.nextElementSibling.textContent =
        normalWest[indexGiven[6]].breakfastSide[1];

      lunchDaySeven.textContent = normalWest[indexGiven[6]].lunch;
      lunchDaySeven.nextElementSibling.textContent =
        normalWest[indexGiven[6]].lunchside[0];
      lunchDaySeven.nextElementSibling.nextElementSibling.textContent =
        normalWest[indexGiven[6]].lunchside[1];

      snackDaySeven.textContent = normalWest[indexGiven[6]].mealSunset;
      snackDaySeven.nextElementSibling.textContent =
        normalWest[indexGiven[6]].mealSunsetSide[0];
      snackDaySeven.nextElementSibling.nextElementSibling.textContent =
        normalWest[indexGiven[6]].mealSunsetSide[1];

      supaDaySeven.textContent = normalWest[indexGiven[6]].eveningmeal;
      supaDaySeven.nextElementSibling.textContent =
        normalWest[indexGiven[6]].eveningmealside[0];
      supaDaySeven.nextElementSibling.nextElementSibling.textContent =
        normalWest[indexGiven[6]].eveningmealside[1];
    }
```

```javascript
// normal three
else if (
  userDetails &&
  userDetails.condition === conOne &&
  userDetails.meal === typeThree
) {
  //to place unique code on header
  let unigueCode = document.getElementById("special-code");
  unigueCode.textContent =
    indexGiven2[0] +
    " - " +
    indexGiven2[1] +
    " - " +
    indexGiven2[2] +
    " - " +
    indexGiven2[3] +
    " - " +
    indexGiven2[4] +
    " - " +
    indexGiven2[5] +
    " - " +
    indexGiven2[6];
  //to place unique word on top
  let FancyName = document.getElementById("special-name");
  FancyName.textContent = norm3;

  //day1 //variables holding location
  let breakfastDayOne = document.querySelector(
    "#day1 .day-card .breakfast dt"
  );
  let lunchDayOne = document.querySelector("#day1 .day-card .lunch dt");
  let snackDayOne = document.querySelector("#day1 .day-card .snack dt");
  let supaDayOne = document.querySelector("#day1 .day-card .supa dt");

  //placing the meals on document

  breakfastDayOne.textContent = normalMix[indexGiven2[0]].breakfast;
  breakfastDayOne.nextElementSibling.textContent =
    normalMix[indexGiven2[0]].breakfastSide[0];
  breakfastDayOne.nextElementSibling.nextElementSibling.textContent =
    normalMix[indexGiven2[0]].breakfastSide[1];

  lunchDayOne.textContent = normalMix[indexGiven2[0]].lunch;
  lunchDayOne.nextElementSibling.textContent =
    normalMix[indexGiven2[0]].lunchside[0];
  lunchDayOne.nextElementSibling.nextElementSibling.textContent =
    normalMix[indexGiven2[0]].lunchside[1];

  snackDayOne.textContent = normalMix[indexGiven2[0]].mealSunset;
  snackDayOne.nextElementSibling.textContent =
    normalMix[indexGiven2[0]].mealSunsetSide[0];
  snackDayOne.nextElementSibling.nextElementSibling.textContent =
    normalMix[indexGiven2[0]].mealSunsetSide[1];

  supaDayOne.textContent = normalMix[indexGiven2[0]].eveningmeal;
```

```
        supaDayOne.nextElementSibling.textContent =
          normalMix[indexGiven2[0]].eveningmealside[0];
        supaDayOne.nextElementSibling.nextElementSibling.textContent =
          normalMix[indexGiven2[0]].eveningmealside[1];


        //day2
        let breakfastDayTwo = document.querySelector(
          "#day2 .day-card .breakfast dt"
        );
        let lunchDayTwo = document.querySelector("#day2 .day-card .lunch dt");
        let snackDayTwo = document.querySelector("#day2 .day-card .snack dt");
        let supaDayTwo = document.querySelector("#day2 .day-card .supa dt");

        breakfastDayTwo.textContent = normalMix[indexGiven2[1]].breakfast;
        breakfastDayTwo.nextElementSibling.textContent =
          normalMix[indexGiven2[1]].breakfastSide[0];
        breakfastDayTwo.nextElementSibling.nextElementSibling.textContent =
          normalMix[indexGiven2[1]].breakfastSide[1];

        lunchDayTwo.textContent = normalMix[indexGiven2[1]].lunch;
        lunchDayTwo.nextElementSibling.textContent =
          normalMix[indexGiven2[1]].lunchside[0];
        lunchDayTwo.nextElementSibling.nextElementSibling.textContent =
          normalMix[indexGiven2[1]].lunchside[1];

        snackDayTwo.textContent = normalMix[indexGiven2[1]].mealSunset;
        snackDayTwo.nextElementSibling.textContent =
          normalMix[indexGiven2[1]].mealSunsetSide[0];
        snackDayTwo.nextElementSibling.nextElementSibling.textContent =
          normalMix[indexGiven2[1]].mealSunsetSide[1];

        supaDayTwo.textContent = normalMix[indexGiven2[1]].eveningmeal;
        supaDayTwo.nextElementSibling.textContent =
          normalMix[indexGiven2[1]].eveningmealside[0];
        supaDayTwo.nextElementSibling.nextElementSibling.textContent =
          normalMix[indexGiven2[1]].eveningmealside[1];


        //day3
        let breakfastDayThree = document.querySelector(
          "#day3 .day-card .breakfast dt"
        );
        let lunchDayThree = document.querySelector("#day3 .day-card .lunch
dt");
        let snackDayThree = document.querySelector("#day3 .day-card .snack
dt");
        let supaDayThree = document.querySelector("#day3 .day-card .supa dt");

        breakfastDayThree.textContent =
          normalMix[indexGiven2[2]].breakfast;
        breakfastDayThree.nextElementSibling.textContent =
          normalMix[indexGiven2[2]].breakfastSide[0];
        breakfastDayThree.nextElementSibling.nextElementSibling.textContent =
          normalMix[indexGiven2[2]].breakfastSide[1];

        lunchDayThree.textContent = normalMix[indexGiven2[2]].lunch;
```

```javascript
lunchDayThree.nextElementSibling.textContent =
  normalMix[indexGiven2[2]].lunchside[0];
lunchDayThree.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[2]].lunchside[1];

snackDayThree.textContent = normalMix[indexGiven2[2]].mealSunset;
snackDayThree.nextElementSibling.textContent =
  normalMix[indexGiven2[2]].mealSunsetSide[0];
snackDayThree.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[2]].mealSunsetSide[1];

supaDayThree.textContent = normalMix[indexGiven2[2]].eveningmeal;
supaDayThree.nextElementSibling.textContent =
  normalMix[indexGiven2[2]].eveningmealside[0];
supaDayThree.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[2]].eveningmealside[1];

//day4
let breakfastDayFour = document.querySelector(
  "#day4 .day-card .breakfast dt"
);
let lunchDayFour = document.querySelector("#day4 .day-card .lunch dt");
let snackDayFour = document.querySelector("#day4 .day-card .snack dt");
let supaDayFour = document.querySelector("#day4 .day-card .supa dt");

breakfastDayFour.textContent = normalMix[indexGiven2[3]].breakfast;
breakfastDayFour.nextElementSibling.textContent =
  normalMix[indexGiven2[3]].breakfastSide[0];
breakfastDayFour.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[3]].breakfastSide[1];

lunchDayFour.textContent = normalMix[indexGiven2[3]].lunch;
lunchDayFour.nextElementSibling.textContent =
  normalMix[indexGiven2[3]].lunchside[0];
lunchDayFour.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[3]].lunchside[1];

snackDayFour.textContent = normalMix[indexGiven2[3]].mealSunset;
snackDayFour.nextElementSibling.textContent =
  normalMix[indexGiven2[3]].mealSunsetSide[0];
snackDayFour.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[3]].mealSunsetSide[1];

supaDayFour.textContent = normalMix[indexGiven2[3]].eveningmeal;
supaDayFour.nextElementSibling.textContent =
  normalMix[indexGiven2[3]].eveningmealside[0];
supaDayFour.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[3]].eveningmealside[1];

//day5
let breakfastDayFive = document.querySelector(
  "#day5 .day-card .breakfast dt"
);
let lunchDayFive = document.querySelector("#day5 .day-card .lunch dt");
let snackDayFive = document.querySelector("#day5 .day-card .snack dt");
```

```
let supaDayFive = document.querySelector("#day5 .day-card .supa dt");

breakfastDayFive.textContent = normalMix[indexGiven2[4]].breakfast;
breakfastDayFive.nextElementSibling.textContent =
  normalMix[indexGiven2[4]].breakfastSide[0];
breakfastDayFive.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[4]].breakfastSide[1];

lunchDayFive.textContent = normalMix[indexGiven2[4]].lunch;
lunchDayFive.nextElementSibling.textContent =
  normalMix[indexGiven2[4]].lunchside[0];
lunchDayFive.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[4]].lunchside[1];

snackDayFive.textContent = normalMix[indexGiven2[4]].mealSunset;
snackDayFive.nextElementSibling.textContent =
  normalMix[indexGiven2[4]].mealSunsetSide[0];
snackDayFive.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[4]].mealSunsetSide[1];

supaDayFive.textContent = normalMix[indexGiven2[4]].eveningmeal;
supaDayFive.nextElementSibling.textContent =
  normalMix[indexGiven2[4]].eveningmealside[0];
supaDayFive.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[4]].eveningmealside[1];

//day6
let breakfastDaySix = document.querySelector(
  "#day6 .day-card .breakfast dt"
);
let lunchDaySix = document.querySelector("#day6 .day-card .lunch dt");
let snackDaySix = document.querySelector("#day6 .day-card .snack dt");
let supaDaySix = document.querySelector("#day6 .day-card .supa dt");

breakfastDaySix.textContent = normalMix[indexGiven2[5]].breakfast;
breakfastDaySix.nextElementSibling.textContent =
  normalMix[indexGiven2[5]].breakfastSide[0];
breakfastDaySix.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[5]].breakfastSide[1];

lunchDaySix.textContent = normalMix[indexGiven2[5]].lunch;
lunchDaySix.nextElementSibling.textContent =
  normalMix[indexGiven2[5]].lunchside[0];
lunchDaySix.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[5]].lunchside[1];

snackDaySix.textContent = normalMix[indexGiven2[5]].mealSunset;
snackDaySix.nextElementSibling.textContent =
  normalMix[indexGiven2[5]].mealSunsetSide[0];
snackDaySix.nextElementSibling.nextElementSibling.textContent =
  normalMix[indexGiven2[5]].mealSunsetSide[1];

supaDaySix.textContent = normalMix[indexGiven2[5]].eveningmeal;
supaDaySix.nextElementSibling.textContent =
  normalMix[indexGiven2[5]].eveningmealside[0];
```

```javascript
        supaDaySix.nextElementSibling.nextElementSibling.textContent =
          normalMix[indexGiven2[5]].eveningmealside[1];

      //day7
      let breakfastDaySeven = document.querySelector(
        "#day7 .day-card .breakfast dt"
      );
      let lunchDaySeven = document.querySelector("#day7 .day-card .lunch
dt");
      let snackDaySeven = document.querySelector("#day7 .day-card .snack
dt");
      let supaDaySeven = document.querySelector("#day7 .day-card .supa dt");

      breakfastDaySeven.textContent =
        normalMix[indexGiven2[6]].breakfast;
      breakfastDaySeven.nextElementSibling.textContent =
        normalMix[indexGiven2[6]].breakfastSide[0];
      breakfastDaySeven.nextElementSibling.nextElementSibling.textContent =
        normalMix[indexGiven2[6]].breakfastSide[1];

      lunchDaySeven.textContent = normalMix[indexGiven2[6]].lunch;
      lunchDaySeven.nextElementSibling.textContent =
        normalMix[indexGiven2[6]].lunchside[0];
      lunchDaySeven.nextElementSibling.nextElementSibling.textContent =
        normalMix[indexGiven2[6]].lunchside[1];

      snackDaySeven.textContent = normalMix[indexGiven2[6]].mealSunset;
      snackDaySeven.nextElementSibling.textContent =
        normalMix[indexGiven2[6]].mealSunsetSide[0];
      snackDaySeven.nextElementSibling.nextElementSibling.textContent =
        normalMix[indexGiven2[6]].mealSunsetSide[1];

      supaDaySeven.textContent = normalMix[indexGiven2[6]].eveningmeal;
      supaDaySeven.nextElementSibling.textContent =
        normalMix[indexGiven2[6]].eveningmealside[0];
      supaDaySeven.nextElementSibling.nextElementSibling.textContent =
        normalMix[indexGiven2[6]].eveningmealside[1];
    }
    //****************************************************** VEGAN MEALS
******************************************************/
    // vegan one
    else if (
      userDetails &&
      userDetails.condition === conTwo &&
      userDetails.meal === typeTwo
    ) {
      //to place unique word on top
      let FancyName = document.getElementById("special-name");
      FancyName.textContent = vegan1;

      //to place unique code on header
      let unigueCode = document.getElementById("special-code");
      unigueCode.textContent =
        indexGiven[0] +
        " - " +
```

```
    indexGiven[1] +
    " - " +
    indexGiven[2] +
    " - " +
    indexGiven[3] +
    " - " +
    indexGiven[4] +
    " - " +
    indexGiven[5] +
    " - " +
    indexGiven[6];

//day1 //variables holding location
let breakfastDayOne = document.querySelector(
  "#day1 .day-card .breakfast dt"
);
let lunchDayOne = document.querySelector("#day1 .day-card .lunch dt");
let snackDayOne = document.querySelector("#day1 .day-card .snack dt");
let supaDayOne = document.querySelector("#day1 .day-card .supa dt");

//placing the meals on document

breakfastDayOne.textContent = veganized[indexGiven[0]].breakfast;
breakfastDayOne.nextElementSibling.textContent =
  veganized[indexGiven[0]].breakfastSide[0];
breakfastDayOne.nextElementSibling.nextElementSibling.textContent =
  veganized[indexGiven[0]].breakfastSide[1];

lunchDayOne.textContent = veganized[indexGiven[0]].lunch;
lunchDayOne.nextElementSibling.textContent =
  veganized[indexGiven[0]].lunchside[0];
lunchDayOne.nextElementSibling.nextElementSibling.textContent =
  veganized[indexGiven[0]].lunchside[1];

snackDayOne.textContent = veganized[indexGiven[0]].mealSunset;
snackDayOne.nextElementSibling.textContent =
  veganized[indexGiven[0]].mealSunsetSide[0];
snackDayOne.nextElementSibling.nextElementSibling.textContent =
  veganized[indexGiven[0]].mealSunsetSide[1];

supaDayOne.textContent = veganized[indexGiven[0]].eveningmeal;
supaDayOne.nextElementSibling.textContent =
  veganized[indexGiven[0]].eveningmealside[0];
supaDayOne.nextElementSibling.nextElementSibling.textContent =
  veganized[indexGiven[0]].eveningmealside[1];

