

Phase 2 (Web Expansion)

◆ Core Features

1. Nutrition & Diet (CalorieNinjas API)
 2. Yoga Suggestions (Yogism API)
 3. UI/UX Improvements
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Nutrition & Diet (CalorieNinjas API)

UI Screens & Components

- NutritionSearch.jsx
 - Search bar → user types food item (e.g., "2 chapatis and dal").
 - Fetch nutrition info from API.
- NutritionResultCard.jsx
 - Displays Calories, Proteins, Carbs, Fats.
- NutritionHistory.jsx
 - Stores past searches per user.

Implementation Details

- API Call Example (Axios):
 - `axios.get('https://api.calorieninjas.com/v1/nutrition?query=2 chapatis and dal', {`
 - `headers: { 'X-API-Key': 'YOUR_API_KEY' }`
 - `})`
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Yoga Suggestions (Yogism API)

UI Screens & Components

- YogaList.jsx

- Grid of yoga poses (thumbnail + name).
 - YogaCard.jsx
 - Card with image, name, description.
 - YogaDetailModal.jsx
 - Detailed instructions + step images.
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3 UI Improvements

- Add Bottom Navigation / Sidebar:
Reminders | Prescriptions | Nutrition | Yoga
 - Extra UX Enhancements
 - Swipe to delete reminders (using React-swipeable-list).
 - Share prescriptions (generate shareable link).
 - Expandable/accordion cards for yoga & nutrition.
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⚙️ Phase 2 Tech Stack

- Networking: Axios (for API calls)
 - State Management: React Context / Redux Toolkit
 - Image Handling: React Lightbox + Firebase Storage
 - Offline Cache: IndexedDB (via Dexie.js)
 - Deployment: Vercel / Netlify (for frontend), Firebase Hosting (if Firebase backend)
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📁 Suggested Folder Structure (React + Firebase)

my-health-app/

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|—— public/ # Static files

```
|—— src/
|  |—— assets/      # Images, icons
|  |—— components/  # Reusable UI components
|  |  |—— ReminderCard.jsx
|  |  |—— PrescriptionCard.jsx
|  |  |—— NutritionResultCard.jsx
|  |  |—— YogaCard.jsx
|  |
|  |—— pages/       # Main screens
|  |  |—— Reminders.jsx
|  |  |—— Prescriptions.jsx
|  |  |—— Nutrition.jsx
|  |  |—— Yoga.jsx
|  |
|  |—— services/    # API + Firebase logic
|  |  |—— firebase.js
|  |  |—— notificationService.js
|  |  |—— nutritionAPI.js
|  |  |—— yogaAPI.js
|  |
|  |—— context/     # App context (Auth, Reminders, etc.)
|  |—— App.jsx      # Root app
|  |—— main.jsx     # Entry point
|  |—— index.css    # Global styles
```

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|—— package.json

|—— tailwind.config.js