

USER DOCUMENTATION

This web-based Meal Planning and Health Management System helps users plan their meals, track water intake and BMI, manage preferences, save recipes, and monitor daily health-related activities. The system is designed for young, busy individuals looking to maintain a healthy lifestyle efficiently.

1. System Requirements

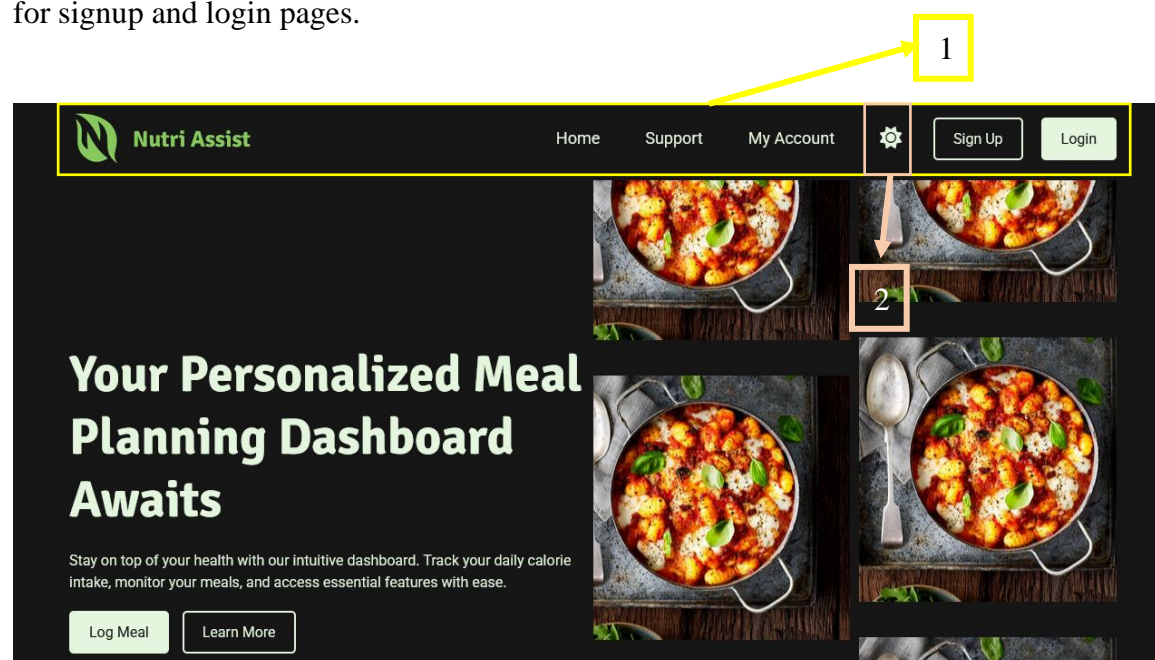
Outline the minimum requirements to run the system.

- A modern web browser (Chrome, Firefox, Edge)
- Internet connection
- Desktop, tablet, or mobile device
- Registered account (for full features)

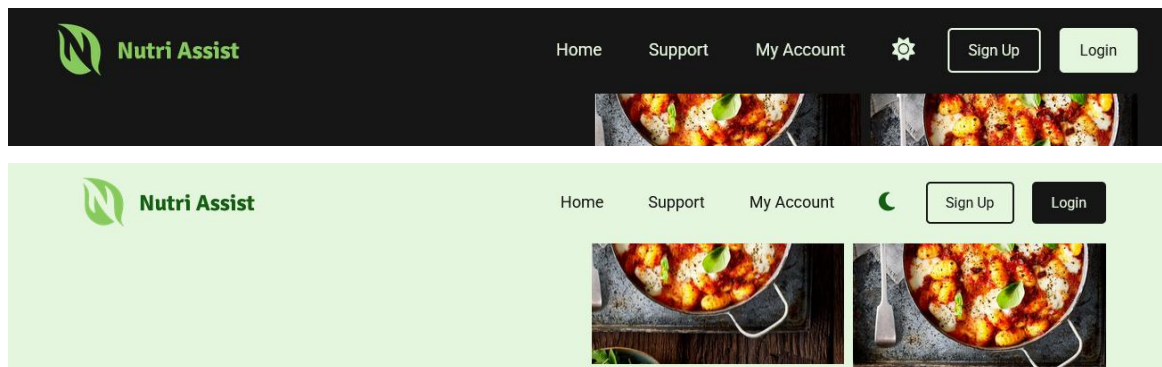
2. Loading Page

This page allows users to get the basic idea of overall system and its conations all the link that they can access to get best out of the system.