//day2
let breakfastDayTwo = document.querySelector(
  "#day2 .day-card .breakfast dt"
);
let lunchDayTwo = document.querySelector("#day2 .day-card .lunch dt");
let snackDayTwo = document.querySelector("#day2 .day-card .snack dt");
let supaDayTwo = document.querySelector("#day2 .day-card .supa dt");

breakfastDayTwo.textContent = veganized[indexGiven[1]].breakfast;
```

```
breakfastDayTwo.nextElementSibling.textContent =
  veganized[indexGiven[1]].breakfastSide[0];
breakfastDayTwo.nextElementSibling.nextElementSibling.textContent =
  veganized[indexGiven[1]].breakfastSide[1];

lunchDayTwo.textContent = veganized[indexGiven[1]].lunch;
lunchDayTwo.nextElementSibling.textContent =
  veganized[indexGiven[1]].lunchside[0];
lunchDayTwo.nextElementSibling.nextElementSibling.textContent =
  veganized[indexGiven[1]].lunchside[1];

snackDayTwo.textContent = normalized[indexGiven[1]].mealSunset;
snackDayTwo.nextElementSibling.textContent =
  normalized[indexGiven[1]].mealSunsetSide[0];
snackDayTwo.nextElementSibling.nextElementSibling.textContent =
  normalized[indexGiven[1]].mealSunsetSide[1];

supaDayTwo.textContent = veganized[indexGiven[1]].eveningmeal;
supaDayTwo.nextElementSibling.textContent =
  veganized[indexGiven[1]].eveningmealside[0];
supaDayTwo.nextElementSibling.nextElementSibling.textContent =
  veganized[indexGiven[1]].eveningmealside[1];

//day3
let breakfastDayThree = document.querySelector(
  "#day3 .day-card .breakfast dt"
);
let lunchDayThree = document.querySelector("#day3 .day-card .lunch
dt");
let snackDayThree = document.querySelector("#day3 .day-card .snack
dt");
let supaDayThree = document.querySelector("#day3 .day-card .supa dt");

breakfastDayThree.textContent = veganized[indexGiven[2]].breakfast;
breakfastDayThree.nextElementSibling.textContent =
  veganized[indexGiven[2]].breakfastSide[0];
breakfastDayThree.nextElementSibling.nextElementSibling.textContent =
  veganized[indexGiven[2]].breakfastSide[1];

lunchDayThree.textContent = veganized[indexGiven[2]].lunch;
lunchDayThree.nextElementSibling.textContent =
  veganized[indexGiven[2]].lunchside[0];
lunchDayThree.nextElementSibling.nextElementSibling.textContent =
  veganized[indexGiven[2]].lunchside[1];

snackDayThree.textContent = veganized[indexGiven[2]].mealSunset;
snackDayThree.nextElementSibling.textContent =
  veganized[indexGiven[2]].mealSunsetSide[0];
snackDayThree.nextElementSibling.nextElementSibling.textContent =
  veganized[indexGiven[2]].mealSunsetSide[1];

supaDayThree.textContent = veganized[indexGiven[2]].eveningmeal;
supaDayThree.nextElementSibling.textContent =
  veganized[indexGiven[2]].eveningmealside[0];
supaDayThree.nextElementSibling.nextElementSibling.textContent =
```

```javascript
      veganized[indexGiven[2]].eveningmealside[1];

      //day4
      let breakfastDayFour = document.querySelector(
        "#day4 .day-card .breakfast dt"
      );
      let lunchDayFour = document.querySelector("#day4 .day-card .lunch dt");
      let snackDayFour = document.querySelector("#day4 .day-card .snack dt");
      let supaDayFour = document.querySelector("#day4 .day-card .supa dt");

      breakfastDayFour.textContent = veganized[indexGiven[3]].breakfast;
      breakfastDayFour.nextElementSibling.textContent =
        veganized[indexGiven[3]].breakfastSide[0];
      breakfastDayFour.nextElementSibling.nextElementSibling.textContent =
        veganized[indexGiven[3]].breakfastSide[1];

      lunchDayFour.textContent = veganized[indexGiven[3]].lunch;
      lunchDayFour.nextElementSibling.textContent =
        veganized[indexGiven[3]].lunchside[0];
      lunchDayFour.nextElementSibling.nextElementSibling.textContent =
        veganized[indexGiven[3]].lunchside[1];

      snackDayFour.textContent = veganized[indexGiven[3]].mealSunset;
      snackDayFour.nextElementSibling.textContent =
        veganized[indexGiven[3]].mealSunsetSide[0];
      snackDayFour.nextElementSibling.nextElementSibling.textContent =
        veganized[indexGiven[3]].mealSunsetSide[1];

      supaDayFour.textContent = veganized[indexGiven[3]].eveningmeal;
      supaDayFour.nextElementSibling.textContent =
        veganized[indexGiven[3]].eveningmealside[0];
      supaDayFour.nextElementSibling.nextElementSibling.textContent =
        veganized[indexGiven[3]].eveningmealside[1];

      //day5
      let breakfastDayFive = document.querySelector(
        "#day5 .day-card .breakfast dt"
      );
      let lunchDayFive = document.querySelector("#day5 .day-card .lunch dt");
      let snackDayFive = document.querySelector("#day5 .day-card .snack dt");
      let supaDayFive = document.querySelector("#day5 .day-card .supa dt");

      breakfastDayFive.textContent = veganized[indexGiven[4]].breakfast;
      breakfastDayFive.nextElementSibling.textContent =
        veganized[indexGiven[4]].breakfastSide[0];
      breakfastDayFive.nextElementSibling.nextElementSibling.textContent =
        veganized[indexGiven[4]].breakfastSide[1];

      lunchDayFive.textContent = veganized[indexGiven[4]].lunch;
      lunchDayFive.nextElementSibling.textContent =
        veganized[indexGiven[4]].lunchside[0];
      lunchDayFive.nextElementSibling.nextElementSibling.textContent =
        veganized[indexGiven[4]].lunchside[1];

      snackDayFive.textContent = veganized[indexGiven[4]].mealSunset;
```

```javascript
      snackDayFive.nextElementSibling.textContent =
        veganized[indexGiven[4]].mealSunsetSide[0];
      snackDayFive.nextElementSibling.nextElementSibling.textContent =
        veganized[indexGiven[4]].mealSunsetSide[1];

      supaDayFive.textContent = veganized[indexGiven[4]].eveningmeal;
      supaDayFive.nextElementSibling.textContent =
        veganized[indexGiven[4]].eveningmealside[0];
      supaDayFive.nextElementSibling.nextElementSibling.textContent =
        veganized[indexGiven[4]].eveningmealside[1];

      //day6
      let breakfastDaySix = document.querySelector(
        "#day6 .day-card .breakfast dt"
      );
      let lunchDaySix = document.querySelector("#day6 .day-card .lunch dt");
      let snackDaySix = document.querySelector("#day6 .day-card .snack dt");
      let supaDaySix = document.querySelector("#day6 .day-card .supa dt");

      breakfastDaySix.textContent = veganized[indexGiven[5]].breakfast;
      breakfastDaySix.nextElementSibling.textContent =
        veganized[indexGiven[5]].breakfastSide[0];
      breakfastDaySix.nextElementSibling.nextElementSibling.textContent =
        veganized[indexGiven[5]].breakfastSide[1];

      lunchDaySix.textContent = veganized[indexGiven[5]].lunch;
      lunchDaySix.nextElementSibling.textContent =
        veganized[indexGiven[5]].lunchside[0];
      lunchDaySix.nextElementSibling.nextElementSibling.textContent =
        veganized[indexGiven[5]].lunchside[1];

      snackDaySix.textContent = veganized[indexGiven[5]].mealSunset;
      snackDaySix.nextElementSibling.textContent =
        veganized[indexGiven[5]].mealSunsetSide[0];
      snackDaySix.nextElementSibling.nextElementSibling.textContent =
        veganized[indexGiven[5]].mealSunsetSide[1];

      supaDaySix.textContent = veganized[indexGiven[5]].eveningmeal;
      supaDaySix.nextElementSibling.textContent =
        veganized[indexGiven[5]].eveningmealside[0];
      supaDaySix.nextElementSibling.nextElementSibling.textContent =
        veganized[indexGiven[5]].eveningmealside[1];

      //day7
      let breakfastDaySeven = document.querySelector(
        "#day7 .day-card .breakfast dt"
      );
      let lunchDaySeven = document.querySelector("#day7 .day-card .lunch
dt");
      let snackDaySeven = document.querySelector("#day7 .day-card .snack
dt");
      let supaDaySeven = document.querySelector("#day7 .day-card .supa dt");

      breakfastDaySeven.textContent = veganized[indexGiven[6]].breakfast;
      breakfastDaySeven.nextElementSibling.textContent =
```

```
      veganized[indexGiven[6]].breakfastSide[0];
    breakfastDaySeven.nextElementSibling.nextElementSibling.textContent =
      veganized[indexGiven[6]].breakfastSide[1];

    lunchDaySeven.textContent = veganized[indexGiven[6]].lunch;
    lunchDaySeven.nextElementSibling.textContent =
      veganized[indexGiven[6]].lunchside[0];
    lunchDaySeven.nextElementSibling.nextElementSibling.textContent =
      veganized[indexGiven[6]].lunchside[1];

    snackDaySeven.textContent = veganized[indexGiven[6]].mealSunset;
    snackDaySeven.nextElementSibling.textContent =
      veganized[indexGiven[6]].mealSunsetSide[0];
    snackDaySeven.nextElementSibling.nextElementSibling.textContent =
      veganized[indexGiven[6]].mealSunsetSide[1];

    supaDaySeven.textContent = veganized[indexGiven[6]].eveningmeal;
    supaDaySeven.nextElementSibling.textContent =
      veganized[indexGiven[6]].eveningmealside[0];
    supaDaySeven.nextElementSibling.nextElementSibling.textContent =
      veganized[indexGiven[6]].eveningmealside[1];
}
//vegan two
else if (
  userDetails &&
  userDetails.condition === conTwo &&
  userDetails.meal === typeOne
) {
  //to place unique word on top
  let FancyName = document.getElementById("special-name");
  FancyName.textContent = vegan2;

  //to place unique code on header
  let unigueCode = document.getElementById("special-code");
  unigueCode.textContent =
    indexGiven[0] +
    " - " +
    indexGiven[1] +
    " - " +
    indexGiven[2] +
    " - " +
    indexGiven[3] +
    " - " +
    indexGiven[4] +
    " - " +
    indexGiven[5] +
    " - " +
    indexGiven[6];

  //day1 //variables holding location
  let breakfastDayOne = document.querySelector(
    "#day1 .day-card .breakfast dt"
  );
  let lunchDayOne = document.querySelector("#day1 .day-card .lunch dt");
  let snackDayOne = document.querySelector("#day1 .day-card .snack dt");
```

```
let supaDayOne = document.querySelector("#day1 .day-card .supa dt");

//placing the meals on document

breakfastDayOne.textContent = veganWest[indexGiven[0]].breakfast;
breakfastDayOne.nextElementSibling.textContent =
  veganWest[indexGiven[0]].breakfastSide[0];
breakfastDayOne.nextElementSibling.nextElementSibling.textContent =
  veganWest[indexGiven[0]].breakfastSide[1];

lunchDayOne.textContent = veganWest[indexGiven[0]].lunch;
lunchDayOne.nextElementSibling.textContent =
  veganWest[indexGiven[0]].lunchside[0];
lunchDayOne.nextElementSibling.nextElementSibling.textContent =
  veganWest[indexGiven[0]].lunchside[1];

snackDayOne.textContent = veganWest[indexGiven[0]].mealSunset;
snackDayOne.nextElementSibling.textContent =
  veganWest[indexGiven[0]].mealSunsetSide[0];
snackDayOne.nextElementSibling.nextElementSibling.textContent =
  veganWest[indexGiven[0]].mealSunsetSide[1];

supaDayOne.textContent = veganWest[indexGiven[0]].eveningmeal;
supaDayOne.nextElementSibling.textContent =
  veganWest[indexGiven[0]].eveningmealside[0];
supaDayOne.nextElementSibling.nextElementSibling.textContent =
  veganWest[indexGiven[0]].eveningmealside[1];

//day2
let breakfastDayTwo = document.querySelector(
  "#day2 .day-card .breakfast dt"
);
let lunchDayTwo = document.querySelector("#day2 .day-card .lunch dt");
let snackDayTwo = document.querySelector("#day2 .day-card .snack dt");
let supaDayTwo = document.querySelector("#day2 .day-card .supa dt");

breakfastDayTwo.textContent = veganWest[indexGiven[1]].breakfast;
breakfastDayTwo.nextElementSibling.textContent =
  veganWest[indexGiven[1]].breakfastSide[0];
breakfastDayTwo.nextElementSibling.nextElementSibling.textContent =
  veganWest[indexGiven[1]].breakfastSide[1];

lunchDayTwo.textContent = veganWest[indexGiven[1]].lunch;
lunchDayTwo.nextElementSibling.textContent =
  veganWest[indexGiven[1]].lunchside[0];
lunchDayTwo.nextElementSibling.nextElementSibling.textContent =
  veganWest[indexGiven[1]].lunchside[1];

snackDayTwo.textContent = normalized[indexGiven[1]].mealSunset;
snackDayTwo.nextElementSibling.textContent =
  normalized[indexGiven[1]].mealSunsetSide[0];
snackDayTwo.nextElementSibling.nextElementSibling.textContent =
  normalized[indexGiven[1]].mealSunsetSide[1];

supaDayTwo.textContent = veganWest[indexGiven[1]].eveningmeal;
```

```javascript
      supaDayTwo.nextElementSibling.textContent =
        veganWest[indexGiven[1]].eveningmealside[0];
      supaDayTwo.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[1]].eveningmealside[1];

