

RECIPE BOOK

A personalised app
containing all your
low-calories recipes



Required tasks

1. Ask the user to enter an ingredient
2. Create a function to make a request to the Edamam API with the required ingredient
3. Get the returned recipes from the API response
4. Display the recipes for each search result



Basic search with Edamam API

Enter ingredient n.1: almond

Output:

Almond Cookies

<http://www.lottieanddoof.com/2011/12/day-10-almond-cookies/>

1 pound almond paste

1 1/2 tablespoons pistachio paste (optional)

1/2 cup granulated sugar

2 large egg whites

Almond Paste

<https://food52.com/recipes/28464-almond-paste>

1 1/2 cups blanched almonds

1 1/2 cups confectioner's sugar

1 egg white

1 teaspoon almond extract

Extension of the project

1. Ask the user additional questions to narrow down the research
2. Order the results by calories
3. Save the recipe with the lowest amount of calories



Narrowing down the research

```
n_ingredients = int (input ("How many ingredients do you want to use?"))
```

```
meal_preference = input ("Do you have a preferred meal? Type y or n: ")
```

```
if meal_preference == "y":
```

```
    meal_type = input ("Are you looking for breakfast, lunch or a dinner recipe? ")
```

```
else:
```

```
    meal_type = random.choice( ["breakfast" , "lunch" , "dinner"] )
```

```
health=random.choice( ["dairy-free" , "gluten-free"] )
```

Ordering the results by calories

```
all_recipes=[]  
for i in results :  
    recipe = i["recipe"]  
    all_recipes.append(recipe["label"])  
    all_recipes.append(int(recipe["calories"]))  
    all_recipes.append(recipe["url"])  
    all_recipes.append(meal_type)  
  
N = 4  
subList = [all_recipes[n:n+N] for n in range(0, len(all_recipes), N)]  
  
ordered_list = sorted(subList, key=lambda x: x[1], reverse=False)
```

```
all_recipes= [  
    label 1  
    calories 1  
    url 1  
    meal_type 1  
    label 2  
    calories 2  
    url 2  
    meal_type 2]
```

```
subList=[ [  
    label 1  
    calories 1  
    url 1  
    meal_type 1],  
    [label 2  
    calories 2  
    url 2  
    meal_type 2]]
```

Output

Strawberry-Almond Smoothie

Calories: 255

http://www.eatingwell.com/recipes/strawberry_almond_smoothie.html

breakfast

Cherry Vanilla Almond Smoothie Recipe

Calories:273

<http://www.serious-eats.com/recipes/2013/07/cherry-vanilla-almond-smoothie-vegan-dairy-free-drink.html>

breakfast

Almond, banana & passion fruit smoothie

Calories:284

<http://www.jamieoliver.com/recipes/fruit-recipes/almond-banana-passion-fruit-smoothie/>

breakfast

Saving the recipe with the lowest amount of calories

```
with open('recipe_book.txt' , 'a' ) as text_file :
```

```
    for element in ordered_list[0] :  
        recipe_book = str(element) + “\n”  
        text_file.write(recipe_book)
```

```
    for ingredient in recipe[“ingredientLines”] :  
        recipe_book2 = ingredient + “\n”  
        text_file.write(recipe_book2)
```


Recipe book as a txt file

Strawberry-Almond Smoothie

255

http://www.eatingwell.com/recipes/strawberry_almond_smoothie.html

breakfast

2 cups unsweetened almond milk

1/2 cup creamy raw almond butter

2 tablespoons raw honey

1 (10-ounce) package frozen cherries

Kale-Green Apple Smoothie

209

<http://www.bonappetit.com/recipes/article/no-time-for-breakfast-nonsense-take-it-to-work-with-one-of-these-quick-ideas>

breakfast

3 eggs

1/8 tsp. salt

1/8 tsp. nutmeg

black pepper

1/4 Granny Smith apple, peeled and cored, cut into thin slices

6 oz. Brie cheese, sliced into 1/4 inch strips

1 tsp. butter

Quick, Concentrated Shrimp Stock

13

<https://www.marthastewart.com/1544219/quick-concentrated-shrimp-stock>

lunch

2 large fennel bulbs

20 x shrimps with shells, no heads

3 x shallots

1 x saffron capsule

Salt and pepper

Olive oil

1 tsp sugar

Roasted Tomatoes Recipe

72

<http://www.serious-eats.com/recipes/2016/09/oven-roasted-fresh-canned-tomatoes-recipe.html>

lunch

½ teaspoon dried basil

¼ teaspoon dried oregano

½ teaspoon kosher salt

½ teaspoon freshly ground black pepper

1 tablespoon grapeseed oil

12 plum tomatoes, halved lengthwise

Beef Tea

514

<https://www.epicurious.com/recipes/food/views/beef-tea-395253>

dinner

Thank you!

