

# Mobile App Project Brief

**App name**

Healthy Lemon

**Problem statement**

Diet recipe for workout. People prepare their foods based on their workout plan.

**Product description**

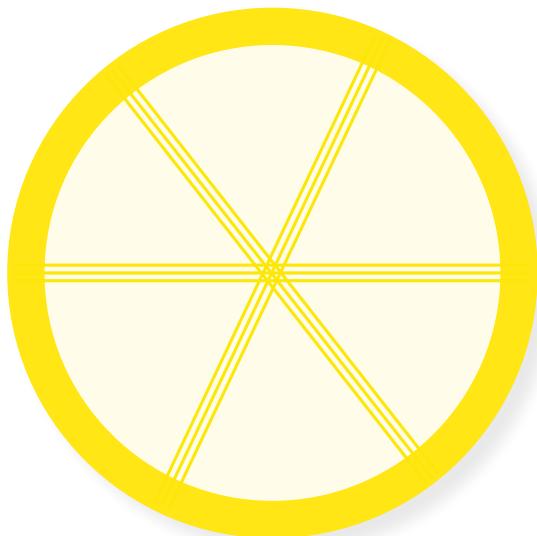
Different recipes recommendation. For example, recipes for running, yoga, lose weights, or building muscles.

**User needs**

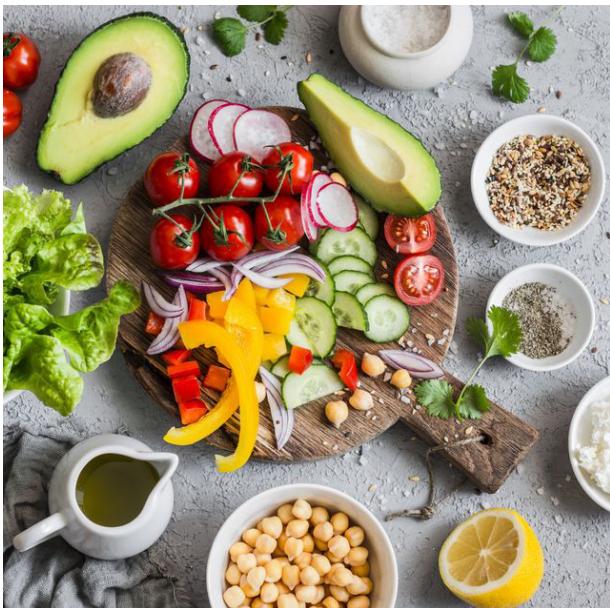
Healthy diets with their dairly/weekly workout plan.

**Product format**

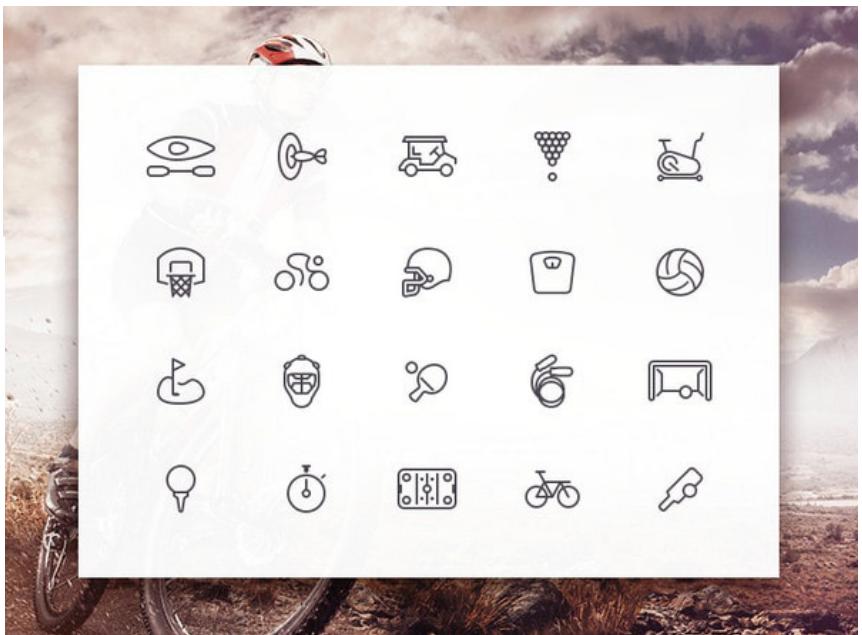
Android phone or iphone



# Mood board



healthy, positive, natural, fresh, athletic



# User Persona

**Lauren Thompson**

**Age:** 28

**Occupation:** Fitness coach, personal trainer

**Family status:** Single

**Current city:** San Francisco, CA

**Character type:** The team player

Friendly, Patient, Energetic, Idealistic

## Goals

- Loves delicious food
- Keeping fit
- To get balancing nutritions on diet

## Frustrations

- Most healthy diet tasting bad
- No nutrition show on the cooking receipt
- Cooking time conflict with workout plan
- Over-complicated apps