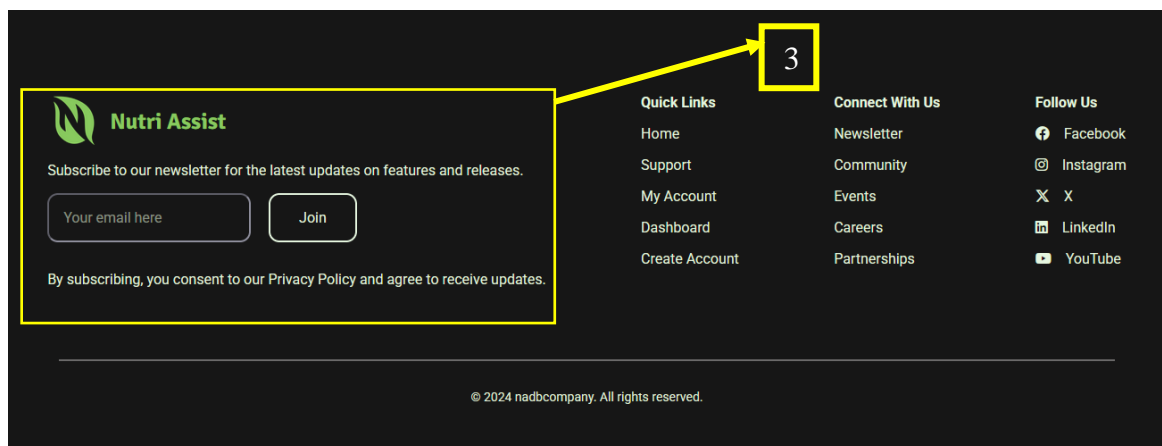
1. This navigation bar/navbar of the system contains the logo of website, and link for home/landing page, link for account management page, light mode/dark mode button, link for signup and login pages.



2. Dark Mode and Light Mode - Use the top-right moon/sun icon to switch. Your preference is saved automatically.

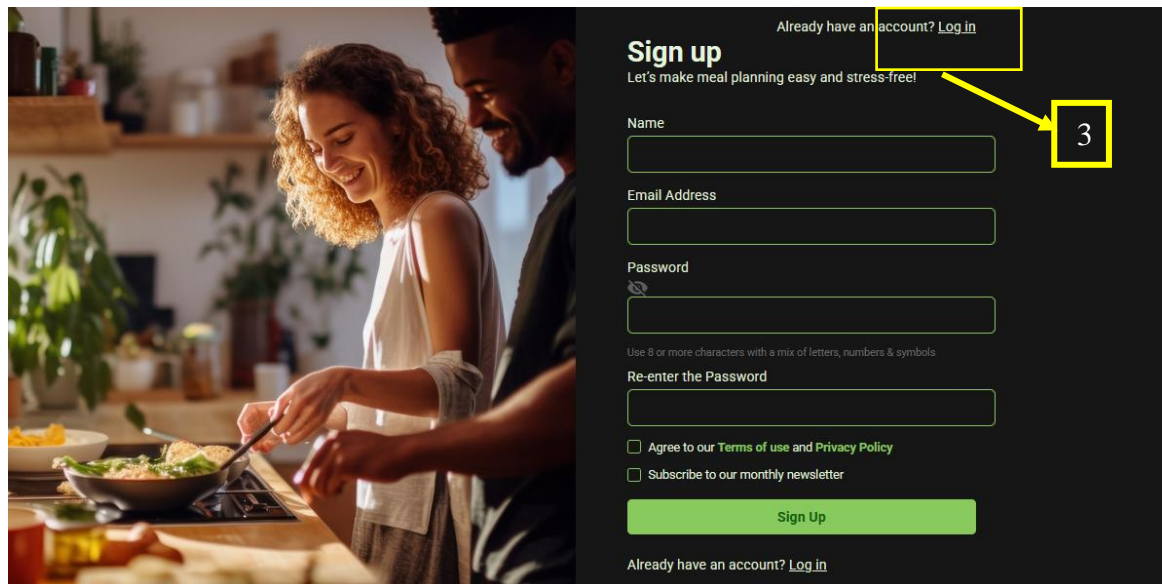


3. Footer of the landing page consist of all the necessary links and news letter subscription section. User can enter their email, and subscribe to newsletter.