      //day3
      let breakfastDayThree = document.querySelector(
        "#day3 .day-card .breakfast dt"
      );
      let lunchDayThree = document.querySelector("#day3 .day-card .lunch
dt");
      let snackDayThree = document.querySelector("#day3 .day-card .snack
dt");
      let supaDayThree = document.querySelector("#day3 .day-card .supa dt");

      breakfastDayThree.textContent = veganWest[indexGiven[2]].breakfast;
      breakfastDayThree.nextElementSibling.textContent =
        veganWest[indexGiven[2]].breakfastSide[0];
      breakfastDayThree.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[2]].breakfastSide[1];

      lunchDayThree.textContent = veganWest[indexGiven[2]].lunch;
      lunchDayThree.nextElementSibling.textContent =
        veganWest[indexGiven[2]].lunchside[0];
      lunchDayThree.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[2]].lunchside[1];

      snackDayThree.textContent = veganWest[indexGiven[2]].mealSunset;
      snackDayThree.nextElementSibling.textContent =
        veganWest[indexGiven[2]].mealSunsetSide[0];
      snackDayThree.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[2]].mealSunsetSide[1];

      supaDayThree.textContent = veganWest[indexGiven[2]].eveningmeal;
      supaDayThree.nextElementSibling.textContent =
        veganWest[indexGiven[2]].eveningmealside[0];
      supaDayThree.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[2]].eveningmealside[1];

      //day4
      let breakfastDayFour = document.querySelector(
        "#day4 .day-card .breakfast dt"
      );
      let lunchDayFour = document.querySelector("#day4 .day-card .lunch dt");
      let snackDayFour = document.querySelector("#day4 .day-card .snack dt");
      let supaDayFour = document.querySelector("#day4 .day-card .supa dt");

      breakfastDayFour.textContent = veganWest[indexGiven[3]].breakfast;
      breakfastDayFour.nextElementSibling.textContent =
        veganWest[indexGiven[3]].breakfastSide[0];
      breakfastDayFour.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[3]].breakfastSide[1];

      lunchDayFour.textContent = veganWest[indexGiven[3]].lunch;
      lunchDayFour.nextElementSibling.textContent =
```

```
    veganWest[indexGiven[3]].lunchside[0];
lunchDayFour.nextElementSibling.nextElementSibling.textContent =
    veganWest[indexGiven[3]].lunchside[1];

snackDayFour.textContent = veganWest[indexGiven[3]].mealSunset;
snackDayFour.nextElementSibling.textContent =
    veganWest[indexGiven[3]].mealSunsetSide[0];
snackDayFour.nextElementSibling.nextElementSibling.textContent =
    veganWest[indexGiven[3]].mealSunsetSide[1];

supaDayFour.textContent = veganWest[indexGiven[3]].eveningmeal;
supaDayFour.nextElementSibling.textContent =
    veganWest[indexGiven[3]].eveningmealside[0];
supaDayFour.nextElementSibling.nextElementSibling.textContent =
    veganWest[indexGiven[3]].eveningmealside[1];

//day5
let breakfastDayFive = document.querySelector(
    "#day5 .day-card .breakfast dt"
);
let lunchDayFive = document.querySelector("#day5 .day-card .lunch dt");
let snackDayFive = document.querySelector("#day5 .day-card .snack dt");
let supaDayFive = document.querySelector("#day5 .day-card .supa dt");

breakfastDayFive.textContent = veganWest[indexGiven[4]].breakfast;
breakfastDayFive.nextElementSibling.textContent =
    veganWest[indexGiven[4]].breakfastSide[0];
breakfastDayFive.nextElementSibling.nextElementSibling.textContent =
    veganWest[indexGiven[4]].breakfastSide[1];

lunchDayFive.textContent = veganWest[indexGiven[4]].lunch;
lunchDayFive.nextElementSibling.textContent =
    veganWest[indexGiven[4]].lunchside[0];
lunchDayFive.nextElementSibling.nextElementSibling.textContent =
    veganWest[indexGiven[4]].lunchside[1];

snackDayFive.textContent = veganWest[indexGiven[4]].mealSunset;
snackDayFive.nextElementSibling.textContent =
    veganWest[indexGiven[4]].mealSunsetSide[0];
snackDayFive.nextElementSibling.nextElementSibling.textContent =
    veganWest[indexGiven[4]].mealSunsetSide[1];

supaDayFive.textContent = veganWest[indexGiven[4]].eveningmeal;
supaDayFive.nextElementSibling.textContent =
    veganWest[indexGiven[4]].eveningmealside[0];
supaDayFive.nextElementSibling.nextElementSibling.textContent =
    veganWest[indexGiven[4]].eveningmealside[1];

//day6
let breakfastDaySix = document.querySelector(
    "#day6 .day-card .breakfast dt"
);
let lunchDaySix = document.querySelector("#day6 .day-card .lunch dt");
let snackDaySix = document.querySelector("#day6 .day-card .snack dt");
let supaDaySix = document.querySelector("#day6 .day-card .supa dt");
```

```javascript
      breakfastDaySix.textContent = veganWest[indexGiven[5]].breakfast;
      breakfastDaySix.nextElementSibling.textContent =
        veganWest[indexGiven[5]].breakfastSide[0];
      breakfastDaySix.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[5]].breakfastSide[1];

      lunchDaySix.textContent = veganWest[indexGiven[5]].lunch;
      lunchDaySix.nextElementSibling.textContent =
        veganWest[indexGiven[5]].lunchside[0];
      lunchDaySix.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[5]].lunchside[1];

      snackDaySix.textContent = veganWest[indexGiven[5]].mealSunset;
      snackDaySix.nextElementSibling.textContent =
        veganWest[indexGiven[5]].mealSunsetSide[0];
      snackDaySix.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[5]].mealSunsetSide[1];

      supaDaySix.textContent = veganWest[indexGiven[5]].eveningmeal;
      supaDaySix.nextElementSibling.textContent =
        veganWest[indexGiven[5]].eveningmealside[0];
      supaDaySix.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[5]].eveningmealside[1];

      //day7
      let breakfastDaySeven = document.querySelector(
        "#day7 .day-card .breakfast dt"
      );
      let lunchDaySeven = document.querySelector("#day7 .day-card .lunch
dt");
      let snackDaySeven = document.querySelector("#day7 .day-card .snack
dt");
      let supaDaySeven = document.querySelector("#day7 .day-card .supa dt");

      breakfastDaySeven.textContent = veganWest[indexGiven[6]].breakfast;
      breakfastDaySeven.nextElementSibling.textContent =
        veganWest[indexGiven[6]].breakfastSide[0];
      breakfastDaySeven.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[6]].breakfastSide[1];

      lunchDaySeven.textContent = veganWest[indexGiven[6]].lunch;
      lunchDaySeven.nextElementSibling.textContent =
        veganWest[indexGiven[6]].lunchside[0];
      lunchDaySeven.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[6]].lunchside[1];

      snackDaySeven.textContent = veganWest[indexGiven[6]].mealSunset;
      snackDaySeven.nextElementSibling.textContent =
        veganWest[indexGiven[6]].mealSunsetSide[0];
      snackDaySeven.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[6]].mealSunsetSide[1];

      supaDaySeven.textContent = veganWest[indexGiven[6]].eveningmeal;
      supaDaySeven.nextElementSibling.textContent =
```

```
        veganWest[indexGiven[6]].eveningmealside[0];
      supaDaySeven.nextElementSibling.nextElementSibling.textContent =
        veganWest[indexGiven[6]].eveningmealside[1];
}
// vegan three
else if (
    userDetails &&
    userDetails.condition === conTwo &&
    userDetails.meal === typeThree
) {
    //to place unique code on header
    let unigueCode = document.getElementById("special-code");
    unigueCode.textContent =
        indexGiven2[0] +
        " - " +
        indexGiven2[1] +
        " - " +
        indexGiven2[2] +
        " - " +
        indexGiven2[3] +
        " - " +
        indexGiven2[4] +
        " - " +
        indexGiven2[5] +
        " - " +
        indexGiven2[6];
    //to place unique word on top
    let FancyName = document.getElementById("special-name");
    FancyName.textContent = vegan3;

    //day1 //variables holding location
    let breakfastDayOne = document.querySelector(
        "#day1 .day-card .breakfast dt"
    );
    let lunchDayOne = document.querySelector("#day1 .day-card .lunch dt");
    let snackDayOne = document.querySelector("#day1 .day-card .snack dt");
    let supaDayOne = document.querySelector("#day1 .day-card .supa dt");

    //placing the meals on document

    breakfastDayOne.textContent = veganMix[indexGiven2[0]].breakfast;
    breakfastDayOne.nextElementSibling.textContent =
        veganMix[indexGiven2[0]].breakfastSide[0];
    breakfastDayOne.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[0]].breakfastSide[1];

    lunchDayOne.textContent = veganMix[indexGiven2[0]].lunch;
    lunchDayOne.nextElementSibling.textContent =
        veganMix[indexGiven2[0]].lunchside[0];
    lunchDayOne.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[0]].lunchside[1];

    snackDayOne.textContent = veganMix[indexGiven2[0]].mealSunset;
    snackDayOne.nextElementSibling.textContent =
        veganMix[indexGiven2[0]].mealSunsetSide[0];
```

```javascript
      snackDayOne.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[0]].mealSunsetSide[1];

      supaDayOne.textContent = veganMix[indexGiven2[0]].eveningmeal;
      supaDayOne.nextElementSibling.textContent =
        veganMix[indexGiven2[0]].eveningmealside[0];
      supaDayOne.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[0]].eveningmealside[1];

      //day2
      let breakfastDayTwo = document.querySelector(
        "#day2 .day-card .breakfast dt"
      );
      let lunchDayTwo = document.querySelector("#day2 .day-card .lunch dt");
      let snackDayTwo = document.querySelector("#day2 .day-card .snack dt");
      let supaDayTwo = document.querySelector("#day2 .day-card .supa dt");

      breakfastDayTwo.textContent = veganMix[indexGiven2[1]].breakfast;
      breakfastDayTwo.nextElementSibling.textContent =
        veganMix[indexGiven2[1]].breakfastSide[0];
      breakfastDayTwo.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[1]].breakfastSide[1];

      lunchDayTwo.textContent = veganMix[indexGiven2[1]].lunch;
      lunchDayTwo.nextElementSibling.textContent =
        veganMix[indexGiven2[1]].lunchside[0];
      lunchDayTwo.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[1]].lunchside[1];

      snackDayTwo.textContent = veganMix[indexGiven2[1]].mealSunset;
      snackDayTwo.nextElementSibling.textContent =
        veganMix[indexGiven2[1]].mealSunsetSide[0];
      snackDayTwo.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[1]].mealSunsetSide[1];

      supaDayTwo.textContent = veganMix[indexGiven2[1]].eveningmeal;
      supaDayTwo.nextElementSibling.textContent =
        veganMix[indexGiven2[1]].eveningmealside[0];
      supaDayTwo.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[1]].eveningmealside[1];

      //day3
      let breakfastDayThree = document.querySelector(
        "#day3 .day-card .breakfast dt"
      );
      let lunchDayThree = document.querySelector("#day3 .day-card .lunch
dt");
      let snackDayThree = document.querySelector("#day3 .day-card .snack
dt");
      let supaDayThree = document.querySelector("#day3 .day-card .supa dt");

      breakfastDayThree.textContent = veganMix[indexGiven2[2]].breakfast;
      breakfastDayThree.nextElementSibling.textContent =
        veganMix[indexGiven2[2]].breakfastSide[0];
      breakfastDayThree.nextElementSibling.nextElementSibling.textContent =
```

```javascript
    veganMix[indexGiven2[2]].breakfastSide[1];

lunchDayThree.textContent = veganMix[indexGiven2[2]].lunch;
lunchDayThree.nextElementSibling.textContent =
  veganMix[indexGiven2[2]].lunchside[0];
lunchDayThree.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[2]].lunchside[1];

snackDayThree.textContent = veganMix[indexGiven2[2]].mealSunset;
snackDayThree.nextElementSibling.textContent =
  veganMix[indexGiven2[2]].mealSunsetSide[0];
snackDayThree.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[2]].mealSunsetSide[1];

supaDayThree.textContent = veganMix[indexGiven2[2]].eveningmeal;
supaDayThree.nextElementSibling.textContent =
  veganMix[indexGiven2[2]].eveningmealside[0];
supaDayThree.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[2]].eveningmealside[1];

//day4
let breakfastDayFour = document.querySelector(
  "#day4 .day-card .breakfast dt"
);
let lunchDayFour = document.querySelector("#day4 .day-card .lunch dt");
let snackDayFour = document.querySelector("#day4 .day-card .snack dt");
let supaDayFour = document.querySelector("#day4 .day-card .supa dt");

breakfastDayFour.textContent = veganMix[indexGiven2[3]].breakfast;
breakfastDayFour.nextElementSibling.textContent =
  veganMix[indexGiven2[3]].breakfastSide[0];
breakfastDayFour.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[3]].breakfastSide[1];

lunchDayFour.textContent = veganMix[indexGiven2[3]].lunch;
lunchDayFour.nextElementSibling.textContent =
  veganMix[indexGiven2[3]].lunchside[0];
lunchDayFour.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[3]].lunchside[1];

snackDayFour.textContent = veganMix[indexGiven2[3]].mealSunset;
snackDayFour.nextElementSibling.textContent =
  veganMix[indexGiven2[3]].mealSunsetSide[0];
snackDayFour.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[3]].mealSunsetSide[1];

supaDayFour.textContent = veganMix[indexGiven2[3]].eveningmeal;
supaDayFour.nextElementSibling.textContent =
  veganMix[indexGiven2[3]].eveningmealside[0];
supaDayFour.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[3]].eveningmealside[1];

//day5
let breakfastDayFive = document.querySelector(
  "#day5 .day-card .breakfast dt"
```

```javascript
);
let lunchDayFive = document.querySelector("#day5 .day-card .lunch dt");
let snackDayFive = document.querySelector("#day5 .day-card .snack dt");
let supaDayFive = document.querySelector("#day5 .day-card .supa dt");

breakfastDayFive.textContent = veganMix[indexGiven2[4]].breakfast;
breakfastDayFive.nextElementSibling.textContent =
  veganMix[indexGiven2[4]].breakfastSide[0];
breakfastDayFive.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[4]].breakfastSide[1];

lunchDayFive.textContent = veganMix[indexGiven2[4]].lunch;
lunchDayFive.nextElementSibling.textContent =
  veganMix[indexGiven2[4]].lunchside[0];
lunchDayFive.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[4]].lunchside[1];

snackDayFive.textContent = veganMix[indexGiven2[4]].mealSunset;
snackDayFive.nextElementSibling.textContent =
  veganMix[indexGiven2[4]].mealSunsetSide[0];
snackDayFive.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[4]].mealSunsetSide[1];

supaDayFive.textContent = veganMix[indexGiven2[4]].eveningmeal;
supaDayFive.nextElementSibling.textContent =
  veganMix[indexGiven2[4]].eveningmealside[0];
supaDayFive.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[4]].eveningmealside[1];