## Personality

Extrovert, feeling, sensing, judging

## Technological prowess

- Mostly using smartphone
- Sometimes laptop
- Medium speed network
- Early adopter
- 3 hours a day spend online

## FAVOURITES



*“I like healthy lifestyle.”*

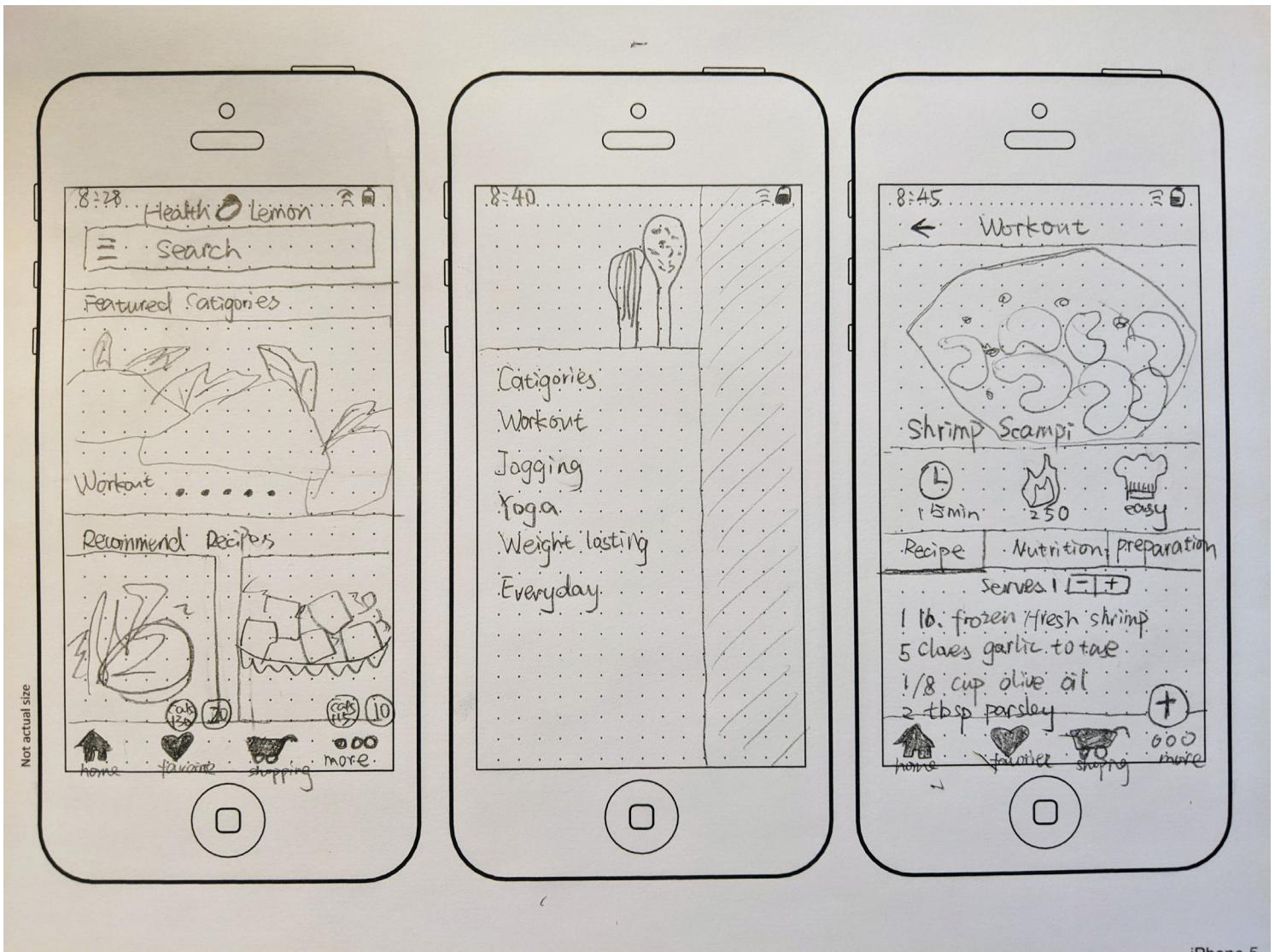
Lauren wants to live a healthy life. She has regular workout plans to keep her body and mental healthy. As a fitness coach, Lauren likes to keep fit. The healthy diets offering balancing nutritions that help Lauren keep up with her workout plans.

