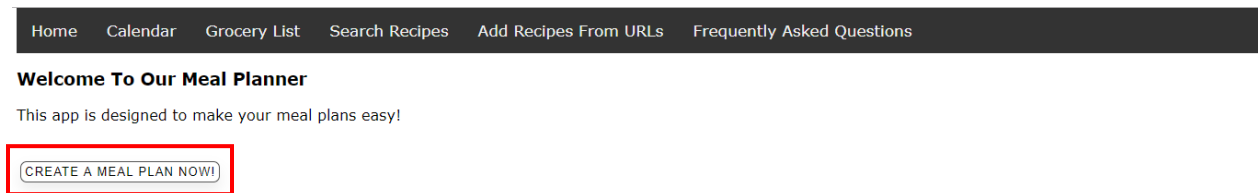


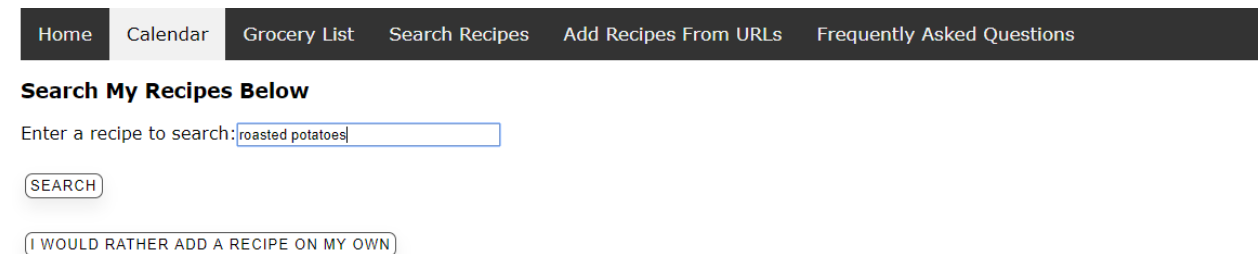
## Meal Planner App Instructions

The meal planner program aims to simplify a user's process of creating a meal plan and grocery shopping list on a weekly basis. The meal planner allows a user to select and save their favorite recipes, generate a weekly schedule of meals as well as a grocery list, after considering existing pantry items. The recipes can be searched from an online database using an API or a user selected URL.

Once you run the app on java and open localhost:8081 you'll see the home page displayed below




To get started with your meal planning for the week, you can click on the create meal plan now button, highlighted in red in the picture above. Once you click the button, you'll be directed to a recipe search page. The page lets you search for recipes by keywords.



Once you enter the name of the recipe you want and click the search button, the app will display a list of about 20 recipes that are pulled from several recipe databases on the internet using the Yummly API. An example of results for the 'roasted potatoes' search is displayed below.

#### Recipe Search List List

- [Roasted Mustard Potatoes](#) (SEND TO CALENDAR)
- [Garlic Roasted Potatoes](#) (SEND TO CALENDAR)
- [Asian Roasted Potatoes](#) (SEND TO CALENDAR)
- [Roasted Potato Medley](#) (SEND TO CALENDAR)
- [Italian Parmesan Roasted Potatoes](#) (SEND TO CALENDAR)
- [Grandma's Roasted Potatoes](#) (SEND TO CALENDAR)
- [Air Fryer Roasted Potatoes](#) (SEND TO CALENDAR)
- [Herb-roasted Potatoes](#) (SEND TO CALENDAR)
- [Italian Roasted Mozzarella Potatoes](#) (SEND TO CALENDAR)
- [Roasted Potatoes With Rosemary](#) (SEND TO CALENDAR)
- [Roasted Smashed Potatoes](#) (SEND TO CALENDAR)
- [Crispy Pan Roasted Potatoes](#) (SEND TO CALENDAR)
- [Simple Roasted Potatoes](#) (SEND TO CALENDAR)
- [Herb Roasted Potatoes & Cerritos / Whole30 Paleo](#) (SEND TO CALENDAR)
- [Crispy Roasted Potatoes](#) (SEND TO CALENDAR)
- [Roasted Herbed Baby Potatoes](#) (SEND TO CALENDAR)
- [Easy Oven Roasted Potatoes](#) (SEND TO CALENDAR)
- [Spiced Roasted Potatoes](#) (SEND TO CALENDAR)
- [Rosemary Roasted Potatoes](#) (SEND TO CALENDAR)
- [Roasted Potatoes](#) (SEND TO CALENDAR)

Recipe search powered by 

I HAVE A URL TO ADD RECIPE FROM

You can view any of the recipes by just clicking the name or can add them to the calendar by hitting the send to calendar button. If you don't like the recipes you see on this page, you can opt to entering the recipe from an external URL manually.

I chose to add the recipe to Saturday Breakfast by selecting that option from the drop down highlighted in the picture below

#### Calendar

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						<a href="#">Garlic Roasted Potatoes</a>	
Lunch							
Snack							
Dinner							

Recipe Selected: Garlic Roasted Potatoes

Select a Calendar Option

Select a Calendar Option

SEARCH A NEW RECIPE

I HAVE A URL TO ADD RECIPE FROM

Similarly, to remove a meal from the selected day, you can select the Day and meal and click the remove button next to the dropdown.

