

We hope you find our MealPlanner tool useful!

Originally conceived as a tool for planning meals on multi-day river trips, our meal planner is designed for situations where a group of people shares responsibility for planning and preparing meals. In addition to adventures like a 3-week float down the Grand Canyon or a 1-week stay in a helicopter-served ski hut, you'll find our meal planner tool useful for planning a weekend retreat to the coast or the mountains, or for planning shared meals in a housing co-op or a household where family members take turns cooking dinner.

Here's how you can use our meal planner tool:

Step 1: Make a meal plan! Go to the "Create a meal plan" page, name your meal plan, and select the dates. In our example, Rosa is planning a multi-family gathering in a rented beach house for the Fourth of July weekend.

[Home](#)[Create a meal plan](#)[Sign up on a meal plan](#)[Enter](#)

Create a new meal plan

Meal plan name

Select the dates for your meal plan

Start date:

End date:

Select the

Breakfast
Lunch
Snack
Dinner

Select the

shot

July 2021 ▾

↑ ↓

S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

Today

Friday, 02 July of 2021

Saturday, 03 July of 2021

Once you've selected the dates, indicate which meals will be shared. Rosa's friends will be driving in when they get off work Friday evening, and she'd like someone to have snacks waiting for the new arrivals. On Saturday and Sunday, everyone will share the three main meals. On Monday, the group will be heading for home, so all the group needs that day is breakfast and snacks to take on the road home. Once the meals are chosen, click on the green Submit button.

End date: 07/05/2021 

Submit

Select the meals you'll be sharing on Friday, 02 July of 2021

Breakfast ☐
Lunch ☐
Snacks ☒
Dinner ☐

Select the meals you'll be sharing on Saturday, 03 July of 2021

Breakfast ☒
Lunch ☒
Snacks ☐
Dinner ☒

Select the meals you'll be sharing on Sunday, 04 July of 2021

Breakfast ☒
Lunch ☐
Snacks ☒
Dinner ☒

Select the meals you'll be sharing on Monday, 05 July of 2021

Breakfast ☒
Lunch ☒
Snacks ☐
Dinner ☐

Step 2: If desired, you can populate your meal plan with pre-selected cooks and recipes. In our example, Rosa is happy to leave it up to the other cooks for the most part, but she really wants her family potato salad to be served for the July 4th lunch. To enter a recipe, click on "Enter a recipe" in the top navigation bar. Select the meal plan you've created, and fill in the fields. You can add as many ingredients as you need. Be careful to separate allergies and dietary restrictions with a comma and a space. Be sure to click on the Submit recipe button.

Enter a recipe

Select a meal plan to assign the dish to:

Recipe title: Servings:

This name is available.

Ingredients

Item:	<input type="text" value="potatoes"/>	Quantity:	<input type="text" value="10"/>	Units:	<input type="text" value="whole"/>
Item:	<input type="text" value="mayonnaise"/>	Quantity:	<input type="text" value="2"/>	Units:	<input type="text" value="cups"/>
Item:	<input type="text" value="celery, chopped"/>	Quantity:	<input type="text" value="2"/>	Units:	<input type="text" value="stalks"/>
Item:	<input type="text" value="dill pickles, chopped"/>	Quantity:	<input type="text" value="1"/>	Units:	<input type="text" value="cup"/>

[Add Ingredients](#)

Directions

Cut the potatoes into 1/2-inch cubes.
Boil the potatoes in lightly salted water until tender when pierced with a fork.
Drain the potatoes and mix in the mayonnaise, celery, and pickles.

Separate each allergy or dietary restriction with a comma and space

Allergies: Special diets:

[Submit Recipe](#)

You can also enter information about yourself and other cooks if you'd like. This is available on the "Enter cook" page. Populating your meal plan with cooks is especially helpful in situations like a housing co-op where each person is responsible for cooking a meal a week.

The screenshot shows a web form titled "Create a cook profile" in a yellow banner. Above the banner is a navigation bar with links: Home, Create a meal plan, Sign up on a meal plan, Enter a recipe, Enter a cook, View cooks, and View a recipe. Below the banner, a message states: "This information isn't required, but it may make meal planning easier for the entire group." The form contains a dropdown menu for "First, select a meal plan to assign the cook to:" with "Fourth of July on the Coast" selected. Below this, a confirmation message says "This name is available." The form has three input fields: "Name:" with "Rosa Jaquez", "Allergies:" with "none", and "Other dietary restrictions:" with "gluten-free". A text line follows: "Your email allows us to send you the link to a meal plan you're signed upon. We won't share it with others." Below this is an "Email:" field with "Rosa@yahoo.com". At the bottom left is a green "Submit" button.