However, Lauren could not prepare her daily diet because the cooking time on app is unclear. She's afraid of missing her classes.

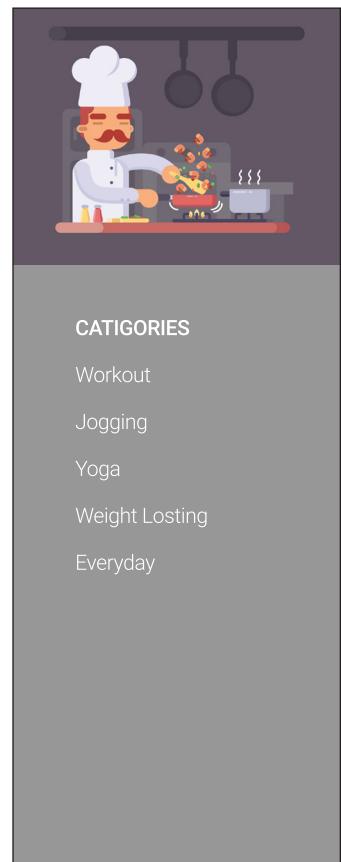
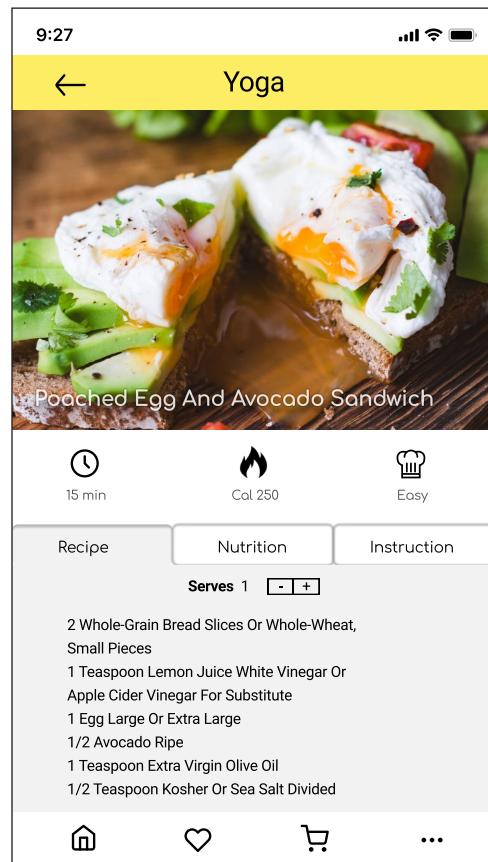
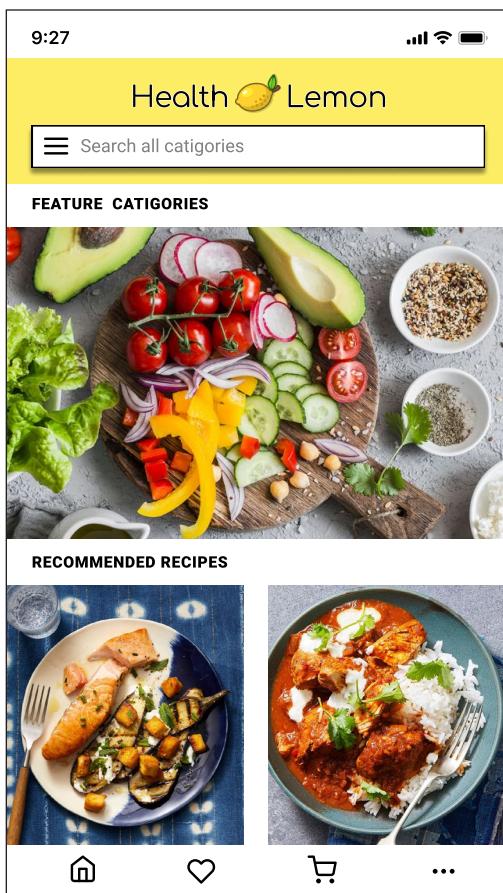
As a user, Lauren is particular about the apps she uses and likes them to look good, inspire her with bright colors, be straightforward to use and work fluidly.



