

Meal Planner – REQUIREMENTS

REQUIREMENT 1: START-UP PAGE AND PROFILE SETUP

1. On start-up the user is directed to the main page. The following pages have a tracker at the bottom of the page for the user to know how far into the setting up process he is.
2. The user is directed to the first profile setup page which consists in the following:
 - Body metrics that have to be manually inputted by the user (Current weight, Current height, and the Target weight - an optional feature for keeping track of your goal)
3. The second page is dedicated to the user's goal:
 - The user can pick between 5 buttons that have the following options: Lose weight, Gain weight, Maintain weight, Body recomposition, Improve overall health.
4. The third page is tracking the user's activity level:
 - There are 5 buttons ranging from Sedentary to Super Active the user selects from.
5. The fourth page targets the user's cooking skills and habits:
 - In the middle of the page are 5 buttons that let the user select the most suitable option.

6. The fifth page of the setup contains a range of dietary preferences and allergies.

- The user can pick from (buttons) and they can have multiple choices. If there is no dietary preference that suits them, the user can input their own.
- The user can input food allergies or restrictions.

7. The final page announces to the user that the setup is done and by pressing the “Go to main page” they are redirected to the main page of the application. The main page contains buttons for the next sections of the app, like a smart menu.

REQUIREMENT 2: MEALS

1. Creating a meal:

- At the top of the page the user inputs the meal’s name.
- The following section is dedicated to the type of the meal and the cooking level, both can be selected by pressing the buttons under it. Also, on the right, there is an input for the cooking time.
- Below the previous features the user can add the steps of the recipe and the ingredients.
- On the right side of the page there is a section dedicated to breaking down the macronutrients and the calorie count for the currently inputted ingredients of the meal.

2. Adding food:

- The user searches for the ingredient/food they ate and assigns it to a meal (breakfast, lunch, etc.).
- The servings can be various, letting the user pick between grams, cups, etc. and they can select how many of these servings they had.
- Pressing the button “Add food” that is right below the food is logged in to today’s calorie counter.
- At the bottom of the page a list of already added food is displayed, as well as a breakdown of their macronutrients.
- To fasten the process of picking food, on the right side the user can see the recently used and frequently used ingredients.

3. Meal list - This page is dedicated to the list of meals the user already inputted, categorized by serving time (breakfast, lunch, dinner, snack).

- The user can see the food displayed under each label.
- Clicking on the meal, the user is redirected to a page dedicated to the clicked meal, showing the instructions, ingredients, cooking time, macronutrients, and other attributes and a button to add it to the favorites list.

- On the right side of the page the user can see recent meals and favorite meals.

REQUIREMENT 3: CALORIE TRACKER + WATER TRACKER

1. Calories:

- This is a separate box that contains the calories for today.
- The calories are calculated using the formula: **Goal - Food + Exercise**.
- There is a visual representation of the calorie intake for a better user experience.
- The diagram contains three sections each marked with a specific icon:
 - Base Goal: the target calorie intake
 - Food: Calories consumed so far
 - Exercise: Calories burned so far

2. Macros:

- A separate box for tracking macronutrients, right next to the calories.
- There are 5 rows tracking the macronutrients consumed in the day:

- Each row represents a progress bar with three targets: Total, Goal, and Left.
- There is a green tracker that represents the consumed amount (in grams).
- The five rows represent: Protein, Carbohydrates, Fiber, Fat, and Sugar.

3. Water Tracker:

- The last box is in line with the other two.
- A visual of a water drop tracking the user's water intake.
- The app assigns to the user a recommended daily goal (2500ml).
- The user can add to the daily goal by clicking the plus next to one of the four containers, as well as a basic cup right under the drop:
 - Cup (300ml), Glass (400ml), Small Bottle (500ml), Large Bottle (750ml).

4. Calories by Meal Part of the Day:

- At the bottom of the page there is a box containing the following sections: Breakfast, Lunch, Dinner, and Snacks along with the assigned number of calories for each one.

- The user can manually add meals to the desired section by clicking the plus button.

5. Recent Meals:

- Situated next to the calorie counter, there is a recent meals section displayed.
- Each meal entry includes the meal name, calorie count, and associated labels.

REQUIREMENT 5: GROCERY LIST

1. On the top left corner, there is a search bar for the user to find the desired ingredients with an auto-complete for a faster search process.

2. Right below, there are 6 categories of groceries which keep the list organized and easy to follow.

- Every element from each list has a checkbox next to it so the user can keep track of the already bought ingredients.

3. On the right side of the page the user can see recently used and frequently used ingredients as a reminder of what they might be missing from the fridge.