Home [Create a meal plan](#) [Sign up on a meal plan](#) [Enter a recipe](#) [Enter a cook](#) [View cooks](#) [View a recipe](#)

Create a cook profile

This information isn't required, but it may make meal planning easier for the entire group.

First, select a meal plan to assign the cook to:

This name is available.

Name: Allergies: Other dietary restrictions:

Your email allows us to send you the link to a meal plan you're signed upon. We won't share it with others.

Email:

Step 3: Now that a meal plan has been created, the cooks can sign up. Each person who wants to sign up should go to the "Sign up on a meal plan" page and select group's meal plan from the pull-down menu near the top.

The screenshot shows a web page titled "Sign up page for cooks and dishes." in a yellow banner. The navigation bar is the same as the previous page. Below the banner, a message says "Select a meal plan:". A dropdown menu is open, showing a list of meal plans. The first option is "None" with a checkmark. Other options include "New plan", "Epic Ski Bash", "Deschutes River Trip", "Jones Family Week 48", "Thanksgiving Gathering", "Fourth of July Beach Bash", "Deschutes Trip", and "Fourth of July on the Coast", which is highlighted in blue at the bottom of the list.

Home [Create a meal plan](#) [Sign up on a meal plan](#) [Enter a recipe](#) [Enter a cook](#) [View cooks](#) [View a recipe](#)

Sign up page for cooks and dishes.

Select a meal plan:

Meal plans:

- ✓ None
- New plan
- Epic Ski Bash
- Deschutes River Trip
- Jones Family Week 48
- Thanksgiving Gathering
- Fourth of July Beach Bash
- Deschutes Trip
- Fourth of July on the Coast

Once the plan is selected, the schedule of meals appears.

Meal plan: Fourth of July on the Coast

Meal plans:

2021-07-02

Snacks

Cooks:

Add cook

[Register a new cook](#)

Dishes:

Add menu item

[Register a new recipe](#)

2021-07-03

Breakfast

Cooks:

Add cook

[Register a new cook](#)

Dishes:

Add menu item

[Register a new recipe](#)

Lunch

Cooks:

Add cook

To add a pre-entered recipe, use the pull-down menu, and then click on "Add recipe." Be sure to click on Add menu item.

2021-07-04

Breakfast

Cooks:

Add cook

[Register a new cook](#)

Dishes:

Add menu item

[Register a new recipe](#)

Lunch

Cooks:

Add cook

[Register a new cook](#)

Dishes:

Add menu item

Jaquez Family Potato Salad

Dinner

Cooks:

Add cook

If you've entered information about yourself using the "Enter a cook" option, you can select your name from the pull-down menu to sign up to help cook a meal. Be sure to click on the Add cook button.

Lunch

Cooks:

Rosa Jaquez

Dishes:

[Jaquez Family Potato Salad](#)

Your name will appear on the list. You can click on the Delete button to remove a dish or a cook from a meal.

[Register a new recipe](#)

Lunch

Cooks:

Rosa Jaquez

[Register a new cook](#)

Dishes:

[Jaquez Family Potato Salad](#)

[Register a new recipe](#)

If the mealplan isn't pre-populated with cooks and/or recipes, or if your name or a recipe you want to prepare isn't on there, you can add cooks and recipes as described above, or you can ignore the pull-down options and simply type your name and menu items in the text boxes.

Lunch

Cooks:
Rosa Jaquez Delete
 Add cook
[Register a new cook](#)

Dishes:
Jaquez Family Potato Salad Delete
 Add menu item
[Register a new recipe](#)

If you click on the name of a recipe that has been entered, you can see it in a small pop-up window.

Recipe for Jaquez Family Potato Salad

127.0.0.1:5000/popup?recipe=Jaquez+Family+Potato+Salad&...

Title: Jaquez Family Potato Salad

Serves: 10

Ingredients:

- 10 whole of potatoes
- 2 cups of mayonnaise
- 2 stalks of celery, chopped
- 1 cup of dill pickles, chopped

Directions:

Cut the potatoes into 1/2-inch cubes. Boil the potatoes in lightly salted water until tender when pierced with a fork. Drain the potatoes and mix in the mayonnaise, celery, and pickles.