//day6
let breakfastDaySix = document.querySelector(
  "#day6 .day-card .breakfast dt"
);
let lunchDaySix = document.querySelector("#day6 .day-card .lunch dt");
let snackDaySix = document.querySelector("#day6 .day-card .snack dt");
let supaDaySix = document.querySelector("#day6 .day-card .supa dt");

breakfastDaySix.textContent = veganMix[indexGiven2[5]].breakfast;
breakfastDaySix.nextElementSibling.textContent =
  veganMix[indexGiven2[5]].breakfastSide[0];
breakfastDaySix.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[5]].breakfastSide[1];

lunchDaySix.textContent = veganMix[indexGiven2[5]].lunch;
lunchDaySix.nextElementSibling.textContent =
  veganMix[indexGiven2[5]].lunchside[0];
lunchDaySix.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[5]].lunchside[1];

snackDaySix.textContent = veganMix[indexGiven2[5]].mealSunset;
snackDaySix.nextElementSibling.textContent =
  veganMix[indexGiven2[5]].mealSunsetSide[0];
snackDaySix.nextElementSibling.nextElementSibling.textContent =
  veganMix[indexGiven2[5]].mealSunsetSide[1];
```

```
      supaDaySix.textContent = veganMix[indexGiven2[5]].eveningmeal;
      supaDaySix.nextElementSibling.textContent =
        veganMix[indexGiven2[5]].eveningmealside[0];
      supaDaySix.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[5]].eveningmealside[1];

      //day7
      let breakfastDaySeven = document.querySelector(
        "#day7 .day-card .breakfast dt"
      );
      let lunchDaySeven = document.querySelector("#day7 .day-card .lunch
dt");
      let snackDaySeven = document.querySelector("#day7 .day-card .snack
dt");
      let supaDaySeven = document.querySelector("#day7 .day-card .supa dt");

      breakfastDaySeven.textContent = veganMix[indexGiven2[6]].breakfast;
      breakfastDaySeven.nextElementSibling.textContent =
        veganMix[indexGiven2[6]].breakfastSide[0];
      breakfastDaySeven.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[6]].breakfastSide[1];

      lunchDaySeven.textContent = veganMix[indexGiven2[6]].lunch;
      lunchDaySeven.nextElementSibling.textContent =
        veganMix[indexGiven2[6]].lunchside[0];
      lunchDaySeven.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[6]].lunchside[1];

      snackDaySeven.textContent = veganMix[indexGiven2[6]].mealSunset;
      snackDaySeven.nextElementSibling.textContent =
        veganMix[indexGiven2[6]].mealSunsetSide[0];
      snackDaySeven.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[6]].mealSunsetSide[1];

      supaDaySeven.textContent = veganMix[indexGiven2[6]].eveningmeal;
      supaDaySeven.nextElementSibling.textContent =
        veganMix[indexGiven2[6]].eveningmealside[0];
      supaDaySeven.nextElementSibling.nextElementSibling.textContent =
        veganMix[indexGiven2[6]].eveningmealside[1];
    }
    //***************************************************** DIABETIC MEALS
*******************************************************/
    // diabetic one
    else if (
      userDetails &&
      userDetails.condition === conThree &&
      userDetails.meal === typeTwo
    ) {
      //to place unique word on top
      let FancyName = document.getElementById("special-name");
      FancyName.textContent = diabetic1;

      //to place unique code on header
      let unigueCode = document.getElementById("special-code");
      unigueCode.textContent =
```

```
    indexGiven[0] +
    " - " +
    indexGiven[1] +
    " - " +
    indexGiven[2] +
    " - " +
    indexGiven[3] +
    " - " +
    indexGiven[4] +
    " - " +
    indexGiven[5] +
    " - " +
    indexGiven[6];

  //day1 //variables holding location
  let breakfastDayOne = document.querySelector(
    "#day1 .day-card .breakfast dt"
  );
  let lunchDayOne = document.querySelector("#day1 .day-card .lunch dt");
  let snackDayOne = document.querySelector("#day1 .day-card .snack dt");
  let supaDayOne = document.querySelector("#day1 .day-card .supa dt");

  //placing the meals on document

  breakfastDayOne.textContent = diabeticZed[indexGiven[0]].breakfast;
  breakfastDayOne.nextElementSibling.textContent =
    diabeticZed[indexGiven[0]].breakfastSide[0];
  breakfastDayOne.nextElementSibling.nextElementSibling.textContent =
    diabeticZed[indexGiven[0]].breakfastSide[1];

  lunchDayOne.textContent = diabeticZed[indexGiven[0]].lunch;
  lunchDayOne.nextElementSibling.textContent =
    diabeticZed[indexGiven[0]].lunchside[0];
  lunchDayOne.nextElementSibling.nextElementSibling.textContent =
    diabeticZed[indexGiven[0]].lunchside[1];

  snackDayOne.textContent = diabeticZed[indexGiven[0]].mealSunset;
  snackDayOne.nextElementSibling.textContent =
    diabeticZed[indexGiven[0]].mealSunsetSide[0];
  snackDayOne.nextElementSibling.nextElementSibling.textContent =
    diabeticZed[indexGiven[0]].mealSunsetSide[1];

  supaDayOne.textContent = diabeticZed[indexGiven[0]].eveningmeal;
  supaDayOne.nextElementSibling.textContent =
    diabeticZed[indexGiven[0]].eveningmealside[0];
  supaDayOne.nextElementSibling.nextElementSibling.textContent =
    diabeticZed[indexGiven[0]].eveningmealside[1];

  //day2
  let breakfastDayTwo = document.querySelector(
    "#day2 .day-card .breakfast dt"
  );
  let lunchDayTwo = document.querySelector("#day2 .day-card .lunch dt");
  let snackDayTwo = document.querySelector("#day2 .day-card .snack dt");
  let supaDayTwo = document.querySelector("#day2 .day-card .supa dt");
```

```javascript
      breakfastDayTwo.textContent = diabeticZed[indexGiven[1]].breakfast;
      breakfastDayTwo.nextElementSibling.textContent =
        diabeticZed[indexGiven[1]].breakfastSide[0];
      breakfastDayTwo.nextElementSibling.nextElementSibling.textContent =
        diabeticZed[indexGiven[1]].breakfastSide[1];

      lunchDayTwo.textContent = diabeticZed[indexGiven[1]].lunch;
      lunchDayTwo.nextElementSibling.textContent =
        diabeticZed[indexGiven[1]].lunchside[0];
      lunchDayTwo.nextElementSibling.nextElementSibling.textContent =
        diabeticZed[indexGiven[1]].lunchside[1];

      snackDayTwo.textContent = normalized[indexGiven[1]].mealSunset;
      snackDayTwo.nextElementSibling.textContent =
        normalized[indexGiven[1]].mealSunsetSide[0];
      snackDayTwo.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[1]].mealSunsetSide[1];

      supaDayTwo.textContent = diabeticZed[indexGiven[1]].eveningmeal;
      supaDayTwo.nextElementSibling.textContent =
        diabeticZed[indexGiven[1]].eveningmealside[0];
      supaDayTwo.nextElementSibling.nextElementSibling.textContent =
        diabeticZed[indexGiven[1]].eveningmealside[1];

      //day3
      let breakfastDayThree = document.querySelector(
        "#day3 .day-card .breakfast dt"
      );
      let lunchDayThree = document.querySelector("#day3 .day-card .lunch
dt");
      let snackDayThree = document.querySelector("#day3 .day-card .snack
dt");
      let supaDayThree = document.querySelector("#day3 .day-card .supa dt");

      breakfastDayThree.textContent = diabeticZed[indexGiven[2]].breakfast;
      breakfastDayThree.nextElementSibling.textContent =
        diabeticZed[indexGiven[2]].breakfastSide[0];
      breakfastDayThree.nextElementSibling.nextElementSibling.textContent =
        diabeticZed[indexGiven[2]].breakfastSide[1];

      lunchDayThree.textContent = diabeticZed[indexGiven[2]].lunch;
      lunchDayThree.nextElementSibling.textContent =
        diabeticZed[indexGiven[2]].lunchside[0];
      lunchDayThree.nextElementSibling.nextElementSibling.textContent =
        diabeticZed[indexGiven[2]].lunchside[1];

      snackDayThree.textContent = diabeticZed[indexGiven[2]].mealSunset;
      snackDayThree.nextElementSibling.textContent =
        diabeticZed[indexGiven[2]].mealSunsetSide[0];
      snackDayThree.nextElementSibling.nextElementSibling.textContent =
        diabeticZed[indexGiven[2]].mealSunsetSide[1];

      supaDayThree.textContent = diabeticZed[indexGiven[2]].eveningmeal;
      supaDayThree.nextElementSibling.textContent =
```

```
    diabeticZed[indexGiven[2]].eveningmealside[0];
supaDayThree.nextElementSibling.nextElementSibling.textContent =
    diabeticZed[indexGiven[2]].eveningmealside[1];

//day4
let breakfastDayFour = document.querySelector(
    "#day4 .day-card .breakfast dt"
);
let lunchDayFour = document.querySelector("#day4 .day-card .lunch dt");
let snackDayFour = document.querySelector("#day4 .day-card .snack dt");
let supaDayFour = document.querySelector("#day4 .day-card .supa dt");

breakfastDayFour.textContent = diabeticZed[indexGiven[3]].breakfast;
breakfastDayFour.nextElementSibling.textContent =
    diabeticZed[indexGiven[3]].breakfastSide[0];
breakfastDayFour.nextElementSibling.nextElementSibling.textContent =
    diabeticZed[indexGiven[3]].breakfastSide[1];

lunchDayFour.textContent = diabeticZed[indexGiven[3]].lunch;
lunchDayFour.nextElementSibling.textContent =
    diabeticZed[indexGiven[3]].lunchside[0];
lunchDayFour.nextElementSibling.nextElementSibling.textContent =
    diabeticZed[indexGiven[3]].lunchside[1];

snackDayFour.textContent = diabeticZed[indexGiven[3]].mealSunset;
snackDayFour.nextElementSibling.textContent =
    diabeticZed[indexGiven[3]].mealSunsetSide[0];
snackDayFour.nextElementSibling.nextElementSibling.textContent =
    diabeticZed[indexGiven[3]].mealSunsetSide[1];

supaDayFour.textContent = diabeticZed[indexGiven[3]].eveningmeal;
supaDayFour.nextElementSibling.textContent =
    diabeticZed[indexGiven[3]].eveningmealside[0];
supaDayFour.nextElementSibling.nextElementSibling.textContent =
    diabeticZed[indexGiven[3]].eveningmealside[1];

//day5
let breakfastDayFive = document.querySelector(
    "#day5 .day-card .breakfast dt"
);
let lunchDayFive = document.querySelector("#day5 .day-card .lunch dt");
let snackDayFive = document.querySelector("#day5 .day-card .snack dt");
let supaDayFive = document.querySelector("#day5 .day-card .supa dt");

breakfastDayFive.textContent = diabeticZed[indexGiven[4]].breakfast;
breakfastDayFive.nextElementSibling.textContent =
    diabeticZed[indexGiven[4]].breakfastSide[0];
breakfastDayFive.nextElementSibling.nextElementSibling.textContent =
    diabeticZed[indexGiven[4]].breakfastSide[1];

lunchDayFive.textContent = diabeticZed[indexGiven[4]].lunch;
lunchDayFive.nextElementSibling.textContent =
    diabeticZed[indexGiven[4]].lunchside[0];
lunchDayFive.nextElementSibling.nextElementSibling.textContent =
    diabeticZed[indexGiven[4]].lunchside[1];
```

```javascript
        snackDayFive.textContent = diabeticZed[indexGiven[4]].mealSunset;
        snackDayFive.nextElementSibling.textContent =
          diabeticZed[indexGiven[4]].mealSunsetSide[0];
        snackDayFive.nextElementSibling.nextElementSibling.textContent =
          diabeticZed[indexGiven[4]].mealSunsetSide[1];

        supaDayFive.textContent = diabeticZed[indexGiven[4]].eveningmeal;
        supaDayFive.nextElementSibling.textContent =
          diabeticZed[indexGiven[4]].eveningmealside[0];
        supaDayFive.nextElementSibling.nextElementSibling.textContent =
          diabeticZed[indexGiven[4]].eveningmealside[1];

        //day6
        let breakfastDaySix = document.querySelector(
          "#day6 .day-card .breakfast dt"
        );
        let lunchDaySix = document.querySelector("#day6 .day-card .lunch dt");
        let snackDaySix = document.querySelector("#day6 .day-card .snack dt");
        let supaDaySix = document.querySelector("#day6 .day-card .supa dt");

        breakfastDaySix.textContent = diabeticZed[indexGiven[5]].breakfast;
        breakfastDaySix.nextElementSibling.textContent =
          diabeticZed[indexGiven[5]].breakfastSide[0];
        breakfastDaySix.nextElementSibling.nextElementSibling.textContent =
          diabeticZed[indexGiven[5]].breakfastSide[1];

        lunchDaySix.textContent = diabeticZed[indexGiven[5]].lunch;
        lunchDaySix.nextElementSibling.textContent =
          diabeticZed[indexGiven[5]].lunchside[0];
        lunchDaySix.nextElementSibling.nextElementSibling.textContent =
          diabeticZed[indexGiven[5]].lunchside[1];

        snackDaySix.textContent = diabeticZed[indexGiven[5]].mealSunset;
        snackDaySix.nextElementSibling.textContent =
          diabeticZed[indexGiven[5]].mealSunsetSide[0];
        snackDaySix.nextElementSibling.nextElementSibling.textContent =
          diabeticZed[indexGiven[5]].mealSunsetSide[1];

        supaDaySix.textContent = diabeticZed[indexGiven[5]].eveningmeal;
        supaDaySix.nextElementSibling.textContent =
          diabeticZed[indexGiven[5]].eveningmealside[0];
        supaDaySix.nextElementSibling.nextElementSibling.textContent =
          diabeticZed[indexGiven[5]].eveningmealside[1];

        //day7
        let breakfastDaySeven = document.querySelector(
          "#day7 .day-card .breakfast dt"
        );
        let lunchDaySeven = document.querySelector("#day7 .day-card .lunch
dt");
        let snackDaySeven = document.querySelector("#day7 .day-card .snack
dt");
        let supaDaySeven = document.querySelector("#day7 .day-card .supa dt");
```