And to add a recipe manually, you could click the manual recipe button on any of the previous pages or click on the 'Add Recipes from URLs' tab on the navigation bar. You can fill in the recipe details and proceed to adding ingredient details if you want them displayed on the grocery list.

[Home](#) [Calendar](#) [Grocery List](#) [Search Recipes](#) [Add Recipes From URLs](#) [Frequently Asked Questions](#)

**Enter your recipe below:**

Recipe Name:

Recipe URL:

Cooking Time in Minutes:

Serving size:

**ADD INGREDIENTS TO PROCEED**

[SEND TO CALENDAR](#) [CREATE A NEW RECIPE](#)

Clicking the add ingredients button will direct the users to the form shown below. Users can enter as many ingredients as they want and click 'Display the Recipe' button to view the entire recipe once before adding it to the calendar.

[Home](#) [Calendar](#) [Grocery List](#) [Search Recipes](#) [Add Recipes From URLs](#) [Frequently Asked Questions](#)

**Enter your ingredients below:**

Add new Ingredient:  [Add](#)

- 200 gms Paneer
- 2 tbsp curd

**DISPLAY THE RECIPE**

The entire recipe entered by the user is shown below. The user can then send the recipe to calendar and follow the steps to add the recipe to a day and meal.

### Enter your recipe below:

Recipe Name:

Paneer Sandwich

Recipe URL:

https://www.vegrecipesofindi

Cooking Time in Minutes:

15

Serving size:

3

ADD INGREDIENTS TO PROCEED

- 200 gms Paneer
- 2 tbsp curd

SEND TO CALENDAR

CREATE A NEW RECIPE

Once the user is done with planning their meals for the week, they can click on the Grocery List tab, to view a list of ingredients by recipe

### Grocery List

#### Dish Name: Garlic Roasted Potatoes

- 1 lb baby potatoes, washed and rinsed [REMOVE](#)
- 2 tablespoons salted butter, melted [REMOVE](#)
- 2 tablespoons olive oil [REMOVE](#)
- 4 cloves garlic, finely minced [REMOVE](#)
- Pinch of salt [REMOVE](#)
- Pinch of cayenne pepper [REMOVE](#)
- 3 dashes ground black pepper [REMOVE](#)
- Chopped parsley, for garnishing [REMOVE](#)

#### Dish Name: Paneer Sandwich

- 200 gms Paneer [REMOVE](#)
- 2 tbsp curd [REMOVE](#)

The user can choose to remove an ingredient that they already have at home by just clicking the remove button next to the ingredient.

## Grocery List

### Dish Name: Garlic Roasted Potatoes

- 1 lb baby potatoes, washed and rinsed [REMOVE](#)
- 2 tablespoons salted butter, melted [REMOVE](#)
- 2 tablespoons olive oil [REMOVE](#)
- Pinch of salt [REMOVE](#)
- Pinch of cayenne pepper [REMOVE](#)
- 3 dashes ground black pepper [REMOVE](#)
- Chopped parsley, for garnishing [REMOVE](#)

### Dish Name: Paneer Sandwich

- 200 gms Paneer [REMOVE](#)
- 2 tbsp curd [REMOVE](#)

[PRINT THIS PAGE](#) [GO BACK TO CALENDAR](#)

The user can then print the final grocery list using the 'Print this page' button. A similar button is also available on the calendar page to print out the calendar view as well. The user can also click on any of the recipes in the calendar to be able to see more details on the recipe. There is also a Frequently Asked Questions (FAQs) tab to answer any general questions that a user might have.

## Frequently Asked Questions

### How to can I create a meal plan?

When you start the application, click on "Create A Meal Plan Now" button or simply go to "Search Recipes" in the navigation bar.

### How to can I search a recipe?

Simply enter the recipe that you would like to search in the search box on the "Search Recipes" tab and click on "Search" button

### How to can I add a recipe to the calendar?

Click on "Add to Calendar" button whenever the option is available and you will be taken to the calendar view where you can select the day and the meal to add the recipe to.

### How to can I access the grocery list?

You can access the grocery list at any time by clicking on the Grocery List tab in the navigation bar. The grocery list will only show the ingredients for those recipes that have been added to the calendar.

### How to can I view the full recipe?

You can access the full recipe by clicking on the recipe name in the calendar view or in the searched listing view. If a recipe was added via search functionality of the app, you can find the original website by clicking on the "Visit original recipe site" link. If the recipe was manually added, the calendar view will directly take you to the original website as entered by the user.

### How can I save a meal plan and grocery list and retrieve them?

There is a "Print to PDF" button on the grocery list and calendar pages. Once clicked, you can save your meal planner calendar and grocery list in a PDF format on your computer, which can be accessed at any time. Alternatively, you can always save a webpage from your browser as a local file on your computer and access it later at any point of time.