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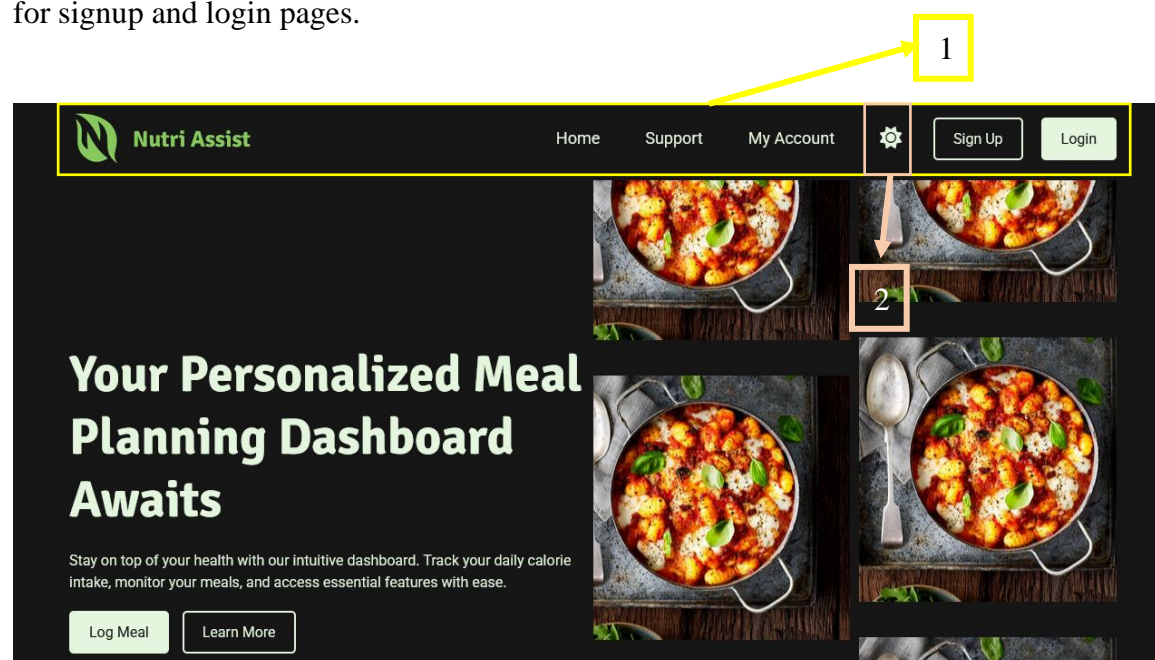
2. Dark Mode and Light Mode - Use the top-right moon/sun icon to switch. Your preference is saved automatically.
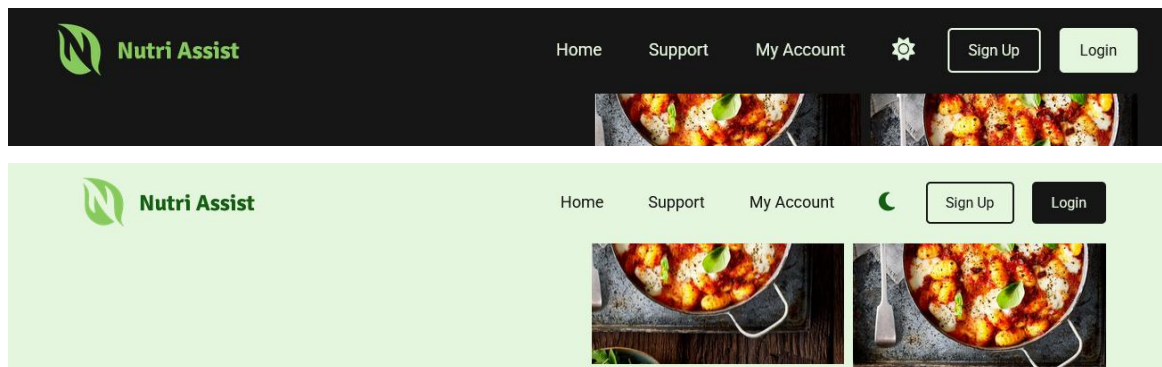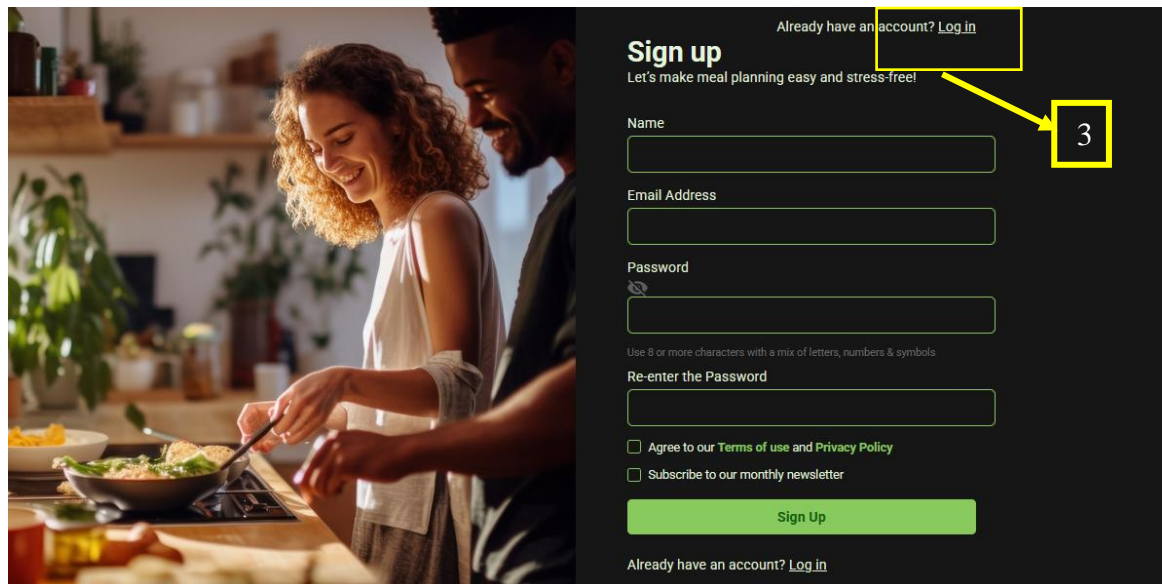