```javascript
    breakfastDaySeven.textContent = diabeticZed[indexGiven[6]].breakfast;
    breakfastDaySeven.nextElementSibling.textContent =
      diabeticZed[indexGiven[6]].breakfastSide[0];
    breakfastDaySeven.nextElementSibling.nextElementSibling.textContent =
      diabeticZed[indexGiven[6]].breakfastSide[1];

    lunchDaySeven.textContent = diabeticZed[indexGiven[6]].lunch;
    lunchDaySeven.nextElementSibling.textContent =
      diabeticZed[indexGiven[6]].lunchside[0];
    lunchDaySeven.nextElementSibling.nextElementSibling.textContent =
      diabeticZed[indexGiven[6]].lunchside[1];

    snackDaySeven.textContent = diabeticZed[indexGiven[6]].mealSunset;
    snackDaySeven.nextElementSibling.textContent =
      diabeticZed[indexGiven[6]].mealSunsetSide[0];
    snackDaySeven.nextElementSibling.nextElementSibling.textContent =
      diabeticZed[indexGiven[6]].mealSunsetSide[1];

    supaDaySeven.textContent = diabeticZed[indexGiven[6]].eveningmeal;
    supaDaySeven.nextElementSibling.textContent =
      diabeticZed[indexGiven[6]].eveningmealside[0];
    supaDaySeven.nextElementSibling.nextElementSibling.textContent =
      diabeticZed[indexGiven[6]].eveningmealside[1];
}
// diabetic two
else if (
  userDetails &&
  userDetails.condition === conThree &&
  userDetails.meal === typeOne
) {
  //to place unique code on header
  let unigueCode = document.getElementById("special-code");
  unigueCode.textContent =
    indexGiven[0] +
    " - " +
    indexGiven[1] +
    " - " +
    indexGiven[2] +
    " - " +
    indexGiven[3] +
    " - " +
    indexGiven[4] +
    " - " +
    indexGiven[5] +
    " - " +
    indexGiven[6];
  //to place unique word on top
  let FancyName = document.getElementById("special-name");
  FancyName.textContent = diabetic2;

  //day1 //variables holding location
  let breakfastDayOne = document.querySelector(
    "#day1 .day-card .breakfast dt"
  );
  let lunchDayOne = document.querySelector("#day1 .day-card .lunch dt");
```

```
let snackDayOne = document.querySelector("#day1 .day-card .snack dt");
let supaDayOne = document.querySelector("#day1 .day-card .supa dt");

//placing the meals on document

breakfastDayOne.textContent = diabeticWest[indexGiven[0]].breakfast;
breakfastDayOne.nextElementSibling.textContent =
  diabeticWest[indexGiven[0]].breakfastSide[0];
breakfastDayOne.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[0]].breakfastSide[1];

lunchDayOne.textContent = diabeticWest[indexGiven[0]].lunch;
lunchDayOne.nextElementSibling.textContent =
  diabeticWest[indexGiven[0]].lunchside[0];
lunchDayOne.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[0]].lunchside[1];

snackDayOne.textContent = diabeticWest[indexGiven[0]].mealSunset;
snackDayOne.nextElementSibling.textContent =
  diabeticWest[indexGiven[0]].mealSunsetSide[0];
snackDayOne.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[0]].mealSunsetSide[1];

supaDayOne.textContent = diabeticWest[indexGiven[0]].eveningmeal;
supaDayOne.nextElementSibling.textContent =
  diabeticWest[indexGiven[0]].eveningmealside[0];
supaDayOne.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[0]].eveningmealside[1];

//day2
let breakfastDayTwo = document.querySelector(
  "#day2 .day-card .breakfast dt"
);
let lunchDayTwo = document.querySelector("#day2 .day-card .lunch dt");
let snackDayTwo = document.querySelector("#day2 .day-card .snack dt");
let supaDayTwo = document.querySelector("#day2 .day-card .supa dt");

breakfastDayTwo.textContent = diabeticWest[indexGiven[1]].breakfast;
breakfastDayTwo.nextElementSibling.textContent =
  diabeticWest[indexGiven[1]].breakfastSide[0];
breakfastDayTwo.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[1]].breakfastSide[1];

lunchDayTwo.textContent = diabeticWest[indexGiven[1]].lunch;
lunchDayTwo.nextElementSibling.textContent =
  diabeticWest[indexGiven[1]].lunchside[0];
lunchDayTwo.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[1]].lunchside[1];

snackDayTwo.textContent = diabeticWest[indexGiven[1]].mealSunset;
snackDayTwo.nextElementSibling.textContent =
  diabeticWest[indexGiven[1]].mealSunsetSide[0];
snackDayTwo.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[1]].mealSunsetSide[1];
```

```javascript
      supaDayTwo.textContent = diabeticWest[indexGiven[1]].eveningmeal;
      supaDayTwo.nextElementSibling.textContent =
        diabeticWest[indexGiven[1]].eveningmealside[0];
      supaDayTwo.nextElementSibling.nextElementSibling.textContent =
        diabeticWest[indexGiven[1]].eveningmealside[1];

      //day3
      let breakfastDayThree = document.querySelector(
        "#day3 .day-card .breakfast dt"
      );
      let lunchDayThree = document.querySelector("#day3 .day-card .lunch
  dt");
      let snackDayThree = document.querySelector("#day3 .day-card .snack
  dt");
      let supaDayThree = document.querySelector("#day3 .day-card .supa dt");

      breakfastDayThree.textContent =
        diabeticWest[indexGiven[2]].breakfast;
      breakfastDayThree.nextElementSibling.textContent =
        diabeticWest[indexGiven[2]].breakfastSide[0];
      breakfastDayThree.nextElementSibling.nextElementSibling.textContent =
        diabeticWest[indexGiven[2]].breakfastSide[1];

      lunchDayThree.textContent = diabeticWest[indexGiven[2]].lunch;
      lunchDayThree.nextElementSibling.textContent =
        diabeticWest[indexGiven[2]].lunchside[0];
      lunchDayThree.nextElementSibling.nextElementSibling.textContent =
        diabeticWest[indexGiven[2]].lunchside[1];

      snackDayThree.textContent = diabeticWest[indexGiven[2]].mealSunset;
      snackDayThree.nextElementSibling.textContent =
        diabeticWest[indexGiven[2]].mealSunsetSide[0];
      snackDayThree.nextElementSibling.nextElementSibling.textContent =
        diabeticWest[indexGiven[2]].mealSunsetSide[1];

      supaDayThree.textContent = diabeticWest[indexGiven[2]].eveningmeal;
      supaDayThree.nextElementSibling.textContent =
        diabeticWest[indexGiven[2]].eveningmealside[0];
      supaDayThree.nextElementSibling.nextElementSibling.textContent =
        diabeticWest[indexGiven[2]].eveningmealside[1];

      //day4
      let breakfastDayFour = document.querySelector(
        "#day4 .day-card .breakfast dt"
      );
      let lunchDayFour = document.querySelector("#day4 .day-card .lunch dt");
      let snackDayFour = document.querySelector("#day4 .day-card .snack dt");
      let supaDayFour = document.querySelector("#day4 .day-card .supa dt");

      breakfastDayFour.textContent = diabeticWest[indexGiven[3]].breakfast;
      breakfastDayFour.nextElementSibling.textContent =
        diabeticWest[indexGiven[3]].breakfastSide[0];
      breakfastDayFour.nextElementSibling.nextElementSibling.textContent =
        diabeticWest[indexGiven[3]].breakfastSide[1];
```

```javascript
lunchDayFour.textContent = diabeticWest[indexGiven[3]].lunch;
lunchDayFour.nextElementSibling.textContent =
  diabeticWest[indexGiven[3]].lunchside[0];
lunchDayFour.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[3]].lunchside[1];

snackDayFour.textContent = diabeticWest[indexGiven[3]].mealSunset;
snackDayFour.nextElementSibling.textContent =
  diabeticWest[indexGiven[3]].mealSunsetSide[0];
snackDayFour.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[3]].mealSunsetSide[1];

supaDayFour.textContent = diabeticWest[indexGiven[3]].eveningmeal;
supaDayFour.nextElementSibling.textContent =
  diabeticWest[indexGiven[3]].eveningmealside[0];
supaDayFour.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[3]].eveningmealside[1];

//day5
let breakfastDayFive = document.querySelector(
  "#day5 .day-card .breakfast dt"
);
let lunchDayFive = document.querySelector("#day5 .day-card .lunch dt");
let snackDayFive = document.querySelector("#day5 .day-card .snack dt");
let supaDayFive = document.querySelector("#day5 .day-card .supa dt");

breakfastDayFive.textContent = diabeticWest[indexGiven[4]].breakfast;
breakfastDayFive.nextElementSibling.textContent =
  diabeticWest[indexGiven[4]].breakfastSide[0];
breakfastDayFive.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[4]].breakfastSide[1];

lunchDayFive.textContent = diabeticWest[indexGiven[4]].lunch;
lunchDayFive.nextElementSibling.textContent =
  diabeticWest[indexGiven[4]].lunchside[0];
lunchDayFive.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[4]].lunchside[1];

snackDayFive.textContent = diabeticWest[indexGiven[4]].mealSunset;
snackDayFive.nextElementSibling.textContent =
  diabeticWest[indexGiven[4]].mealSunsetSide[0];
snackDayFive.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[4]].mealSunsetSide[1];

supaDayFive.textContent = diabeticWest[indexGiven[4]].eveningmeal;
supaDayFive.nextElementSibling.textContent =
  diabeticWest[indexGiven[4]].eveningmealside[0];
supaDayFive.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[4]].eveningmealside[1];

//day6
let breakfastDaySix = document.querySelector(
  "#day6 .day-card .breakfast dt"
);
let lunchDaySix = document.querySelector("#day6 .day-card .lunch dt");
```

```
let snackDaySix = document.querySelector("#day6 .day-card .snack dt");
let supaDaySix = document.querySelector("#day6 .day-card .supa dt");

breakfastDaySix.textContent = diabeticWest[indexGiven[5]].breakfast;
breakfastDaySix.nextElementSibling.textContent =
  diabeticWest[indexGiven[5]].breakfastSide[0];
breakfastDaySix.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[5]].breakfastSide[1];

lunchDaySix.textContent = diabeticWest[indexGiven[5]].lunch;
lunchDaySix.nextElementSibling.textContent =
  diabeticWest[indexGiven[5]].lunchside[0];
lunchDaySix.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[5]].lunchside[1];

snackDaySix.textContent = diabeticWest[indexGiven[5]].mealSunset;
snackDaySix.nextElementSibling.textContent =
  diabeticWest[indexGiven[5]].mealSunsetSide[0];
snackDaySix.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[5]].mealSunsetSide[1];

supaDaySix.textContent = diabeticWest[indexGiven[5]].eveningmeal;
supaDaySix.nextElementSibling.textContent =
  diabeticWest[indexGiven[5]].eveningmealside[0];
supaDaySix.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[5]].eveningmealside[1];

//day7
let breakfastDaySeven = document.querySelector(
  "#day7 .day-card .breakfast dt"
);
let lunchDaySeven = document.querySelector("#day7 .day-card .lunch
dt");
let snackDaySeven = document.querySelector("#day7 .day-card .snack
dt");
let supaDaySeven = document.querySelector("#day7 .day-card .supa dt");

breakfastDaySeven.textContent =
  diabeticWest[indexGiven[6]].breakfast;
breakfastDaySeven.nextElementSibling.textContent =
  diabeticWest[indexGiven[6]].breakfastSide[0];
breakfastDaySeven.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[6]].breakfastSide[1];

lunchDaySeven.textContent = diabeticWest[indexGiven[6]].lunch;
lunchDaySeven.nextElementSibling.textContent =
  diabeticWest[indexGiven[6]].lunchside[0];
lunchDaySeven.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[6]].lunchside[1];

snackDaySeven.textContent = diabeticWest[indexGiven[6]].mealSunset;
snackDaySeven.nextElementSibling.textContent =
  diabeticWest[indexGiven[6]].mealSunsetSide[0];
snackDaySeven.nextElementSibling.nextElementSibling.textContent =
  diabeticWest[indexGiven[6]].mealSunsetSide[1];
```

```javascript
    supaDaySeven.textContent = diabeticWest[indexGiven[6]].eveningmeal;
    supaDaySeven.nextElementSibling.textContent =
      diabeticWest[indexGiven[6]].eveningmealside[0];
    supaDaySeven.nextElementSibling.nextElementSibling.textContent =
      diabeticWest[indexGiven[6]].eveningmealside[1];
}
// diabetic three
else if (
  userDetails &&
  userDetails.condition === conThree &&
  userDetails.meal === typeThree
) {
  //to place unique code on header
  let unigueCode = document.getElementById("special-code");
  unigueCode.textContent =
    indexGiven2[0] +
    " - " +
    indexGiven2[1] +
    " - " +
    indexGiven2[2] +
    " - " +
    indexGiven2[3] +
    " - " +
    indexGiven2[4] +
    " - " +
    indexGiven2[5] +
    " - " +
    indexGiven2[6];
  //to place unique word on top
  let FancyName = document.getElementById("special-name");
  FancyName.textContent = diabetic3;

  //day1 //variables holding location
  let breakfastDayOne = document.querySelector(
    "#day1 .day-card .breakfast dt"
  );
  let lunchDayOne = document.querySelector("#day1 .day-card .lunch dt");
  let snackDayOne = document.querySelector("#day1 .day-card .snack dt");
  let supaDayOne = document.querySelector("#day1 .day-card .supa dt");

  //placing the meals on document

  breakfastDayOne.textContent =
    diabeticMix[indexGiven2[0]].breakfast;
  breakfastDayOne.nextElementSibling.textContent =
    diabeticMix[indexGiven2[0]].breakfastSide[0];
  breakfastDayOne.nextElementSibling.nextElementSibling.textContent =
    diabeticMix[indexGiven2[0]].breakfastSide[1];

  lunchDayOne.textContent = diabeticMix[indexGiven2[0]].lunch;
  lunchDayOne.nextElementSibling.textContent =
    diabeticMix[indexGiven2[0]].lunchside[0];
  lunchDayOne.nextElementSibling.nextElementSibling.textContent =
    diabeticMix[indexGiven2[0]].lunchside[1];
```

```javascript
        snackDayOne.textContent = diabeticMix[indexGiven2[0]].mealSunset;
        snackDayOne.nextElementSibling.textContent =
          diabeticMix[indexGiven2[0]].mealSunsetSide[0];
        snackDayOne.nextElementSibling.nextElementSibling.textContent =
          diabeticMix[indexGiven2[0]].mealSunsetSide[1];

        supaDayOne.textContent = diabeticMix[indexGiven2[0]].eveningmeal;
        supaDayOne.nextElementSibling.textContent =
          diabeticMix[indexGiven2[0]].eveningmealside[0];
        supaDayOne.nextElementSibling.nextElementSibling.textContent =
          diabeticMix[indexGiven2[0]].eveningmealside[1];

