**Algorithm**

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| **Access**  **Method** | **Parameter**  **name** | **Parameter**  **type** | **Description** | **Output Type** |
| recommend | gender,age,height,weight,goal,goalWeight,activityIndex | int,int,float,float,int,float,float | Gender has two values, which are 0(male) or 1(female).  Goal has three values, which are 0(Increasing muscle), 1(losing weight), or 2(keeping in shape)  Goal Weight is the ideal weight you want.  For Increasing muscle,it must be greater than your present weight. For losing weight, it must be less than your present weight. For keeping in shape, this parameter is not useful because keeping in shape needs balanced diet with appropiate exercise, which doesn't need to lose your weight.  Activity Index has five values, which are 1.2,1.4,1.6,1.8,2.0. It is used to calculate your necessary calories according to your daily  activity. | A List of recipes of one week. Every element of this list is an instance of a class named OneDayDiet, which represents a recipe in one day. |