USER STORY

User Story ID	As a type of User	I want to <Perform some task>	So that i can <Achieve Some Goal>
1	USER	Register	Create an account and start using the system
2	USER	Login	Securely access my personalized dashboard
3	USER	Update Profile (age, goals, restrictions)	Receive tailored meal recommendations
4	USER	Receive Daily/Weekly Meal Recommendations	Know what meals to eat based on my goals
5	USER	Track Nutritional Intake	Stay within calorie and nutrient goals
6	USER	Track Progress (weight, BMI, calories burned)	Monitor my health improvements
7	USER	Generate Grocery List	Easily buy ingredients for my meals
8	USER	View Meal & Progress History	Track how my diet and health evolved
9	USER	Receive Daily/Weekly Meal Recommendations	Know what meals to eat based on my goals
10	USER	Search for Foods/Meals	Check nutrition details of specific items