        //day2
        let breakfastDayTwo = document.querySelector(
          "#day2 .day-card .breakfast dt"
        );
        let lunchDayTwo = document.querySelector("#day2 .day-card .lunch dt");
        let snackDayTwo = document.querySelector("#day2 .day-card .snack dt");
        let supaDayTwo = document.querySelector("#day2 .day-card .supa dt");

        breakfastDayTwo.textContent =
          diabeticMix[indexGiven2[1]].breakfast;
        breakfastDayTwo.nextElementSibling.textContent =
          diabeticMix[indexGiven2[1]].breakfastSide[0];
        breakfastDayTwo.nextElementSibling.nextElementSibling.textContent =
          diabeticMix[indexGiven2[1]].breakfastSide[1];

        lunchDayTwo.textContent = diabeticMix[indexGiven2[1]].lunch;
        lunchDayTwo.nextElementSibling.textContent =
          diabeticMix[indexGiven2[1]].lunchside[0];
        lunchDayTwo.nextElementSibling.nextElementSibling.textContent =
          diabeticMix[indexGiven2[1]].lunchside[1];

        snackDayTwo.textContent = diabeticMix[indexGiven2[1]].mealSunset;
        snackDayTwo.nextElementSibling.textContent =
          diabeticMix[indexGiven2[1]].mealSunsetSide[0];
        snackDayTwo.nextElementSibling.nextElementSibling.textContent =
          diabeticMix[indexGiven2[1]].mealSunsetSide[1];

        supaDayTwo.textContent = diabeticMix[indexGiven2[1]].eveningmeal;
        supaDayTwo.nextElementSibling.textContent =
          diabeticMix[indexGiven2[1]].eveningmealside[0];
        supaDayTwo.nextElementSibling.nextElementSibling.textContent =
          diabeticMix[indexGiven2[1]].eveningmealside[1];

        //day3
        let breakfastDayThree = document.querySelector(
          "#day3 .day-card .breakfast dt"
        );
        let lunchDayThree = document.querySelector("#day3 .day-card .lunch
dt");
        let snackDayThree = document.querySelector("#day3 .day-card .snack
dt");
        let supaDayThree = document.querySelector("#day3 .day-card .supa dt");
```

```javascript
breakfastDayThree.textContent =
  diabeticMix[indexGiven2[2]].breakfast;
breakfastDayThree.nextElementSibling.textContent =
  diabeticMix[indexGiven2[2]].breakfastSide[0];
breakfastDayThree.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[2]].breakfastSide[1];

lunchDayThree.textContent = diabeticMix[indexGiven2[2]].lunch;
lunchDayThree.nextElementSibling.textContent =
  diabeticMix[indexGiven2[2]].lunchside[0];
lunchDayThree.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[2]].lunchside[1];

snackDayThree.textContent = diabeticMix[indexGiven2[2]].mealSunset;
snackDayThree.nextElementSibling.textContent =
  diabeticMix[indexGiven2[2]].mealSunsetSide[0];
snackDayThree.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[2]].mealSunsetSide[1];

supaDayThree.textContent = diabeticMix[indexGiven2[2]].eveningmeal;
supaDayThree.nextElementSibling.textContent =
  diabeticMix[indexGiven2[2]].eveningmealside[0];
supaDayThree.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[2]].eveningmealside[1];

//day4
let breakfastDayFour = document.querySelector(
  "#day4 .day-card .breakfast dt"
);
let lunchDayFour = document.querySelector("#day4 .day-card .lunch dt");
let snackDayFour = document.querySelector("#day4 .day-card .snack dt");
let supaDayFour = document.querySelector("#day4 .day-card .supa dt");

breakfastDayFour.textContent =
  diabeticMix[indexGiven2[3]].breakfast;
breakfastDayFour.nextElementSibling.textContent =
  diabeticMix[indexGiven2[3]].breakfastSide[0];
breakfastDayFour.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[3]].breakfastSide[1];

lunchDayFour.textContent = diabeticMix[indexGiven2[3]].lunch;
lunchDayFour.nextElementSibling.textContent =
  diabeticMix[indexGiven2[3]].lunchside[0];
lunchDayFour.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[3]].lunchside[1];

snackDayFour.textContent = diabeticMix[indexGiven2[3]].mealSunset;
snackDayFour.nextElementSibling.textContent =
  diabeticMix[indexGiven2[3]].mealSunsetSide[0];
snackDayFour.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[3]].mealSunsetSide[1];

supaDayFour.textContent = diabeticMix[indexGiven2[3]].eveningmeal;
supaDayFour.nextElementSibling.textContent =
```

```javascript
    diabeticMix[indexGiven2[3]].eveningmealside[0];
supaDayFour.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[3]].eveningmealside[1];


//day5
let breakfastDayFive = document.querySelector(
  "#day5 .day-card .breakfast dt"
);
let lunchDayFive = document.querySelector("#day5 .day-card .lunch dt");
let snackDayFive = document.querySelector("#day5 .day-card .snack dt");
let supaDayFive = document.querySelector("#day5 .day-card .supa dt");

breakfastDayFive.textContent =
  diabeticMix[indexGiven2[4]].breakfast;
breakfastDayFive.nextElementSibling.textContent =
  diabeticMix[indexGiven2[4]].breakfastSide[0];
breakfastDayFive.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[4]].breakfastSide[1];

lunchDayFive.textContent = diabeticMix[indexGiven2[4]].lunch;
lunchDayFive.nextElementSibling.textContent =
  diabeticMix[indexGiven2[4]].lunchside[0];
lunchDayFive.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[4]].lunchside[1];

snackDayFive.textContent = diabeticMix[indexGiven2[4]].mealSunset;
snackDayFive.nextElementSibling.textContent =
  diabeticMix[indexGiven2[4]].mealSunsetSide[0];
snackDayFive.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[4]].mealSunsetSide[1];

supaDayFive.textContent = diabeticMix[indexGiven2[4]].eveningmeal;
supaDayFive.nextElementSibling.textContent =
  diabeticMix[indexGiven2[4]].eveningmealside[0];
supaDayFive.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[4]].eveningmealside[1];

//day6
let breakfastDaySix = document.querySelector(
  "#day6 .day-card .breakfast dt"
);
let lunchDaySix = document.querySelector("#day6 .day-card .lunch dt");
let snackDaySix = document.querySelector("#day6 .day-card .snack dt");
let supaDaySix = document.querySelector("#day6 .day-card .supa dt");

breakfastDaySix.textContent =
  diabeticMix[indexGiven2[5]].breakfast;
breakfastDaySix.nextElementSibling.textContent =
  diabeticMix[indexGiven2[5]].breakfastSide[0];
breakfastDaySix.nextElementSibling.nextElementSibling.textContent =
  diabeticMix[indexGiven2[5]].breakfastSide[1];

lunchDaySix.textContent = diabeticMix[indexGiven2[5]].lunch;
lunchDaySix.nextElementSibling.textContent =
  diabeticMix[indexGiven2[5]].lunchside[0];
```

```javascript
      lunchDaySix.nextElementSibling.nextElementSibling.textContent =
        diabeticMix[indexGiven2[5]].lunchside[1];

      snackDaySix.textContent = diabeticMix[indexGiven2[5]].mealSunset;
      snackDaySix.nextElementSibling.textContent =
        diabeticMix[indexGiven2[5]].mealSunsetSide[0];
      snackDaySix.nextElementSibling.nextElementSibling.textContent =
        diabeticMix[indexGiven2[5]].mealSunsetSide[1];

      supaDaySix.textContent = diabeticMix[indexGiven2[5]].eveningmeal;
      supaDaySix.nextElementSibling.textContent =
        diabeticMix[indexGiven2[5]].eveningmealside[0];
      supaDaySix.nextElementSibling.nextElementSibling.textContent =
        diabeticMix[indexGiven2[5]].eveningmealside[1];

      //day7
      let breakfastDaySeven = document.querySelector(
        "#day7 .day-card .breakfast dt"
      );
      let lunchDaySeven = document.querySelector("#day7 .day-card .lunch
dt");
      let snackDaySeven = document.querySelector("#day7 .day-card .snack
dt");
      let supaDaySeven = document.querySelector("#day7 .day-card .supa dt");

      breakfastDaySeven.textContent =
        diabeticMix[indexGiven2[6]].breakfast;
      breakfastDaySeven.nextElementSibling.textContent =
        diabeticMix[indexGiven2[6]].breakfastSide[0];
      breakfastDaySeven.nextElementSibling.nextElementSibling.textContent =
        diabeticMix[indexGiven2[6]].breakfastSide[1];

      lunchDaySeven.textContent = diabeticMix[indexGiven2[6]].lunch;
      lunchDaySeven.nextElementSibling.textContent =
        diabeticMix[indexGiven2[6]].lunchside[0];
      lunchDaySeven.nextElementSibling.nextElementSibling.textContent =
        diabeticMix[indexGiven2[6]].lunchside[1];

      snackDaySeven.textContent = diabeticMix[indexGiven2[6]].mealSunset;
      snackDaySeven.nextElementSibling.textContent =
        diabeticMix[indexGiven2[6]].mealSunsetSide[0];
      snackDaySeven.nextElementSibling.nextElementSibling.textContent =
        diabeticMix[indexGiven2[6]].mealSunsetSide[1];

      supaDaySeven.textContent = diabeticMix[indexGiven2[6]].eveningmeal;
      supaDaySeven.nextElementSibling.textContent =
        diabeticMix[indexGiven2[6]].eveningmealside[0];
      supaDaySeven.nextElementSibling.nextElementSibling.textContent =
        diabeticMix[indexGiven2[6]].eveningmealside[1];
    }
    // Pescaerian one
    else if (
      userDetails &&
      userDetails.condition === conFour &&
      userDetails.meal === typeTwo
```

```javascript
) {
  //to place unique word on top
  let FancyName = document.getElementById("special-name");
  FancyName.textContent = pescatarian1;

  //to place unique code on header
  let unigueCode = document.getElementById("special-code");
  unigueCode.textContent =
    indexGiven[0] +
    " - " +
    indexGiven[1] +
    " - " +
    indexGiven[2] +
    " - " +
    indexGiven[3] +
    " - " +
    indexGiven[4] +
    " - " +
    indexGiven[5] +
    " - " +
    indexGiven[6];

  //day1 //variables holding location
  let breakfastDayOne = document.querySelector(
    "#day1 .day-card .breakfast dt"
  );
  let lunchDayOne = document.querySelector("#day1 .day-card .lunch dt");
  let snackDayOne = document.querySelector("#day1 .day-card .snack dt");
  let supaDayOne = document.querySelector("#day1 .day-card .supa dt");

  //placing the meals on document

  breakfastDayOne.textContent =
    pescatarianZed[indexGiven[0]].breakfast;
  breakfastDayOne.nextElementSibling.textContent =
    pescatarianZed[indexGiven[0]].breakfastSide[0];
  breakfastDayOne.nextElementSibling.nextElementSibling.textContent =
    pescatarianZed[indexGiven[0]].breakfastSide[1];

  lunchDayOne.textContent = pescatarianZed[indexGiven[0]].lunch;
  lunchDayOne.nextElementSibling.textContent =
    pescatarianZed[indexGiven[0]].lunchside[0];
  lunchDayOne.nextElementSibling.nextElementSibling.textContent =
    pescatarianZed[indexGiven[0]].lunchside[1];

  snackDayOne.textContent = pescatarianZed[indexGiven[0]].mealSunset;
  snackDayOne.nextElementSibling.textContent =
    pescatarianZed[indexGiven[0]].mealSunsetSide[0];
  snackDayOne.nextElementSibling.nextElementSibling.textContent =
    pescatarianZed[indexGiven[0]].mealSunsetSide[1];

  supaDayOne.textContent = pescatarianZed[indexGiven[0]].eveningmeal;
  supaDayOne.nextElementSibling.textContent =
    pescatarianZed[indexGiven[0]].eveningmealside[0];
  supaDayOne.nextElementSibling.nextElementSibling.textContent =
```

```javascript
      pescatarianZed[indexGiven[0]].eveningmealside[1];

    //day2
    let breakfastDayTwo = document.querySelector(
      "#day2 .day-card .breakfast dt"
    );
    let lunchDayTwo = document.querySelector("#day2 .day-card .lunch dt");
    let snackDayTwo = document.querySelector("#day2 .day-card .snack dt");
    let supaDayTwo = document.querySelector("#day2 .day-card .supa dt");

    breakfastDayTwo.textContent =
      pescatarianZed[indexGiven[1]].breakfast;
    breakfastDayTwo.nextElementSibling.textContent =
      pescatarianZed[indexGiven[1]].breakfastSide[0];
    breakfastDayTwo.nextElementSibling.nextElementSibling.textContent =
      pescatarianZed[indexGiven[1]].breakfastSide[1];

    lunchDayTwo.textContent = pescatarianZed[indexGiven[1]].lunch;
    lunchDayTwo.nextElementSibling.textContent =
      pescatarianZed[indexGiven[1]].lunchside[0];
    lunchDayTwo.nextElementSibling.nextElementSibling.textContent =
      pescatarianZed[indexGiven[1]].lunchside[1];

    snackDayTwo.textContent = normalized[indexGiven[1]].mealSunset;
    snackDayTwo.nextElementSibling.textContent =
      normalized[indexGiven[1]].mealSunsetSide[0];
    snackDayTwo.nextElementSibling.nextElementSibling.textContent =
      normalized[indexGiven[1]].mealSunsetSide[1];

    supaDayTwo.textContent = pescatarianZed[indexGiven[1]].eveningmeal;
    supaDayTwo.nextElementSibling.textContent =
      pescatarianZed[indexGiven[1]].eveningmealside[0];
    supaDayTwo.nextElementSibling.nextElementSibling.textContent =
      pescatarianZed[indexGiven[1]].eveningmealside[1];

    //day3
    let breakfastDayThree = document.querySelector(
      "#day3 .day-card .breakfast dt"
    );
    let lunchDayThree = document.querySelector("#day3 .day-card .lunch
dt");
    let snackDayThree = document.querySelector("#day3 .day-card .snack
dt");
    let supaDayThree = document.querySelector("#day3 .day-card .supa dt");

    breakfastDayThree.textContent =
      pescatarianZed[indexGiven[2]].breakfast;
    breakfastDayThree.nextElementSibling.textContent =
      pescatarianZed[indexGiven[2]].breakfastSide[0];
    breakfastDayThree.nextElementSibling.nextElementSibling.textContent =
      pescatarianZed[indexGiven[2]].breakfastSide[1];

    lunchDayThree.textContent = pescatarianZed[indexGiven[2]].lunch;
    lunchDayThree.nextElementSibling.textContent =
      pescatarianZed[indexGiven[2]].lunchside[0];
```

