

# Product Backlog

## 1. User Registration and Authentication:

- As a new user, I want to register securely with my email so that I can access personalized features and track my progress securely.

## 2. Weight Management Journeys:

- As a user committed to achieving a specific weight goal, I want to choose my weight management journey (Weight Loss or Weight Gain) so that the app can tailor my experience and provide accurate calorie goals.

## 3. Personalized Meal Plans:

- As a user with specific dietary needs and weight goals, I want the app to generate personalized daily meal plans for breakfast, lunch, and dinner so that I can easily follow a structured and customized diet plan.

## 4. Custom Food Selection:

- As a user with unique taste preferences or dietary restrictions, I want the ability to customize my meal plans by selecting specific foods so that I can enjoy meals that align with my preferences and needs.

## 5. Recipes and Cooking Guidance:

- As a user looking for assistance in meal preparation, I want the app to provide detailed recipes and cooking guidance for each meal so that I can confidently prepare nutritious meals that contribute to my weight goals.

## 6. Progress Tracking:

- As a user committed to my weight management journey, I want the app to track my progress over time, including weight changes and calorie consumption, so that I can monitor my achievements and adjust my plan if necessary.

## 7. Nutritional Insights:

- As a user seeking to make informed choices about my nutrition, I want the app to offer nutritional insights and visual breakdowns of daily calorie distribution and macronutrient ratios so that I can better understand and optimize my dietary habits.

## 8. Community and Support:

- As a user looking for motivation and support in my journey, I want to connect with a community of users, share experiences, and access support from nutritionists and experts so that I can stay motivated.

**9. Mealtime Reminders:**

- As a user managing a busy schedule, I want to set reminders for consistent meal schedules, and receive notifications to prompt me to log my meals and celebrate milestones so that I can stay disciplined and track my progress effectively.

**10. Data Security and Privacy:**

- As a user entrusting personal information to the app, I want assurance that my data is encrypted and stored securely so that I can use the app with confidence in the protection of my privacy.

**11. Performance:**

- As a user, I want the app to provide responsive performance, particularly during the generation of meal plans and analysis of progress data, so that I can efficiently use the app without delays.

**12. Scalability:**

- As a user, I want the platform to be scalable to accommodate a growing user base and data, so that I can continue to use the app without performance degradation as more users join.

**13. Usability and User Experience:**

- As a user, I want the app's design to be intuitive and user-friendly, ensuring a consistent experience across different devices and platforms, so that I can easily navigate and utilize the features.

**14. Preferences:**

- As a user in a global community, I want the app to support multiple languages and units of measurement so that I can use the app in my preferred language and measurement units.

**15. Documentation and Support:**

- As a user seeking assistance and clarification, I want the app to provide comprehensive user guides and support channels so that I can easily access information and help when needed.

**16. Future-Proofing:**

- As a user invested in the app for the long term, I want the app to be built with flexibility for future enhancements and expansion, such as the addition of new features and a growing database of foods and recipes, so that I can continue to benefit from an evolving and improving product.