User story

**User Story 1:**

As a user, I would like to search for healthy recipes based on specific ingredients or nutritional needs, so I can easily find meals that fit my diet plan.

**User Story 2:**

As a user, I would like to be able to insert my height and weight to calculate my BMI so that I can find out how healthy I am.

**User Story 3:**

As a user, I would like to be able to insert my age, gender, height, weight, and activity level to find out how many calories I need.

**User Story 4:**

As a user, I would like to use my calorie calculations to determine whether I need to gain weight, lose weight, or maintain my current weight.

**User Story 5:**

As a user, I would like to access the website to utilize its services.

**User Story 6:**

As a user, I would like to be able to sign in as a guest and access all the website functionalities.

**User Story 7:**

As a user, I would like to be able to register as a new user and access all the website functionalities.

**User Story 8:**

As a user, I would like to log in to the site and access all the website functionalities.

**User Story 9:**

As a user, I would like to be able to scroll down the page, click on buttons, and interact with all the website features so that I can create my personalized meal plans.

**User Story 10:**

As a user, I would like to access all the different meal plans to find the best recipe for myself.

**User Story 11:**

As a user, I would like to filter for allergies or dietary preferences (e.g., vegan, gluten-free) to find the best recipe for myself.

**User Story 12:**

As a user, I want to see nutritional information for each recipe, so that I can track my calorie intake.

**User Story 13:**

As a user, I would like to browse the ingredients list to find out all the items I need to prepare my meal.

**User Story 14:**

As a user, I would like to be able to modify the ingredients or portion sizes in my customised meal plan so I can personalise it to fit my taste and lifestyle.

**User Story 15:**

As a user, I would like to store my details in a database so that I do not have to redo the entire process and can easily access all my meal plans.

**User Story 16:**

As a user, I want to save my favourite recipes to a personal collection, so that I can easily access them later.

**User Story 17:**

As a user, I want to log my meals and track my nutrition over time, so that I can monitor my progress toward my fitness goals.

**User Story 18:**

As a user, I want to browse a limited selection of recipes without creating an account, so that I can see if the platform meets my needs before signing up.

**User Story 19:**

As a user, I want to learn about the features of the website (like personalized meal planning and recipe suggestions), so that I can understand the benefits of registering.

**User Story 20:**

As a user, I would like to export or print my meal plan, so I can have a physical copy or share it with others.

**User Story 21:**

As a user, I would like to access the same online web services on a mobile app, so that I can quickly decide what to eat when I am in a rush.