```javascript
lunchDayThree.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[2]].lunchside[1];

snackDayThree.textContent = pescatarianZed[indexGiven[2]].mealSunset;
snackDayThree.nextElementSibling.textContent =
  pescatarianZed[indexGiven[2]].mealSunsetSide[0];
snackDayThree.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[2]].mealSunsetSide[1];

supaDayThree.textContent = pescatarianZed[indexGiven[2]].eveningmeal;
supaDayThree.nextElementSibling.textContent =
  pescatarianZed[indexGiven[2]].eveningmealside[0];
supaDayThree.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[2]].eveningmealside[1];

//day4
let breakfastDayFour = document.querySelector(
  "#day4 .day-card .breakfast dt"
);
let lunchDayFour = document.querySelector("#day4 .day-card .lunch dt");
let snackDayFour = document.querySelector("#day4 .day-card .snack dt");
let supaDayFour = document.querySelector("#day4 .day-card .supa dt");

breakfastDayFour.textContent =
  pescatarianZed[indexGiven[3]].breakfast;
breakfastDayFour.nextElementSibling.textContent =
  pescatarianZed[indexGiven[3]].breakfastSide[0];
breakfastDayFour.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[3]].breakfastSide[1];

lunchDayFour.textContent = pescatarianZed[indexGiven[3]].lunch;
lunchDayFour.nextElementSibling.textContent =
  pescatarianZed[indexGiven[3]].lunchside[0];
lunchDayFour.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[3]].lunchside[1];

snackDayFour.textContent = pescatarianZed[indexGiven[3]].mealSunset;
snackDayFour.nextElementSibling.textContent =
  pescatarianZed[indexGiven[3]].mealSunsetSide[0];
snackDayFour.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[3]].mealSunsetSide[1];

supaDayFour.textContent = pescatarianZed[indexGiven[3]].eveningmeal;
supaDayFour.nextElementSibling.textContent =
  pescatarianZed[indexGiven[3]].eveningmealside[0];
supaDayFour.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[3]].eveningmealside[1];

//day5
let breakfastDayFive = document.querySelector(
  "#day5 .day-card .breakfast dt"
);
let lunchDayFive = document.querySelector("#day5 .day-card .lunch dt");
let snackDayFive = document.querySelector("#day5 .day-card .snack dt");
let supaDayFive = document.querySelector("#day5 .day-card .supa dt");
```

```
breakfastDayFive.textContent =
  pescatarianZed[indexGiven[4]].breakfast;
breakfastDayFive.nextElementSibling.textContent =
  pescatarianZed[indexGiven[4]].breakfastSide[0];
breakfastDayFive.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[4]].breakfastSide[1];

lunchDayFive.textContent = pescatarianZed[indexGiven[4]].lunch;
lunchDayFive.nextElementSibling.textContent =
  pescatarianZed[indexGiven[4]].lunchside[0];
lunchDayFive.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[4]].lunchside[1];

snackDayFive.textContent = pescatarianZed[indexGiven[4]].mealSunset;
snackDayFive.nextElementSibling.textContent =
  pescatarianZed[indexGiven[4]].mealSunsetSide[0];
snackDayFive.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[4]].mealSunsetSide[1];

supaDayFive.textContent = pescatarianZed[indexGiven[4]].eveningmeal;
supaDayFive.nextElementSibling.textContent =
  pescatarianZed[indexGiven[4]].eveningmealside[0];
supaDayFive.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[4]].eveningmealside[1];

//day6
let breakfastDaySix = document.querySelector(
  "#day6 .day-card .breakfast dt"
);
let lunchDaySix = document.querySelector("#day6 .day-card .lunch dt");
let snackDaySix = document.querySelector("#day6 .day-card .snack dt");
let supaDaySix = document.querySelector("#day6 .day-card .supa dt");

breakfastDaySix.textContent =
  pescatarianZed[indexGiven[5]].breakfast;
breakfastDaySix.nextElementSibling.textContent =
  pescatarianZed[indexGiven[5]].breakfastSide[0];
breakfastDaySix.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[5]].breakfastSide[1];

lunchDaySix.textContent = pescatarianZed[indexGiven[5]].lunch;
lunchDaySix.nextElementSibling.textContent =
  pescatarianZed[indexGiven[5]].lunchside[0];
lunchDaySix.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[5]].lunchside[1];

snackDaySix.textContent = pescatarianZed[indexGiven[5]].mealSunset;
snackDaySix.nextElementSibling.textContent =
  pescatarianZed[indexGiven[5]].mealSunsetSide[0];
snackDaySix.nextElementSibling.nextElementSibling.textContent =
  pescatarianZed[indexGiven[5]].mealSunsetSide[1];

supaDaySix.textContent = pescatarianZed[indexGiven[5]].eveningmeal;
supaDaySix.nextElementSibling.textContent =
```

```
        pescatarianZed[indexGiven[5]].eveningmealside[0];
      supaDaySix.nextElementSibling.nextElementSibling.textContent =
        pescatarianZed[indexGiven[5]].eveningmealside[1];

      //day7
      let breakfastDaySeven = document.querySelector(
        "#day7 .day-card .breakfast dt"
      );
      let lunchDaySeven = document.querySelector("#day7 .day-card .lunch
dt");
      let snackDaySeven = document.querySelector("#day7 .day-card .snack
dt");
      let supaDaySeven = document.querySelector("#day7 .day-card .supa dt");

      breakfastDaySeven.textContent =
        pescatarianZed[indexGiven[6]].breakfast;
      breakfastDaySeven.nextElementSibling.textContent =
        pescatarianZed[indexGiven[6]].breakfastSide[0];
      breakfastDaySeven.nextElementSibling.nextElementSibling.textContent =
        pescatarianZed[indexGiven[6]].breakfastSide[1];

      lunchDaySeven.textContent = pescatarianZed[indexGiven[6]].lunch;
      lunchDaySeven.nextElementSibling.textContent =
        pescatarianZed[indexGiven[6]].lunchside[0];
      lunchDaySeven.nextElementSibling.nextElementSibling.textContent =
        pescatarianZed[indexGiven[6]].lunchside[1];

      snackDaySeven.textContent = pescatarianZed[indexGiven[6]].mealSunset;
      snackDaySeven.nextElementSibling.textContent =
        pescatarianZed[indexGiven[6]].mealSunsetSide[0];
      snackDaySeven.nextElementSibling.nextElementSibling.textContent =
        pescatarianZed[indexGiven[6]].mealSunsetSide[1];

      supaDaySeven.textContent = pescatarianZed[indexGiven[6]].eveningmeal;
      supaDaySeven.nextElementSibling.textContent =
        pescatarianZed[indexGiven[6]].eveningmealside[0];
      supaDaySeven.nextElementSibling.nextElementSibling.textContent =
        pescatarianZed[indexGiven[6]].eveningmealside[1];
    }
    // pescatarian Two
    else if (
      userDetails &&
      userDetails.condition === conFour &&
      userDetails.meal === typeOne
    ) {
      //to place unique word on top
      let FancyName = document.getElementById("special-name");
      FancyName.textContent = pescatarian2;

      //to place unique code on header
      let unigueCode = document.getElementById("special-code");
      unigueCode.textContent =
        indexGiven[0] +
        " - " +
        indexGiven[1] +
```

```
      " - " +
      indexGiven[2] +
      " - " +
      indexGiven[3] +
      " - " +
      indexGiven[4] +
      " - " +
      indexGiven[5] +
      " - " +
      indexGiven[6];

    //day1 //variables holding location
    let breakfastDayOne = document.querySelector(
      "#day1 .day-card .breakfast dt"
    );
    let lunchDayOne = document.querySelector("#day1 .day-card .lunch dt");
    let snackDayOne = document.querySelector("#day1 .day-card .snack dt");
    let supaDayOne = document.querySelector("#day1 .day-card .supa dt");

    //placing the meals on document

    breakfastDayOne.textContent =
      pescatarianWest[indexGiven[0]].breakfast;
    breakfastDayOne.nextElementSibling.textContent =
      pescatarianWest[indexGiven[0]].breakfastSide[0];
    breakfastDayOne.nextElementSibling.nextElementSibling.textContent =
      pescatarianWest[indexGiven[0]].breakfastSide[1];

    lunchDayOne.textContent = pescatarianWest[indexGiven[0]].lunch;
    lunchDayOne.nextElementSibling.textContent =
      pescatarianWest[indexGiven[0]].lunchside[0];
    lunchDayOne.nextElementSibling.nextElementSibling.textContent =
      pescatarianWest[indexGiven[0]].lunchside[1];

    snackDayOne.textContent = pescatarianWest[indexGiven[0]].mealSunset;
    snackDayOne.nextElementSibling.textContent =
      pescatarianWest[indexGiven[0]].mealSunsetSide[0];
    snackDayOne.nextElementSibling.nextElementSibling.textContent =
      pescatarianWest[indexGiven[0]].mealSunsetSide[1];

    supaDayOne.textContent = pescatarianWest[indexGiven[0]].eveningmeal;
    supaDayOne.nextElementSibling.textContent =
      pescatarianWest[indexGiven[0]].eveningmealside[0];
    supaDayOne.nextElementSibling.nextElementSibling.textContent =
      pescatarianWest[indexGiven[0]].eveningmealside[1];

    //day2
    let breakfastDayTwo = document.querySelector(
      "#day2 .day-card .breakfast dt"
    );
    let lunchDayTwo = document.querySelector("#day2 .day-card .lunch dt");
    let snackDayTwo = document.querySelector("#day2 .day-card .snack dt");
    let supaDayTwo = document.querySelector("#day2 .day-card .supa dt");

    breakfastDayTwo.textContent =
```

```
        pescatarianWest[indexGiven[1]].breakfast;
      breakfastDayTwo.nextElementSibling.textContent =
        pescatarianWest[indexGiven[1]].breakfastSide[0];
      breakfastDayTwo.nextElementSibling.nextElementSibling.textContent =
        pescatarianWest[indexGiven[1]].breakfastSide[1];

      lunchDayTwo.textContent = pescatarianWest[indexGiven[1]].lunch;
      lunchDayTwo.nextElementSibling.textContent =
        pescatarianWest[indexGiven[1]].lunchside[0];
      lunchDayTwo.nextElementSibling.nextElementSibling.textContent =
        pescatarianWest[indexGiven[1]].lunchside[1];

      snackDayTwo.textContent = normalized[indexGiven[1]].mealSunset;
      snackDayTwo.nextElementSibling.textContent =
        normalized[indexGiven[1]].mealSunsetSide[0];
      snackDayTwo.nextElementSibling.nextElementSibling.textContent =
        normalized[indexGiven[1]].mealSunsetSide[1];

      supaDayTwo.textContent = pescatarianWest[indexGiven[1]].eveningmeal;
      supaDayTwo.nextElementSibling.textContent =
        pescatarianWest[indexGiven[1]].eveningmealside[0];
      supaDayTwo.nextElementSibling.nextElementSibling.textContent =
        pescatarianWest[indexGiven[1]].eveningmealside[1];

      //day3
      let breakfastDayThree = document.querySelector(
        "#day3 .day-card .breakfast dt"
      );
      let lunchDayThree = document.querySelector("#day3 .day-card .lunch
dt");
      let snackDayThree = document.querySelector("#day3 .day-card .snack
dt");
      let supaDayThree = document.querySelector("#day3 .day-card .supa dt");

      breakfastDayThree.textContent =
        pescatarianWest[indexGiven[2]].breakfast;
      breakfastDayThree.nextElementSibling.textContent =
        pescatarianWest[indexGiven[2]].breakfastSide[0];
      breakfastDayThree.nextElementSibling.nextElementSibling.textContent =
        pescatarianWest[indexGiven[2]].breakfastSide[1];

      lunchDayThree.textContent = pescatarianWest[indexGiven[2]].lunch;
      lunchDayThree.nextElementSibling.textContent =
        pescatarianWest[indexGiven[2]].lunchside[0];
      lunchDayThree.nextElementSibling.nextElementSibling.textContent =
        pescatarianWest[indexGiven[2]].lunchside[1];

      snackDayThree.textContent =
        pescatarianWest[indexGiven[2]].mealSunset;
      snackDayThree.nextElementSibling.textContent =
        pescatarianWest[indexGiven[2]].mealSunsetSide[0];
      snackDayThree.nextElementSibling.nextElementSibling.textContent =
        pescatarianWest[indexGiven[2]].mealSunsetSide[1];

      supaDayThree.textContent =
```

```javascript
    pescatarianWest[indexGiven[2]].eveningmeal;
supaDayThree.nextElementSibling.textContent =
  pescatarianWest[indexGiven[2]].eveningmealside[0];
supaDayThree.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[2]].eveningmealside[1];

//day4
let breakfastDayFour = document.querySelector(
  "#day4 .day-card .breakfast dt"
);
let lunchDayFour = document.querySelector("#day4 .day-card .lunch dt");
let snackDayFour = document.querySelector("#day4 .day-card .snack dt");
let supaDayFour = document.querySelector("#day4 .day-card .supa dt");

breakfastDayFour.textContent =
  pescatarianWest[indexGiven[3]].breakfast;
breakfastDayFour.nextElementSibling.textContent =
  pescatarianWest[indexGiven[3]].breakfastSide[0];
breakfastDayFour.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[3]].breakfastSide[1];

lunchDayFour.textContent = pescatarianWest[indexGiven[3]].lunch;
lunchDayFour.nextElementSibling.textContent =
  pescatarianWest[indexGiven[3]].lunchside[0];
lunchDayFour.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[3]].lunchside[1];

snackDayFour.textContent = pescatarianWest[indexGiven[3]].mealSunset;
snackDayFour.nextElementSibling.textContent =
  pescatarianWest[indexGiven[3]].mealSunsetSide[0];
snackDayFour.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[3]].mealSunsetSide[1];

supaDayFour.textContent = pescatarianWest[indexGiven[3]].eveningmeal;
supaDayFour.nextElementSibling.textContent =
  pescatarianWest[indexGiven[3]].eveningmealside[0];
supaDayFour.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[3]].eveningmealside[1];

