**KITCHEN ALCHEMY**

#### **1. User Registration (Sign Up)**

Welcome! Please fill in the following information:

* **Full Name**
* **Email Address**
* **Username**
* **Password**
* **Confirm Password**

By clicking "Sign Up", you agree to our [Terms of Service] and [Privacy Policy].

Already have an account? **[Log In here]**

* **Username**
* **Password**  
  (Note: "Forgot password" option can be added)

**[Sign Up]**  
<https://media/image2.svg>

#### **2. User Profile & Personalization**

**Basic Information:**

* Weight
* Height
* Age
* Gender

**Health Information:**

* **Food allergies** (e.g., gluten, nuts)
* **Health conditions** (e.g., diabetes)
* **Physical activity level** (per week):
  + **High**: >3 sessions
  + **Medium**: 1-3 sessions
  + **Low**: ≤1 session

(Back to Log In)

#### **3. Welcome Screen**

**"We're so glad you're here!**  
Whether you're discovering recipes, tracking calories, or aligning meals with fitness goals – we’ve got you covered."

**Dashboard Features:**

1. **User Profile** ("username"):
   * Displays: Weight, height, age, gender, allergies, health conditions, activity level.
   * Options: Update Profile / Delete Profile
2. **Recipe Book**:
   * Lists: Recipe 1, Recipe 2, Recipe 3, Recipe 4
   * **"Create New Recipe"** button:
     + **Dish Name**
     + **Ingredients List** (with calorie count per ingredient)
     + **Total Serving Value**
     + **Caloric Value per Portion** (in kcal)
     + Opens a window showing full recipe details
   * **Star Icon** ★: Lets users "like" tried recipes.

Developer Note:  
"Tracking detailed nutrition (sugar, fat, salt) for complex dishes is challenging without lab analysis. We recommend categorizing products by type (meat, gluten-free, fish, etc.) to help users identify allergens from titles."

1. **"Fun Facts for Foodies and Fitness Lovers"**:
   * Click to reveal new food/fitness trivia.

#### **4. Footer**

**"Thank you for visiting our website!"**