# Prototype Sketch



# Digital Prototype



# Type Selections and Combinations

## **Spiced grains with peas, spinach and jammy eggs (Chaparral 13/15 Bold)**

### Ingredients

eggs 3 (we used Burford Browns)  
butter 25g  
onion 1, finely chopped  
red chilli 1, finely chopped  
ground cumin 1 tsp  
ground coriander 1 tsp  
ground turmeric 1/2 tsp  
ready-cooked freekeh or other grain 250g  
frozen peas 200g, defrosted  
baby spinach 100g, chopped  
sriracha to serve  
(Helvetica 11/14 Light)

## **Healthy chicken curry (ITC New Baskerville 13/15 Bold)**

### Ingredients

onion 1 large, chopped  
ginger chopped to make 1 tbsp  
red chilli 1, diced  
ground coriander 1/2 tbsp  
ground cumin 1/2 tbsp  
medium curry powder 1/2 tbsp  
red peppers 2, seeded and diced  
skinless chicken breasts 4, diced  
cauliflower 1 small, cut into florets  
chopped tomatoes 400g tin  
baby spinach 200g  
(Acynub Variable 11/15 Regular)

## **One-pot paprika cod and chickpeas (Cronos Pro 13/15 Bold)**

### ngredients

garlic 1 clove, finely sliced  
red chilli 1, finely sliced (optional)  
baby plum tomatoes 300g, halved  
chickpeas 400g tin, drained and rinsed  
olive oil 3 tbsp  
smoked paprika 1 tsp  
cod loin fillets 4 pieces (about 125g each)  
flat-leaf parsley a small bunch, chopped  
lemon wedges to serve  
crusty bread to serve  
(Corbel 11/15 Regular)

# Healthy Lemon

## Project goals

Design a healthy food recipe application for Android phone or iPad. For the people who want to live healthy and prepare their foods based on their healthy needs.

## Features

- Categories.
- Searching bar.
- Save favorite.
- Shopping cart for needed ingredients.
- Share favorite recipes with friends.
- User account.
- Adjustment servings.
- Information include cooking time, nutritions, instruction, ingredients, and prepare difficulty.

## Decisions

- Branding. Lemon icon is designed to fit the app name. Strong used of yellow representing fresh and healthy feeling.
- Features are designed for easy use.
- Recipes categories are based on people's healthy needs. Such as recipes for muscle building, blood sugar reducing, lose weights, or improving cardio.
- Searching bar also emphasizes different categories.
- Different layout. Vertical layout is designed for small phone screen, including hamburger menu and stacking tabs. Horizontal layout is designed for larger iPad screen with more columns, showing more buttons and information within one page.

## Bibliography

### Image and Recipes (Licens Unknown)

1. Livermore, S. (2020, December 7). *81 Healthy Dinners You'll Actually Look Forward To Eating*. Delish. <https://www.delish.com/cooking/recipe-ideas/g3733/healthy-dinner-recipes/>
2. Kitchen, T. G. H. T. (2018, August 1). *Grilled Steak Tortilla Salad*. Good Housekeeping. <https://www.goodhousekeeping.com/food-recipes/easy/a19855342/grilled-steak-tortilla-salad-recipe/>
3. The Editors of Prevention. (2020, March 27). *50 Foods the World's Healthiest Women Eat Every Day*. Prevention. <https://www.prevention.com/food-nutrition/healthy-eating/g20443983/50-healthiest-foods-for-women/>
4. Miller, B. (2020, November 11). *100+ Best Healthy Dinner Ideas You'll Want to Make Tonight*. Good Housekeeping. <https://www.goodhousekeeping.com/food-recipes/healthy/g154/healthy-dinner-recipes/?slide=1>
5. Tarlton, A. (2019, January 11). *50 Healthy Beef Dinners*. Taste of Home. <https://www.tasteofhome.com/collection/healthy-beef-dinners/>

### Vector (Free With Contribution)

Vecteezy. (2021, March 13). Download Free Vectors, Clipart Graphics, Vector Art & Design Templates. [https://www.vecteezy.com/?utm\\_source=vecteezy-download&utm\\_medium=license-info-pdf&utm\\_campaign=license-info-document](https://www.vecteezy.com/?utm_source=vecteezy-download&utm_medium=license-info-pdf&utm_campaign=license-info-document)

### Figma Icons (Free)

6. Figma Icons and Icon Sets - Free and Premium Icons for Figma. (2020, December 29). FigmaCrush.Com. <https://www.figmacrush.com/figma-icons/>
7. feather icons + extra. (2021). Figma. <https://www.figma.com/file/cYnCqaahxu3qlq2livDtUdaS/feather-icons-%2B-extra?node-id=0%3A1>