3. Footer of the landing page consist of all the necessary links and news letter subscription section. User can enter their email, and subscribe to newsletter.
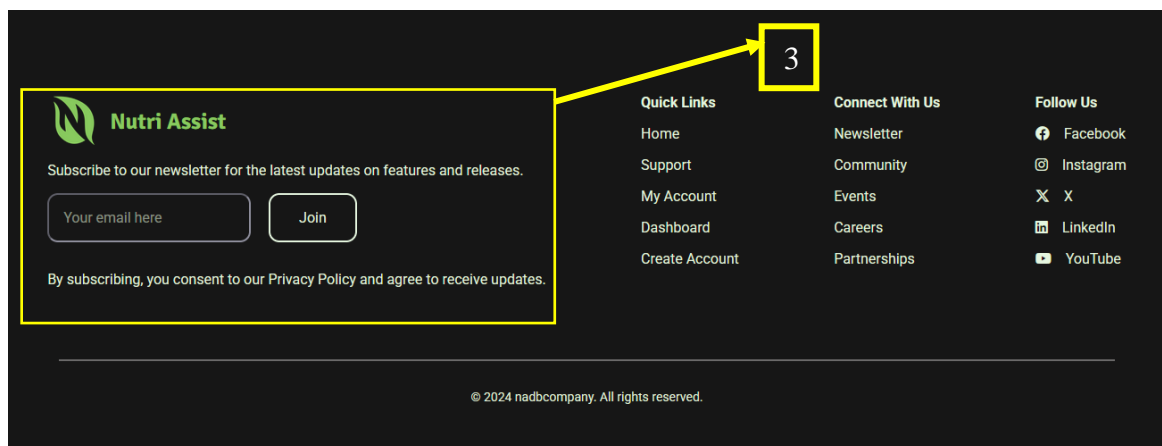
3. Signup page