//day5
let breakfastDayFive = document.querySelector(
  "#day5 .day-card .breakfast dt"
);
let lunchDayFive = document.querySelector("#day5 .day-card .lunch dt");
let snackDayFive = document.querySelector("#day5 .day-card .snack dt");
let supaDayFive = document.querySelector("#day5 .day-card .supa dt");

breakfastDayFive.textContent =
  pescatarianWest[indexGiven[4]].breakfast;
breakfastDayFive.nextElementSibling.textContent =
  pescatarianWest[indexGiven[4]].breakfastSide[0];
breakfastDayFive.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[4]].breakfastSide[1];

lunchDayFive.textContent = pescatarianWest[indexGiven[4]].lunch;
```

```javascript
lunchDayFive.nextElementSibling.textContent =
  pescatarianWest[indexGiven[4]].lunchside[0];
lunchDayFive.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[4]].lunchside[1];

snackDayFive.textContent = pescatarianWest[indexGiven[4]].mealSunset;
snackDayFive.nextElementSibling.textContent =
  pescatarianWest[indexGiven[4]].mealSunsetSide[0];
snackDayFive.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[4]].mealSunsetSide[1];

supaDayFive.textContent = pescatarianWest[indexGiven[4]].eveningmeal;
supaDayFive.nextElementSibling.textContent =
  pescatarianWest[indexGiven[4]].eveningmealside[0];
supaDayFive.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[4]].eveningmealside[1];

//day6
let breakfastDaySix = document.querySelector(
  "#day6 .day-card .breakfast dt"
);
let lunchDaySix = document.querySelector("#day6 .day-card .lunch dt");
let snackDaySix = document.querySelector("#day6 .day-card .snack dt");
let supaDaySix = document.querySelector("#day6 .day-card .supa dt");

breakfastDaySix.textContent =
  pescatarianWest[indexGiven[5]].breakfast;
breakfastDaySix.nextElementSibling.textContent =
  pescatarianWest[indexGiven[5]].breakfastSide[0];
breakfastDaySix.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[5]].breakfastSide[1];

lunchDaySix.textContent = pescatarianWest[indexGiven[5]].lunch;
lunchDaySix.nextElementSibling.textContent =
  pescatarianWest[indexGiven[5]].lunchside[0];
lunchDaySix.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[5]].lunchside[1];

snackDaySix.textContent = pescatarianWest[indexGiven[5]].mealSunset;
snackDaySix.nextElementSibling.textContent =
  pescatarianWest[indexGiven[5]].mealSunsetSide[0];
snackDaySix.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[5]].mealSunsetSide[1];

supaDaySix.textContent = pescatarianWest[indexGiven[5]].eveningmeal;
supaDaySix.nextElementSibling.textContent =
  pescatarianWest[indexGiven[5]].eveningmealside[0];
supaDaySix.nextElementSibling.nextElementSibling.textContent =
  pescatarianWest[indexGiven[5]].eveningmealside[1];

//day7
let breakfastDaySeven = document.querySelector(
  "#day7 .day-card .breakfast dt"
);
```

```
      let lunchDaySeven = document.querySelector("#day7 .day-card .lunch
dt");
      let snackDaySeven = document.querySelector("#day7 .day-card .snack
dt");
      let supaDaySeven = document.querySelector("#day7 .day-card .supa dt");

      breakfastDaySeven.textContent =
        pescatarianWest[indexGiven[6]].breakfast;
      breakfastDaySeven.nextElementSibling.textContent =
        pescatarianWest[indexGiven[6]].breakfastSide[0];
      breakfastDaySeven.nextElementSibling.nextElementSibling.textContent =
        pescatarianWest[indexGiven[6]].breakfastSide[1];

      lunchDaySeven.textContent = pescatarianWest[indexGiven[6]].lunch;
      lunchDaySeven.nextElementSibling.textContent =
        pescatarianWest[indexGiven[6]].lunchside[0];
      lunchDaySeven.nextElementSibling.nextElementSibling.textContent =
        pescatarianWest[indexGiven[6]].lunchside[1];

      snackDaySeven.textContent =
        pescatarianWest[indexGiven[6]].mealSunset;
      snackDaySeven.nextElementSibling.textContent =
        pescatarianWest[indexGiven[6]].mealSunsetSide[0];
      snackDaySeven.nextElementSibling.nextElementSibling.textContent =
        pescatarianWest[indexGiven[6]].mealSunsetSide[1];

      supaDaySeven.textContent =
        pescatarianWest[indexGiven[6]].eveningmeal;
      supaDaySeven.nextElementSibling.textContent =
        pescatarianWest[indexGiven[6]].eveningmealside[0];
      supaDaySeven.nextElementSibling.nextElementSibling.textContent =
        pescatarianWest[indexGiven[6]].eveningmealside[1];
    }
    // pescaterian three
    else if (
      userDetails &&
      userDetails.condition === conFour &&
      userDetails.meal === typeThree
    ) {
      //to place unique code on header
      let unigueCode = document.getElementById("special-code");
      unigueCode.textContent =
        indexGiven2[0] +
        " - " +
        indexGiven2[1] +
        " - " +
        indexGiven2[2] +
        " - " +
        indexGiven2[3] +
        " - " +
        indexGiven2[4] +
        " - " +
        indexGiven2[5] +
        " - " +
        indexGiven2[6];
```

```javascript
//to place unique word on top
let FancyName = document.getElementById("special-name");
FancyName.textContent = pescatarian3;

//day1 //variables holding location
let breakfastDayOne = document.querySelector(
  "#day1 .day-card .breakfast dt"
);
let lunchDayOne = document.querySelector("#day1 .day-card .lunch dt");
let snackDayOne = document.querySelector("#day1 .day-card .snack dt");
let supaDayOne = document.querySelector("#day1 .day-card .supa dt");

//placing the meals on document

breakfastDayOne.textContent =
  pescatarianMix[indexGiven2[0]].breakfast;
breakfastDayOne.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[0]].breakfastSide[0];
breakfastDayOne.nextElementSibling.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[0]].breakfastSide[1];

lunchDayOne.textContent = pescatarianMix[indexGiven2[0]].lunch;
lunchDayOne.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[0]].lunchside[0];
lunchDayOne.nextElementSibling.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[0]].lunchside[1];

snackDayOne.textContent =
  pescatarianMix[indexGiven2[0]].mealSunset;
snackDayOne.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[0]].mealSunsetSide[0];
snackDayOne.nextElementSibling.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[0]].mealSunsetSide[1];

supaDayOne.textContent =
  pescatarianMix[indexGiven2[0]].eveningmeal;
supaDayOne.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[0]].eveningmealside[0];
supaDayOne.nextElementSibling.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[0]].eveningmealside[1];

//day2
let breakfastDayTwo = document.querySelector(
  "#day2 .day-card .breakfast dt"
);
let lunchDayTwo = document.querySelector("#day2 .day-card .lunch dt");
let snackDayTwo = document.querySelector("#day2 .day-card .snack dt");
let supaDayTwo = document.querySelector("#day2 .day-card .supa dt");

breakfastDayTwo.textContent =
  pescatarianMix[indexGiven2[1]].breakfast;
breakfastDayTwo.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[1]].breakfastSide[0];
breakfastDayTwo.nextElementSibling.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[1]].breakfastSide[1];
```

```javascript
      lunchDayTwo.textContent = pescatarianMix[indexGiven2[1]].lunch;
      lunchDayTwo.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[1]].lunchside[0];
      lunchDayTwo.nextElementSibling.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[1]].lunchside[1];

      snackDayTwo.textContent =
        pescatarianMix[indexGiven2[1]].mealSunset;
      snackDayTwo.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[1]].mealSunsetSide[0];
      snackDayTwo.nextElementSibling.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[1]].mealSunsetSide[1];

      supaDayTwo.textContent =
        pescatarianMix[indexGiven2[1]].eveningmeal;
      supaDayTwo.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[1]].eveningmealside[0];
      supaDayTwo.nextElementSibling.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[1]].eveningmealside[1];

      //day3
      let breakfastDayThree = document.querySelector(
        "#day3 .day-card .breakfast dt"
      );
      let lunchDayThree = document.querySelector("#day3 .day-card .lunch
dt");
      let snackDayThree = document.querySelector("#day3 .day-card .snack
dt");
      let supaDayThree = document.querySelector("#day3 .day-card .supa dt");

      breakfastDayThree.textContent =
        pescatarianMix[indexGiven2[2]].breakfast;
      breakfastDayThree.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[2]].breakfastSide[0];
      breakfastDayThree.nextElementSibling.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[2]].breakfastSide[1];

      lunchDayThree.textContent = pescatarianMix[indexGiven2[2]].lunch;
      lunchDayThree.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[2]].lunchside[0];
      lunchDayThree.nextElementSibling.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[2]].lunchside[1];

      snackDayThree.textContent =
        pescatarianMix[indexGiven2[2]].mealSunset;
      snackDayThree.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[2]].mealSunsetSide[0];
      snackDayThree.nextElementSibling.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[2]].mealSunsetSide[1];

      supaDayThree.textContent =
        pescatarianMix[indexGiven2[2]].eveningmeal;
      supaDayThree.nextElementSibling.textContent =
        pescatarianMix[indexGiven2[2]].eveningmealside[0];
```

```
supaDayThree.nextElementSibling.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[2]].eveningmealside[1];

//day4
let breakfastDayFour = document.querySelector(
  "#day4 .day-card .breakfast dt"
);
let lunchDayFour = document.querySelector("#day4 .day-card .lunch dt");
let snackDayFour = document.querySelector("#day4 .day-card .snack dt");
let supaDayFour = document.querySelector("#day4 .day-card .supa dt");

breakfastDayFour.textContent =
  pescatarianMix[indexGiven2[3]].breakfast;
breakfastDayFour.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[3]].breakfastSide[0];
breakfastDayFour.nextElementSibling.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[3]].breakfastSide[1];

lunchDayFour.textContent = pescatarianMix[indexGiven2[3]].lunch;
lunchDayFour.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[3]].lunchside[0];
lunchDayFour.nextElementSibling.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[3]].lunchside[1];

snackDayFour.textContent =
  pescatarianMix[indexGiven2[3]].mealSunset;
snackDayFour.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[3]].mealSunsetSide[0];
snackDayFour.nextElementSibling.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[3]].mealSunsetSide[1];

supaDayFour.textContent =
  pescatarianMix[indexGiven2[3]].eveningmeal;
supaDayFour.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[3]].eveningmealside[0];
supaDayFour.nextElementSibling.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[3]].eveningmealside[1];

//day5
let breakfastDayFive = document.querySelector(
  "#day5 .day-card .breakfast dt"
);
let lunchDayFive = document.querySelector("#day5 .day-card .lunch dt");
let snackDayFive = document.querySelector("#day5 .day-card .snack dt");
let supaDayFive = document.querySelector("#day5 .day-card .supa dt");

breakfastDayFive.textContent =
  pescatarianMix[indexGiven2[4]].breakfast;
breakfastDayFive.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[4]].breakfastSide[0];
breakfastDayFive.nextElementSibling.nextElementSibling.textContent =
  pescatarianMix[indexGiven2[4]].breakfastSide[1];

lunchDayFive.textContent = pescatarianMix[indexGiven2[4]].lunch;
lunchDayFive.nextElementSibling.textContent =
```

```javascript
    pescatarianMix[indexGiven2[4]].lunchside[0];
  lunchDayFive.nextElementSibling.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[4]].lunchside[1];

  snackDayFive.textContent =
    pescatarianMix[indexGiven2[4]].mealSunset;
  snackDayFive.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[4]].mealSunsetSide[0];
  snackDayFive.nextElementSibling.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[4]].mealSunsetSide[1];

  supaDayFive.textContent =
    pescatarianMix[indexGiven2[4]].eveningmeal;
  supaDayFive.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[4]].eveningmealside[0];
  supaDayFive.nextElementSibling.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[4]].eveningmealside[1];

  //day6
  let breakfastDaySix = document.querySelector(
    "#day6 .day-card .breakfast dt"
  );
  let lunchDaySix = document.querySelector("#day6 .day-card .lunch dt");
  let snackDaySix = document.querySelector("#day6 .day-card .snack dt");
  let supaDaySix = document.querySelector("#day6 .day-card .supa dt");

  breakfastDaySix.textContent =
    pescatarianMix[indexGiven2[5]].breakfast;
  breakfastDaySix.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[5]].breakfastSide[0];
  breakfastDaySix.nextElementSibling.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[5]].breakfastSide[1];

  lunchDaySix.textContent = pescatarianMix[indexGiven2[5]].lunch;
  lunchDaySix.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[5]].lunchside[0];
  lunchDaySix.nextElementSibling.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[5]].lunchside[1];

  snackDaySix.textContent =
    pescatarianMix[indexGiven2[5]].mealSunset;
  snackDaySix.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[5]].mealSunsetSide[0];
  snackDaySix.nextElementSibling.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[5]].mealSunsetSide[1];

  supaDaySix.textContent =
    pescatarianMix[indexGiven2[5]].eveningmeal;
  supaDaySix.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[5]].eveningmealside[0];
  supaDaySix.nextElementSibling.nextElementSibling.textContent =
    pescatarianMix[indexGiven2[5]].eveningmealside[1];

  //day7
  let breakfastDaySeven = document.querySelector(
```

```
      "#day7 .day-card .breakfast dt"
    );
    let lunchDaySeven = document.querySelector("#day7 .day-card .lunch
dt");
    let snackDaySeven = document.querySelector("#day7 .day-card .snack
dt");
    let supaDaySeven = document.querySelector("#day7 .day-card .supa dt");

    breakfastDaySeven.textContent =
      pescatarianMix[indexGiven2[6]].breakfast;
    breakfastDaySeven.nextElementSibling.textContent =
      pescatarianMix[indexGiven2[6]].breakfastSide[0];
    breakfastDaySeven.nextElementSibling.nextElementSibling.textContent =
      pescatarianMix[indexGiven2[6]].breakfastSide[1];

    lunchDaySeven.textContent = pescatarianMix[indexGiven2[6]].lunch;
    lunchDaySeven.nextElementSibling.textContent =
      pescatarianMix[indexGiven2[6]].lunchside[0];
    lunchDaySeven.nextElementSibling.nextElementSibling.textContent =
      pescatarianMix[indexGiven2[6]].lunchside[1];

    snackDaySeven.textContent =
      pescatarianMix[indexGiven2[6]].mealSunset;
    snackDaySeven.nextElementSibling.textContent =
      pescatarianMix[indexGiven2[6]].mealSunsetSide[0];
    snackDaySeven.nextElementSibling.nextElementSibling.textContent =
      pescatarianMix[indexGiven2[6]].mealSunsetSide[1];

    supaDaySeven.textContent =
      pescatarianMix[indexGiven2[6]].eveningmeal;
    supaDaySeven.nextElementSibling.textContent =
      pescatarianMix[indexGiven2[6]].eveningmealside[0];
    supaDaySeven.nextElementSibling.nextElementSibling.textContent =
      pescatarianMix[indexGiven2[6]].eveningmealside[1];
  }
```

4.5 Returning Users page (special code Page)

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APPENDIX

User Manual