<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8" />

<meta name="viewport" content="width=device-width, initial-scale=1" />

<title>Healthy Food Recipes</title>

<link rel="stylesheet" href="styles.css" />

</head>

<body>

<header>

<h1>Healthy Food Recipes</h1>

<nav>

<a href="#">Home</a>

<a href="#recipes">Recipes</a>

<a href="#submit-recipe">Submit Recipe</a>

</nav>

</header>

<section class="intro">

<h2>Welcome!</h2>

<p>Discover tasty and healthy recipes to fuel your body and mind.</p>

</section>

<section id="recipes" class="recipes">

<h2>Our Recipes</h2>

<input type="text" id="searchBar" placeholder="Search recipes..." />

<div class="filters">

<button onclick="filterRecipes('all')">All</button>

<button onclick="filterRecipes('breakfast')">Breakfast</button>

<button onclick="filterRecipes('lunch')">Lunch</button>

<button onclick="filterRecipes('dinner')">Dinner</button>

</div>

<div class="recipe-grid">

<div class="recipe-card" data-category="breakfast">

<img src="https://via.placeholder.com/300x200" alt="Avocado Toast" />

<h3>Avocado Toast</h3>

<p>Whole-grain toast topped with mashed avocado.</p>

</div>

<div class="recipe-card" data-category="lunch">

<img src="https://via.placeholder.com/300x200" alt="Quinoa Salad" />

<h3>Quinoa Salad</h3>

<p>Veggies and quinoa with lemon vinaigrette.</p>

</div>

<div class="recipe-card" data-category="dinner">

<img src="https://via.placeholder.com/300x200" alt="Grilled Salmon" />

<h3>Grilled Salmon</h3>

<p>Fresh salmon with herbs and roasted veggies.</p>

</div>

<div class="recipe-card" data-category="snacks">

<img src="https://via.placeholder.com/300x200" alt="Fruit Smoothie" />

<h3>Fruit Smoothie</h3>

<p>Banana, berries, and almond milk blend.</p>

</div>

</div>

</section>

<section id="submit-recipe" class="form-section">

<h2>Submit Your Healthy Recipe</h2>

<form>

<input type="text" placeholder="Recipe Name" required />

<input type="text" placeholder="Category (e.g. breakfast)" required />

<textarea placeholder="Ingredients and Instructions" required></textarea>

<button type="submit">Submit</button>

</form>

</section>

<footer>

<p>&copy; 2025 Healthy Food Recipes</p>

</footer>

<script src="scripts.js"></script>

</body>

</html>