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| A green apple with a bite out of it  Description automatically generated  Healthy eats  User Manual | Abstract  The user manual is the document that the user can inform themselves about the application.  Team Project  App Development |

Healthy Eats User Manual

# Introduction

**Welcome to Healthy Eats**

Welcome to **Healthy Eats**, a comprehensive desktop application designed to assist you in your journey towards healthier eating habits. This user manual provides detailed guidance on how to navigate and utilize the various features of Healthy Eats, ensuring a seamless and enjoyable experience as you explore nutritious recipes, personalize meal plans, and engage with a community of health-conscious individuals.

Healthy Eats is more than just a recipe finder; it's a tool that integrates meal planning, grocery list generation, and community support into one user-friendly platform. Whether you're looking to manage your weight, cater to specific dietary needs, or simply enhance your culinary repertoire, Healthy Eats is here to support you every step of the way.

# Getting Started

## System Requirements and Installation

### System Requirements:

* Operating System: Windows 7 or later, MacOS X 10.10 or later
* RAM: 4GB minimum
* Storage: 500MB of free space
* Software: Microsoft Visual Studio

### Installation:

1. Download Microsoft Visual Studio
2. Build the solution of the Healthy Eats Project
3. Run the project using Microsoft Visual Studio

After running, you can immediately start exploring the various features of Healthy Eats.

## Main Features

### Overview of Main Features

Healthy Eats offers a range of features designed to enhance your dietary planning and culinary experience:

* **Main Dashboard:** A central hub providing the Healthy Eats logo, calendar, recipe explorer, grocery list generator, personalized meal planning, and community forum.
* **Personalized Meal Planning:** Customize your dietary preferences and health goals to receive tailored meal plans.
* **Recipe Explorer:** Access a vast repository of recipes that align with your dietary needs, complete with detailed instructions and nutritional information.
* **Grocery List Generator:** Automatically customize grocery lists based on your selected recipes and meal plans.
* **Community Forum:** Engage with a community of like-minded individuals, share recipes, and find motivation and support in your health journey.

Each feature is designed to be intuitive and user-friendly, ensuring you get the most out of your Healthy Eats experience.

## Using the Application

### Navigating Healthy Eats

**Sign Up**

Upon launching Healthy Eats, you will be able to sign up for a new account. If you already have made a user account, you can simply click on “Already Have an Account?” label and it will lead you to the log in interface. If you already are a user, it will alert you that the user already has an account when submitting the form.  
  
A screenshot of a computer error message

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When creating a new user and password, you can see your password input by toggling the “Show Password” checkbox. Please make sure your password contains 1 capital letter, 8 characters, and at least 1 special character.  
  
You are also able to exit the app by pressing the exit button, if necessary.  
A screenshot of a login screen

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**Log In**

Once you create a user account, you will be able to log-in the application. If you do not have an account, you can simply click on “Don’t Have An Account?”, it will lead you to the sign-up form where you can create a user account. You may also view your password once the “Show Password” checkbox is toggled. You can exit the application with the exit button, if necessary.  
A screenshot of a login screen

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**Main Dashboard:** Upon launching Healthy Eats, you'll be greeted by the main dashboard. Here, you can view the calendar, read recent recipes, view the personalized meal plans, add groceries in your list, and add a community forum post.

A screenshot of a menu

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**Personalized Meal Planning:** Navigate to the meal planning section to set your dietary preferences and health goals. The application will use this information to generate a meal plan tailored to your needs.  
  
The date and time user controls are added on top of the form in order to get an idea of the date and time of the generation of the meal plan.  
  
You are able to input your name, number of meals, your meal restrictions and meal allergies.

A screenshot of a menu

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By selecting a meal plan, you can see the nutritional information of the specific meal plan chosen by highlighting the meal and clicking on the nutritional information button.  
  
A screenshot of a meal planning application

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You may also go back to the menu, by pressing the back button. You can also exit the application by pressing the exit button.

**Recipe Explorer:** Use the Recipe Explorer to find new and exciting recipes. You can search based on ingredients and meal. Each recipe includes detailed instructions and ingredients.

With the navigation bar for data viewing, you are able to navigate through the recipes by clicking the left and right icons in the navigation bar.   
  
You may also search for specific recipes by typing “Pasta Carbonara” in the search bar and clicking “View Details”. The GUI will display the Ingredients and Instructions.

A screenshot of a recipe

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**Grocery List Generator:** The Grocery List Generator helps you create and organize your shopping list. You will be able to add ingredients from your selected recipes, making shopping more efficient.

You are able to input a grocery description which could be an ingredient, a dish, etc. You are able to write down the list that you would like to buy the next time you run errands.  
  
A screenshot of a grocery list

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By highlighting the item description, you can modify or remove them.  
A screenshot of a grocery list

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**Community Forum:** In the Community Forum, you can connect with other users, share recipes, and discuss various health and dietary topics. It's a great place to find support and inspiration.  
  
A green screen shot of a forum

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Each section of the application is designed to be intuitive, but if you encounter any difficulties, refer to the 'Troubleshooting' section of this manual.

### Troubleshooting

**Common Issues and Solutions**

Encountering issues while using Healthy Eats? Here are some common problems and their solutions:

* **Application Not Responding:** Ensure your device meets the system requirements. Try restarting the application or your device. Please ensure to remove the previous processes of the application to ensure the responsive application and database.
* **Difficulty in Navigating:** Refer to the 'Using the Application' section for detailed guidance on navigating through different features.
* **Issues with Personalized Meal Planning:** Ensure that the meal is correctly selected, try restarting the application. If issue persists, please contact us.
* **Issues with Grocery List:** Ensure all ingredients and recipes are correctly selected. If errors continue, try restarting the application. If the issue persists, please contact us.

If these solutions don't resolve your issue, please refer to the 'Contact and Support' section for further assistance.

## Additional Resources

**Helpful Links and Resources**

To enhance your experience with Healthy Eats, here are some additional resources:

* [Recipes](https://cookpad.com/us): Discover a wide range of recipes to suit your dietary needs.
* [Canada Food Guide](https://food-guide.canada.ca/en/): Get insights into balanced eating and nutritional guidelines.
* [Nutrition Information](https://www.nutrition.gov/): Access comprehensive information on various foods and their nutritional values.
* [Nutritionist Pro™ Diet Analysis](https://nutritionistpro.com/): Utilize this tool for detailed diet analysis and meal planning.

These resources can provide additional support and information to help you make informed decisions about your diet and health.

## Contact and Support

**Getting Help and Support**

If you need assistance or have questions about Healthy Eats, we are here to help! You can reach us through the following channels:

* **Email Support:** Send your queries to vaniercollegestudent@vaniercollege.qc.edu.ca.