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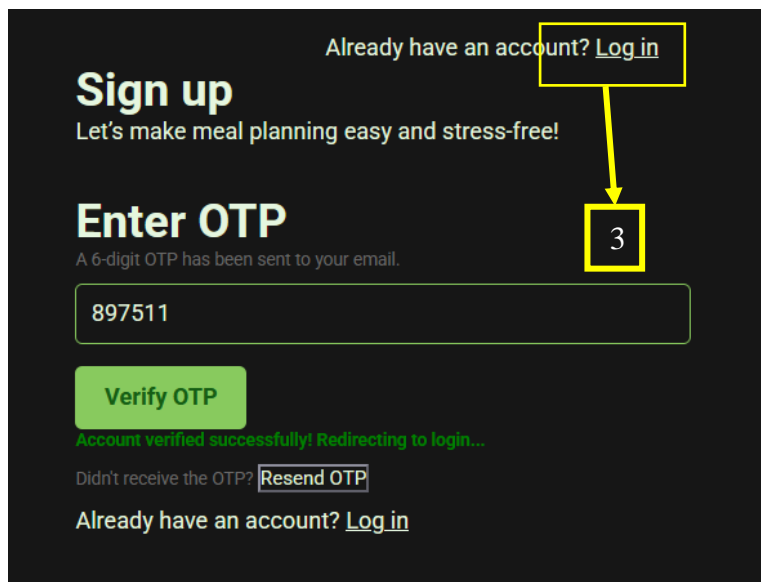
2. After correctly fill the form and click signup button OTP verification form will appear. OTP will send to entered email, user can enter it and redirect in to login page.
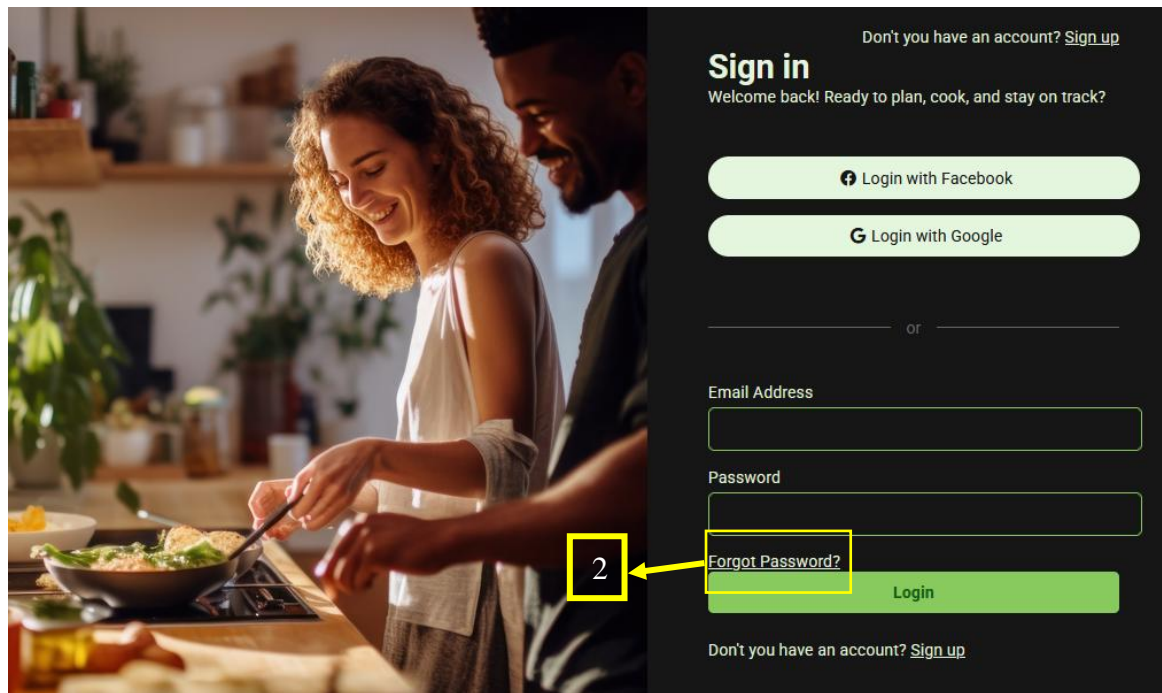