3. Signup page

1. To access signup page user should click signup button on navbar or create account on footer. Fill in name, email, password. Agree to Terms & Conditions. After that verify your email using the OTP received.



Sign up
Let's make meal planning easy and stress-free!

Already have an account? [Log in](#)

Name

Email Address

Password

Use 8 or more characters with a mix of letters, numbers & symbols

Re-enter the Password

☐ Agree to our [Terms of use](#) and [Privacy Policy](#)

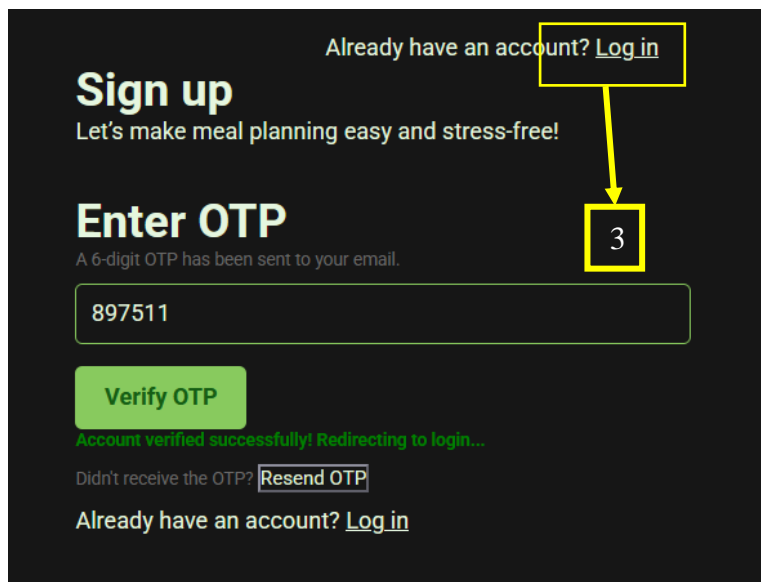
☐ Subscribe to our monthly newsletter

[Sign Up](#)

Already have an account? [Log in](#)

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2. After correctly fill the form and click signup button OTP verification form will appear. OTP will send to entered email, user can enter it and redirect in to login page.



Sign up
Let's make meal planning easy and stress-free!

Enter OTP
A 6-digit OTP has been sent to your email.

[Verify OTP](#)

Account verified successfully! Redirecting to login...

Didn't receive the OTP? [Resend OTP](#)

