Final Project

## NUTRI-CONNECT

### Milestone 1

Web application for a nutritionist to improve communication, facilitate meal planning, and provide valuable nutritional information, also empowering users to make informed dietary choices.

#### Problem definition

Lack of efficient communication and organization between nutritionists and their clients.

Clients may find it challenging to track their progress and stick to dietary recommendations without accessible resources and support.

Need to create and provide an easy quick access to personalized nutrition plans.

There is a need for a user-friendly platform that facilitates seamless interaction between nutritionists and clients while promoting accountability and compliance with nutritional guidelines.

#### Proposed solution

Develop a React-based web application that serves as a centralized hub for nutritionists and their clients. This application will feature user authentication for nutritionists and clients, allowing secure access to personalized profiles and communication channels. Clients will be able to input personal data and medical history, view their nutrition plans, exchange messages with their nutritionist, and access a comprehensive list of nutritional equivalences. Nutritionists, on the other hand, will have the ability to manage client profiles, create customized nutrition plans, and oversee communication threads.

#### Project Scope

* User authentication for nutritionists and clients.
* Client profile management, including personal data, medical history, and dietary preferences.
* Nutrition plan creation and management for each client.
* Messaging system for communication between nutritionists and clients.
* Comprehensive list of nutritional equivalences categorized by food groups.

#### Requirements

* Client profile creation and management
* Nutrition plan creation and assignment to clients
* Messaging functionality between nutritionists and clients
* Display of nutritional equivalences with relevant information

#### Project Timeline

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#### Technology Stack

* React
* Tailwind for UI styling
* MongoDB or Firebase as database
* Git for version control