3. If user already had a created account, they can click login link and go to login page.

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.
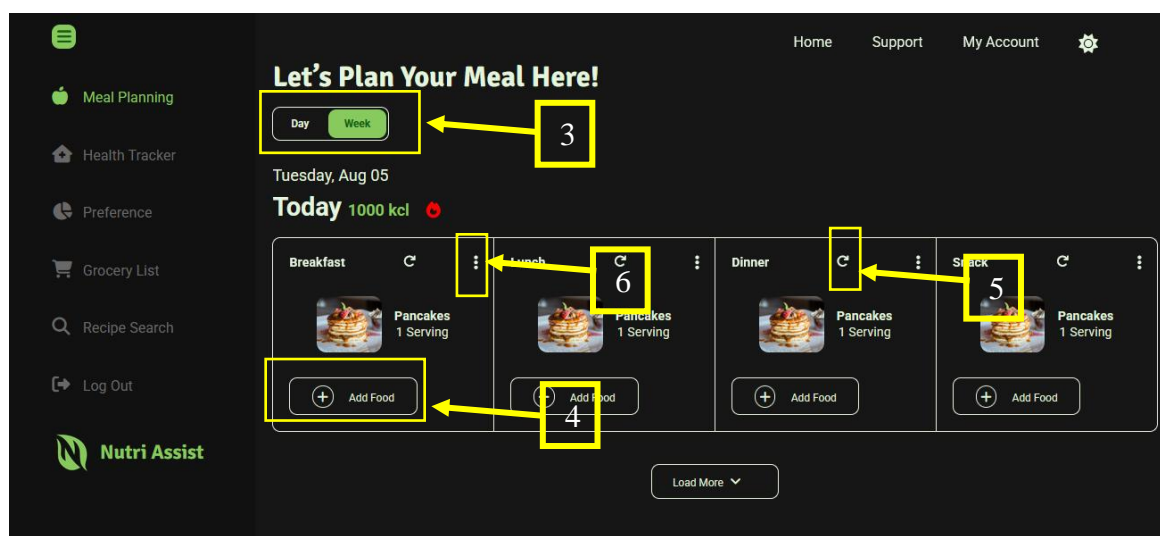
4. User Dashboard

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.
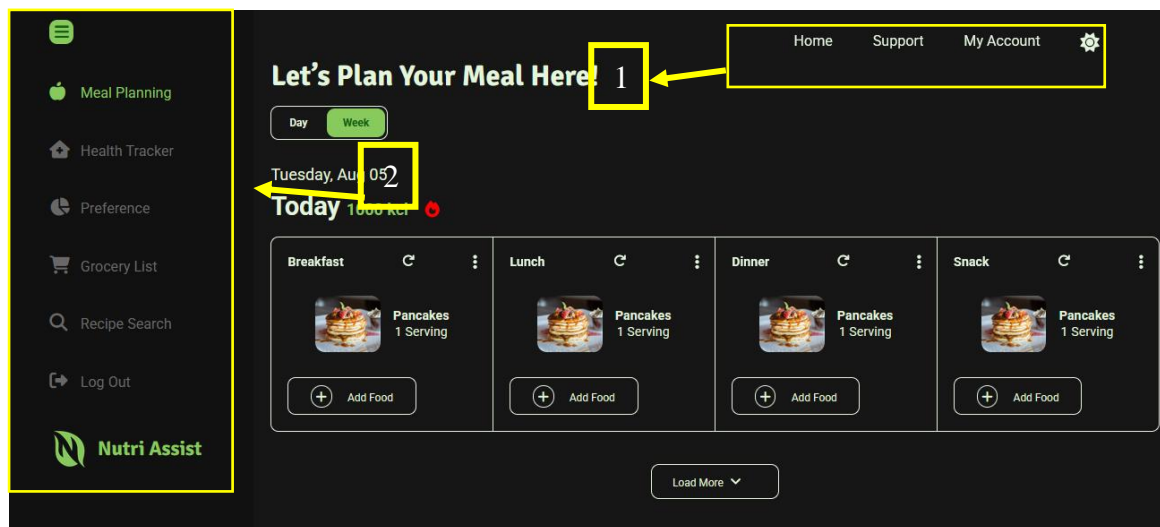
3. In the meal planning page of the dashboard they can either view as day or week their meal plan by clicking this.