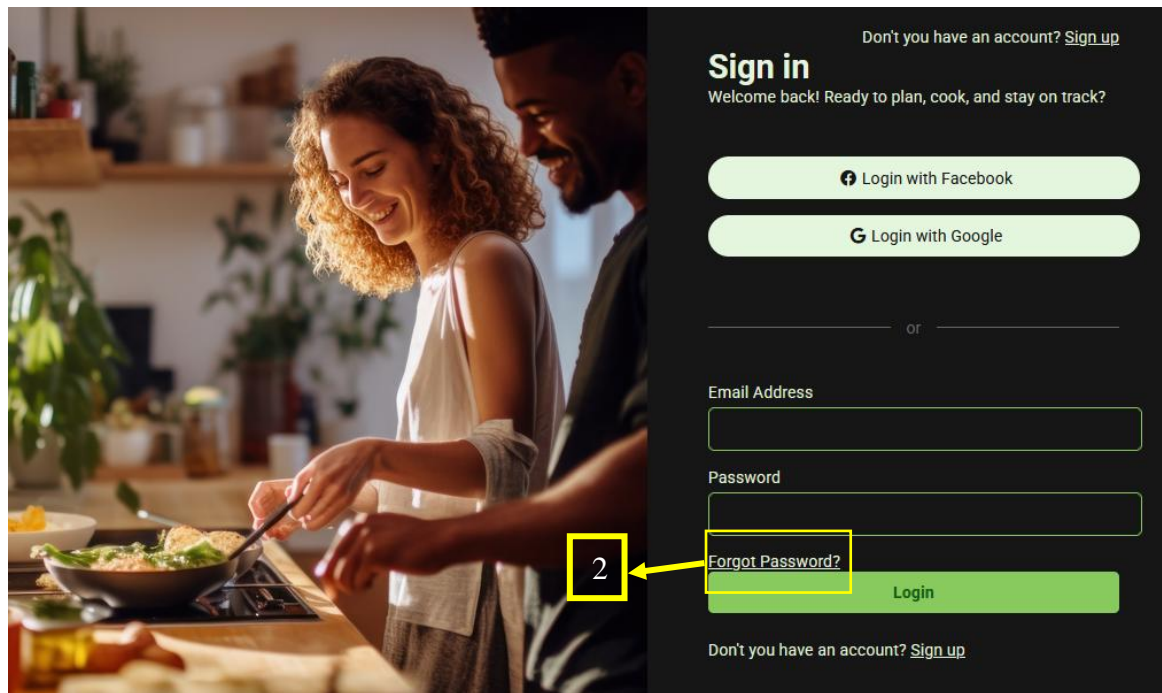
Already have an account? [Log in](#)

3

3. If user already had a created account, they can click login link and go to login page.

3. Login page

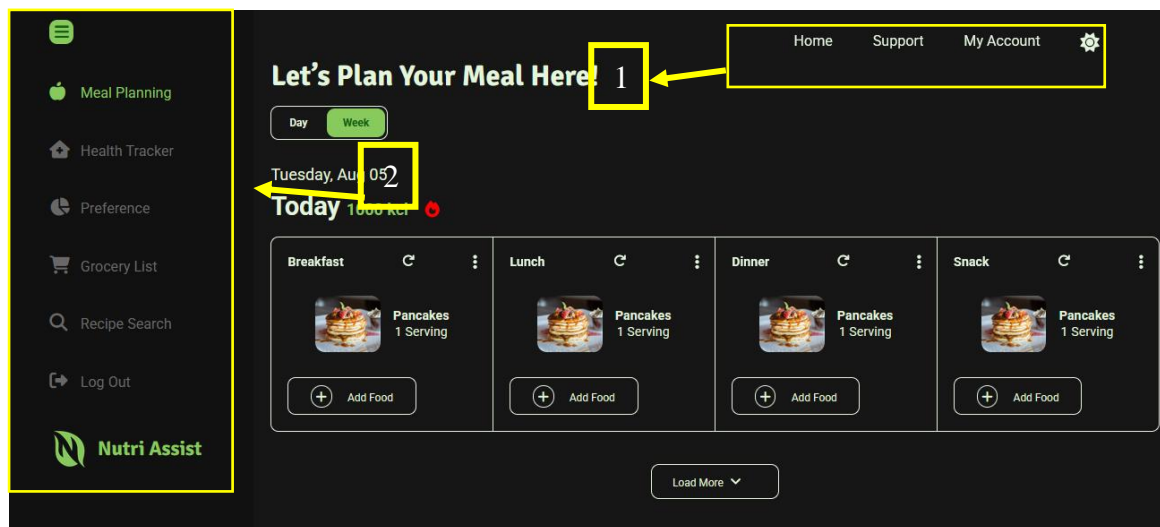
1. Enter email and password. Then user will redirect in to dashboard.
2. If forgotten, click "Forgot Password" to reset via email.
3. Or user can create account using gmail/facebook.
4. If user already had not a created account, they can click signup link and go to signup page.