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.
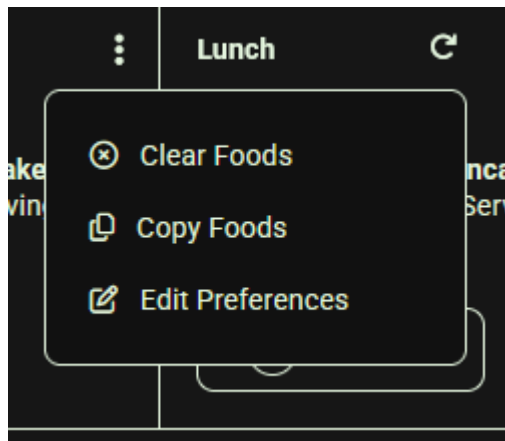
5. User Dashboard – Health Tracker

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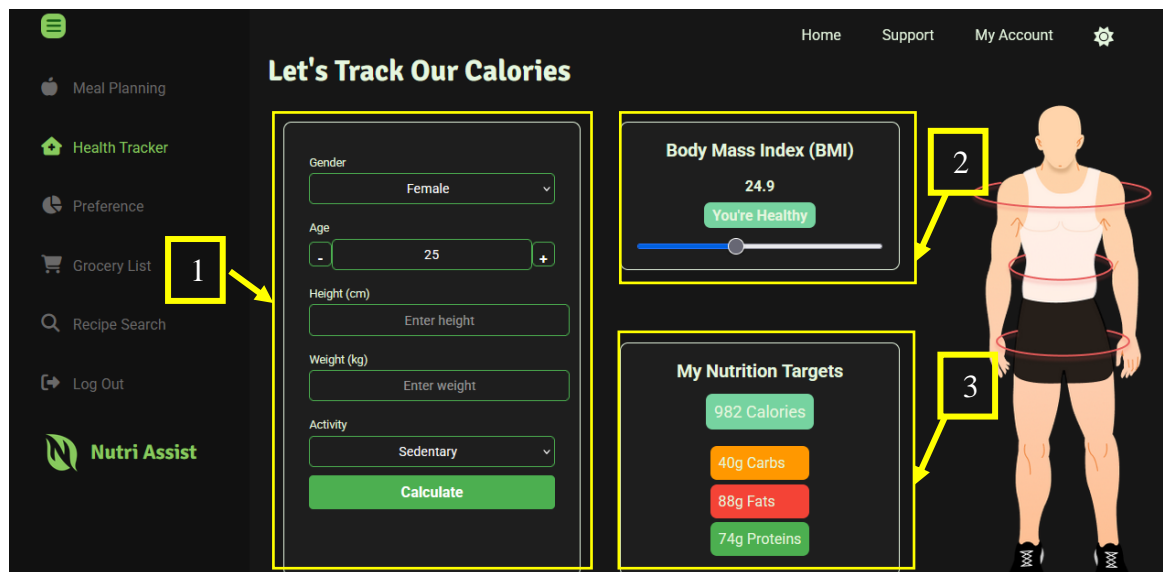
4. This will show auto calculated water limit according to user's BMI. User can manually add their water intake. It also can be showcase to week or day.