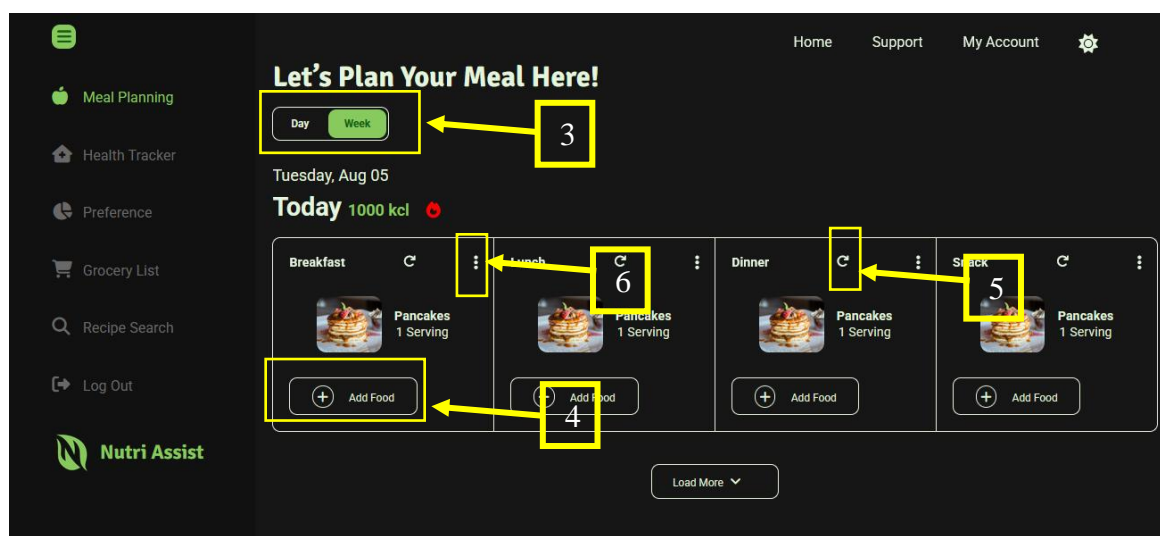
4. User Dashboard

Here is the user dashboard, to access it user should login to the web application. It contains two navigation bars in vertical and horizontal.

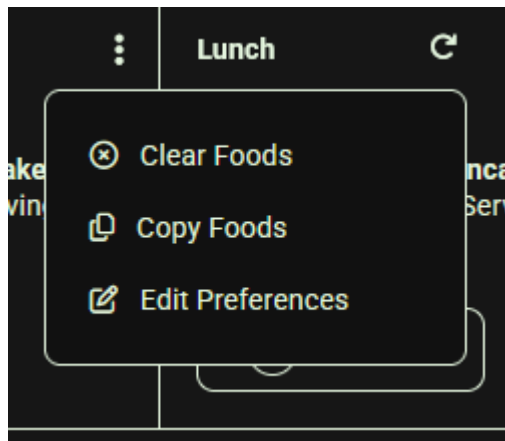
1. Horizontal navigation bar as same as home page. It has links to home page, support page, account management page and light mode/dark mode button.
2. Vertical navigation bar contains links in dashboard, like meal planning page, health tracker, preferences page, grocery list page, recipe search, and there is a link to log out from web application.



3. In the meal planning page of the dashboard they can either view as day or week their meal plan by clicking this.
4. If user want to add more food without auto generated foods, they can click this.
5. To auto suggest different set of meals.



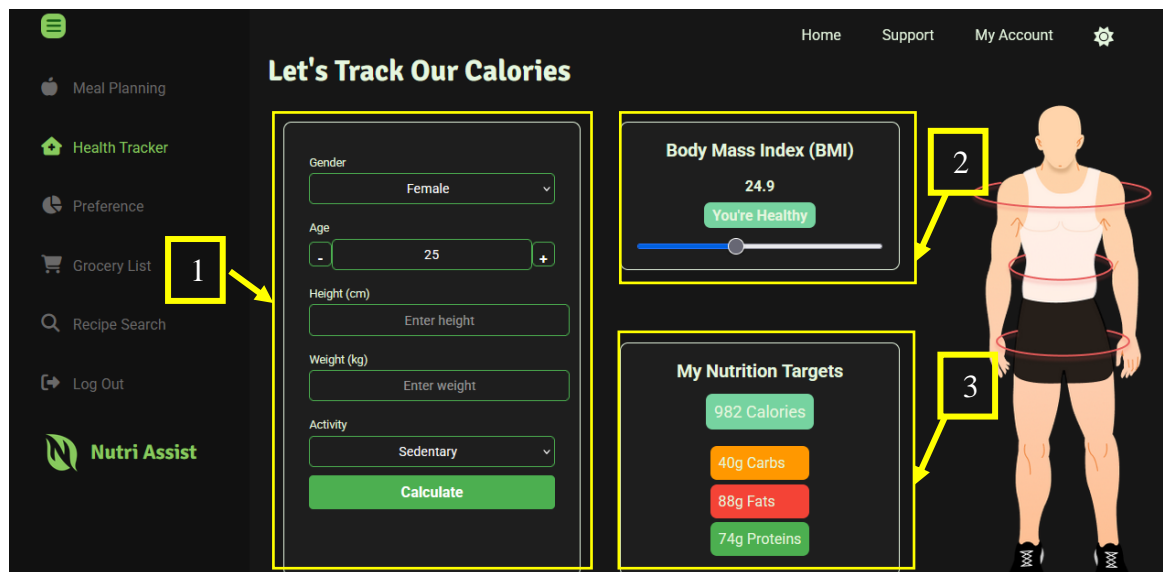
6. Clicking this will open following window which allow users to clear foods, copy foods to different meal day, or edit preferences of that meal.



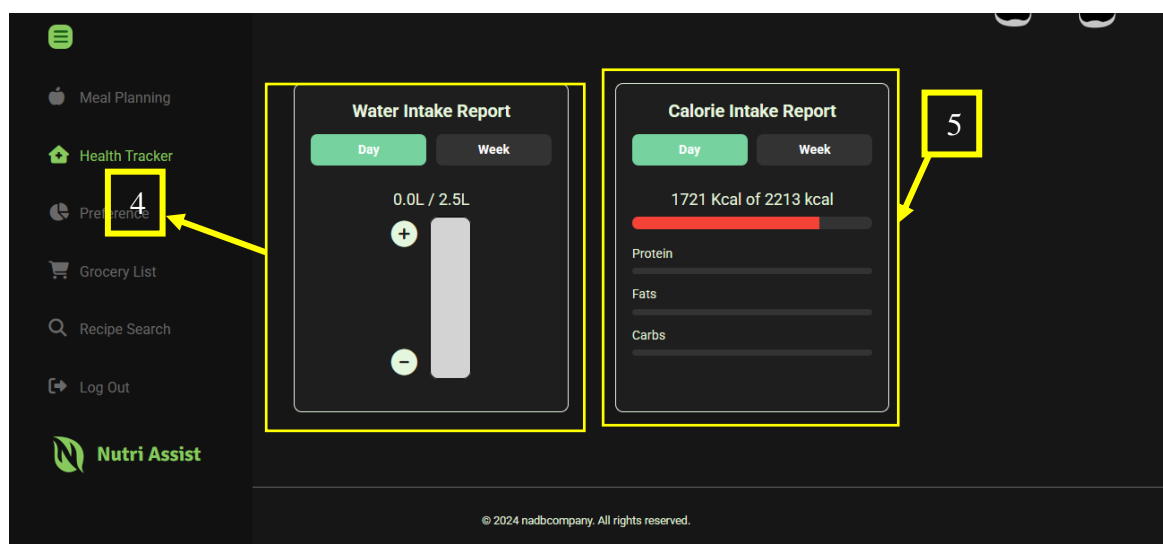
5. User Dashboard – Health Tracker

Its navigation panels work as mentioned before.

1. This calculator is to calculate each individual nutrition target and BMI value.
2. This showcase BMI value and whether user healthy or not.
3. This is showcase user's nutrition target, it will automatically calculate through calorie calculator, or user can edit it.



4. This will show auto calculated water limit according to user's BMI. User can manually add their water intake. It also can be showcase to week or day.
5. This showcase overall calorie intake through out day or week.



5. User Dashboard – Preferences

In here user can select Primary Diet, Food types, Exclusions, medical conditions, Meal Layout. Click **Save All Changes** to save all the adjustment.

Click **Reset All** to reset to previous changes.