5. This showcase overall calorie intake through out day or week.
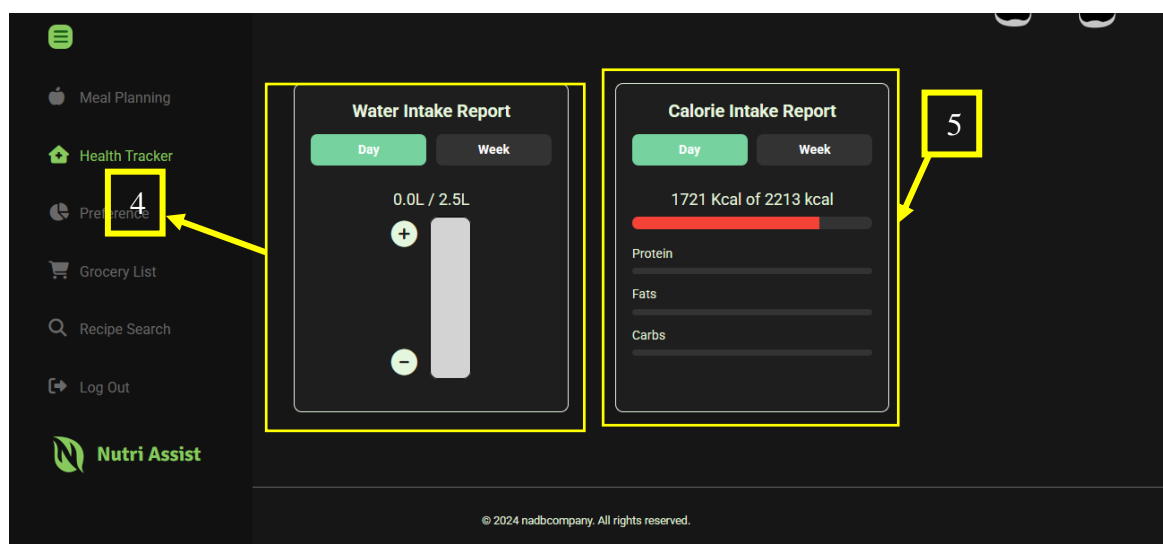
5. User Dashboard – Preferences

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.

6. User Dashboard – Recipe Search

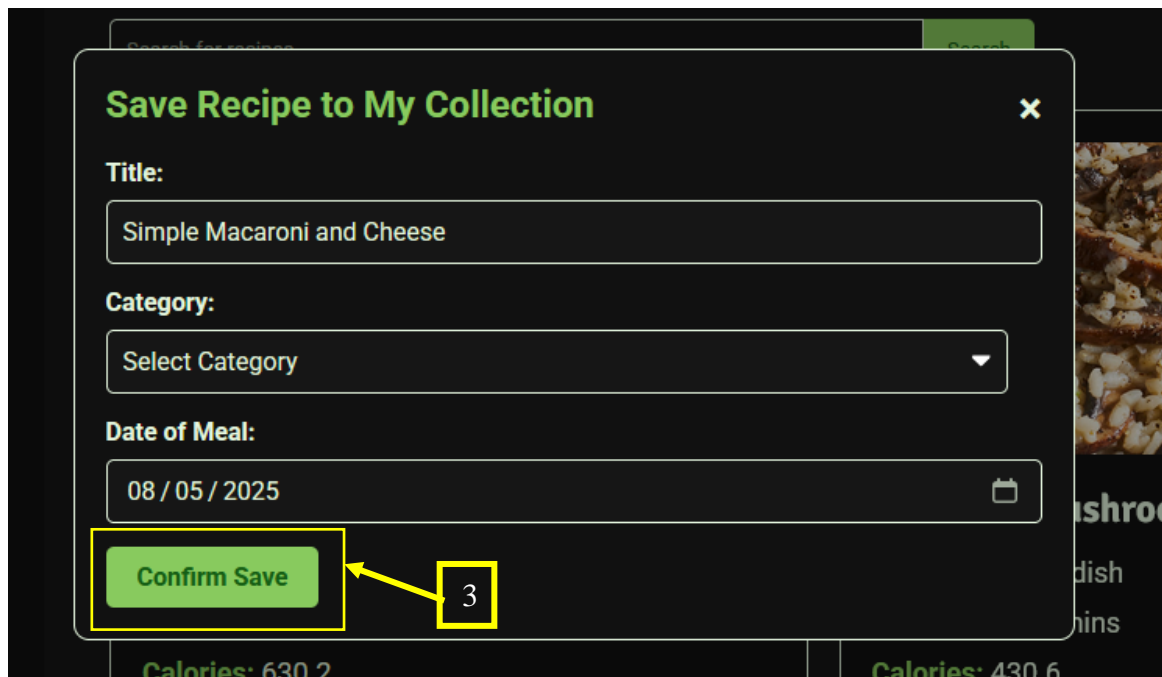1. Search for recipes in here by typing any food name in search bar and hit enter, or clicking search button.

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

3. Use 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.

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.