Click **Clear All changes** to clear all the selected preferences and go back.

The screenshot shows a user dashboard titled "Let's Customize Your Diet" with a welcome message "Welcome, nadeera!". The dashboard is divided into several sections for customization:

- Primary Diet:** Options include Anything, Paleo, Ketogenic, Vegetarian, and Low-carb Diet. A "Load More" button is present.
- Food Types:** Options include Anything, Sri Lankan, Indian, Chinese, and Arabic. A "Load More" button is present.
- Exclusions:** Options include Gluten, Peanut, Eggs, Fish, and Tree Nuts. A "Load More" button is present.
- Medical Concerns:** Options include Cholesterol, Diabetes, Hypertension, Hypertension, and Malnutrition. A "Load More" button is present.
- Meal Layout:** Options include Breakfast, Lunch, Snack, Dinner, and Snack. An "Add More" button is present.

At the bottom, there are three buttons: "Save All Changes", "Reset All", and "Clear All Changes".

6. User Dashboard – Recipe Search

1. Search for recipes in here by typing any food name in search bar and hit enter, or clicking search button.

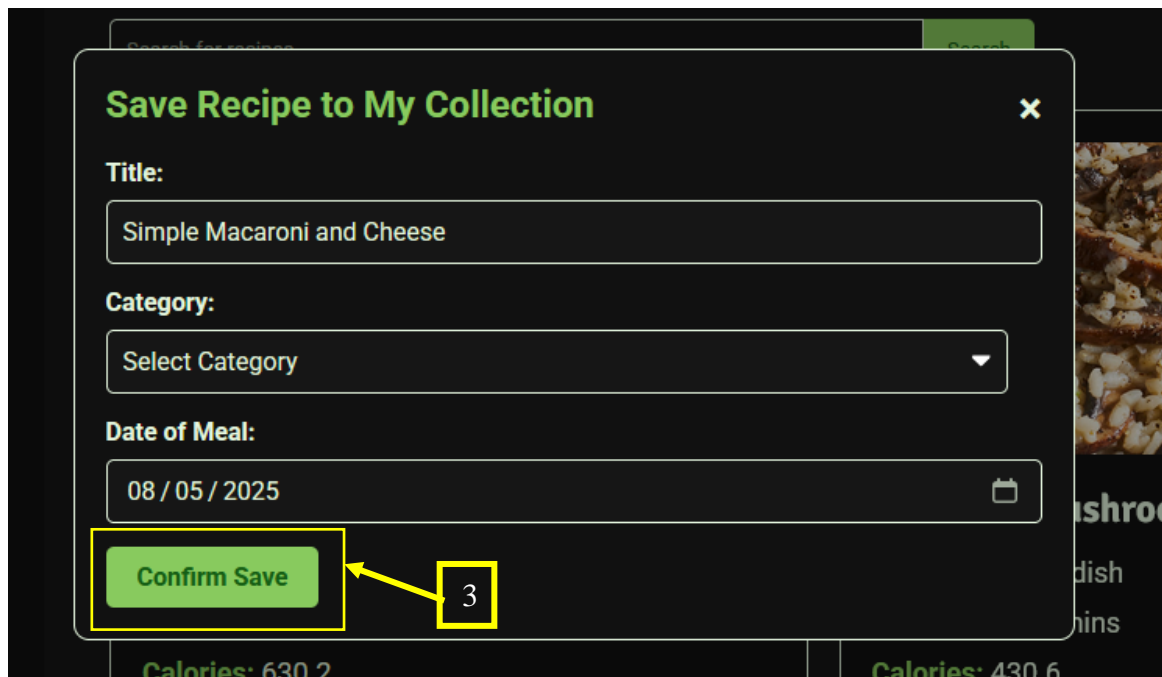
The screenshot shows a user dashboard titled "Let's Search Recipes". The dashboard features a search bar and a "Search" button. Below the search bar, there are two recipe cards:

- Simple Macaroni and Cheese:** Category: main-dish, Total Time: 30 mins, Calories: 630.2. A "Save Recipe" button is at the bottom.
- Gourmet Mushroom Risotto:** Category: main-dish, Total Time: 50 mins, Calories: 430.6. A "Save Recipe" button is at the bottom.

Annotations with yellow boxes and arrows point to the following elements:

- 1:** Points to the "Meal Planning" link in the sidebar.
- 2:** Points to the "Nutri Assist" logo in the sidebar.
- 4:** Points to the "Recipe Search" link in the sidebar.

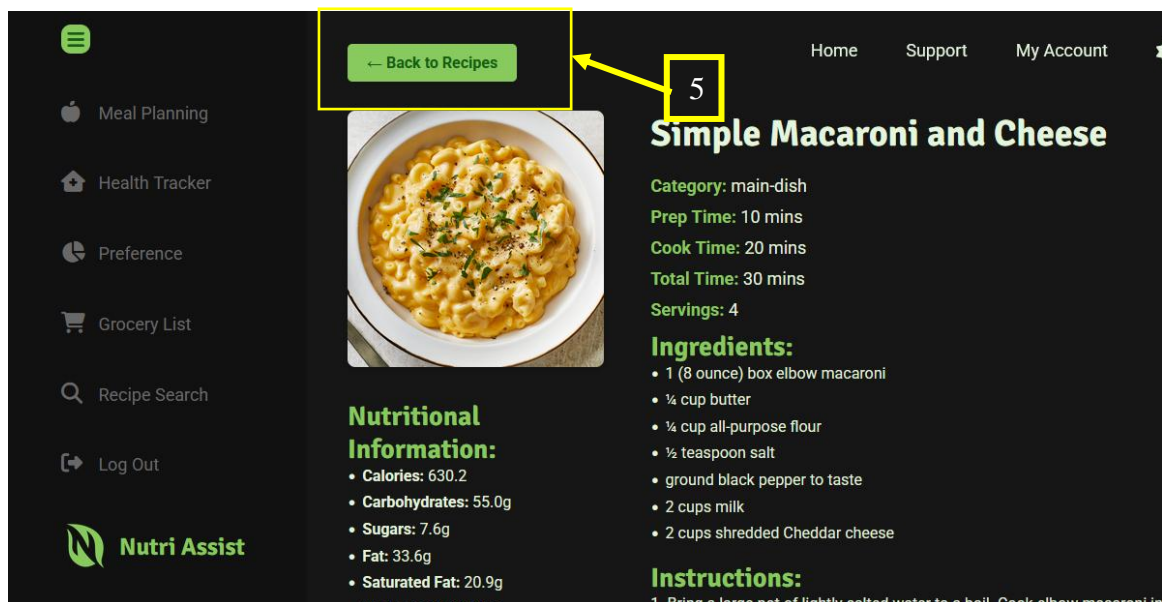
2. Click **Save Recipe** to schedule a meal. This will open following window.



A dark-themed dialog box titled "Save Recipe to My Collection" with a close button (X) in the top right corner. It contains three input fields: "Title:" with the text "Simple Macaroni and Cheese", "Category:" with a dropdown menu showing "Select Category", and "Date of Meal:" with the date "08 / 05 / 2025" and a calendar icon. At the bottom, there is a green "Confirm Save" button. A yellow box highlights the button, and a yellow arrow points to it from a yellow box containing the number "3".

3. User can enter all the details and hit enter or click **Confirm Save** button to schedule the selected meal.

4. In selected meal, user can click on its name and see more details of that meal. It will open a window like this.



A dark-themed recipe detail page for "Simple Macaroni and Cheese". On the left is a sidebar with navigation links: Meal Planning, Health Tracker, Preference, Grocery List, Recipe Search, and Log Out. The main content area features a large image of the dish, a "Nutritional Information" section with a list of values (Calories: 630.2, Carbohydrates: 55.0g, Sugars: 7.6g, Fat: 33.6g, Saturated Fat: 20.9g), and an "Ingredients" list. A green "← Back to Recipes" button is located at the top left of the recipe details. A yellow box highlights this button, and a yellow arrow points to it from a yellow box containing the number "5".

5. By clicking this user can close that window.

7. User Dashboard – Grocery List

1. Kitchen stock and grocery list both will display here for a week or a preferred range of dates. It can be edited using this.
2. User can select when things were bought.
3. All things can be edited using this.