Allergens:

- eggs
- dairy

Dietary restrictions:

- vegetarian

Steve Krieger

Delete

Add cook

[Register a new cook](#)

Dishes:

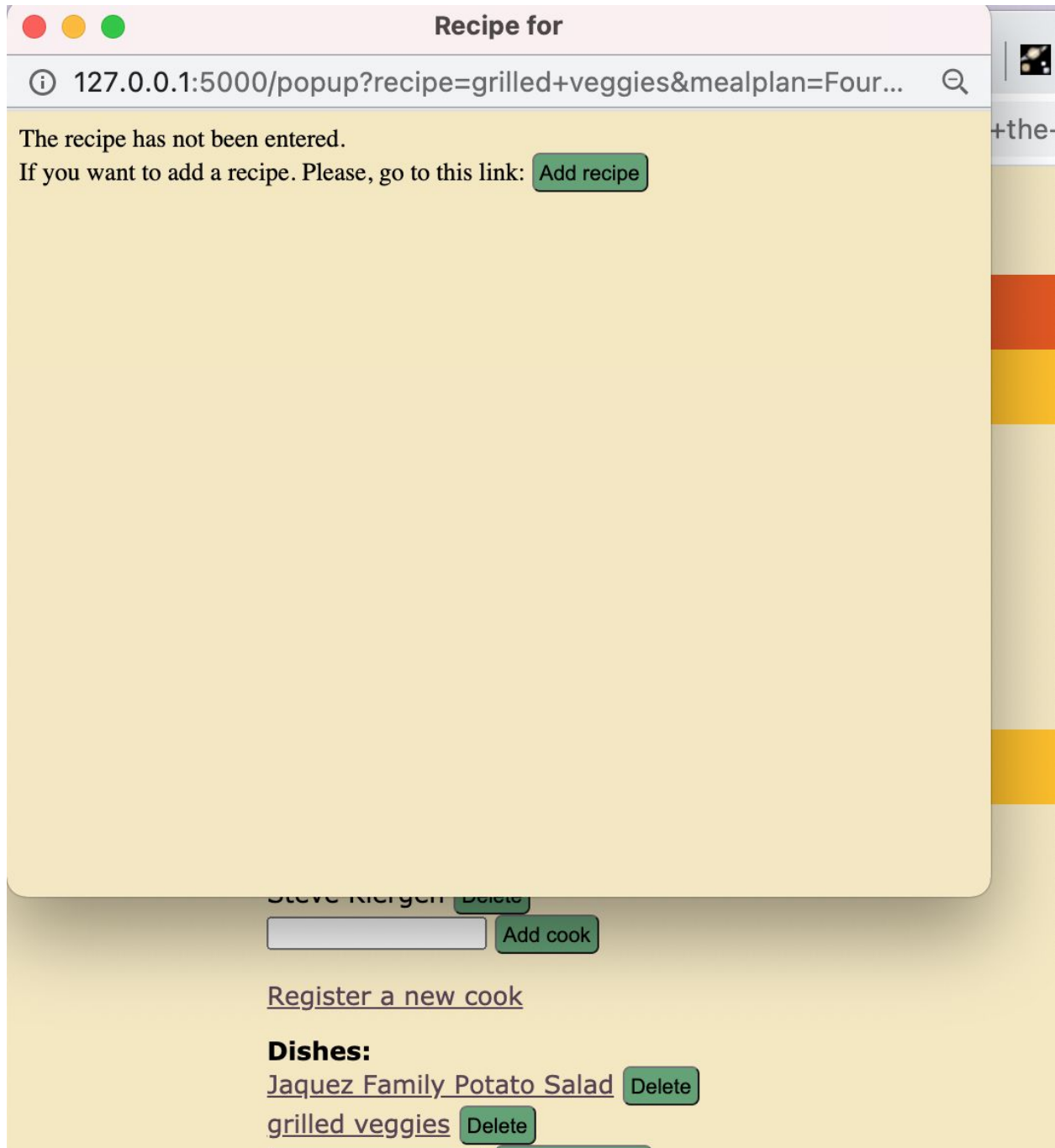
[Jaquez Family Potato Salad](#)

Delete

[grilled veggies](#)

Delete

If you click on the name of a recipe that hasn't been entered yet, you will be invited to enter it.



If you click on the Add recipe button, a new window will open, and you can enter the recipe.

You can also see your recipe displayed by clicking on View a recipe in the navigation bar at top, selecting the mealplan that it belongs to, and then selecting the recipe.



This screenshot shows the top portion of a web application. At the top is a navigation bar with links: Home, Create a meal plan, Sign up on a meal plan, Enter a recipe, Enter a cook, View cooks, and View a recipe. Below this is a yellow header with the text "Recipe display". The main content area contains a form with two dropdown menus. The first dropdown is labeled "Select the meal plan that the recipe is associated with" and has "Fourth of July on the Coast" selected. The second dropdown is labeled "Select recipe:" and has "Jaquez Family Potato Salad" selected. A green "Submit" button is located to the right of the second dropdown.

Home Create a meal plan Sign up on a meal plan Enter a recipe Enter a cook View cooks View a recipe

Recipe display

Select the meal plan that the recipe is associated with Fourth of July on the Coast

Select recipe: Jaquez Family Potato Salad Submit

Here is Rosa's recipe:



This screenshot shows the full "Recipe display" form for the "Jaquez Family Potato Salad" recipe. The navigation bar and header are the same as in the previous screenshot. The "Select the meal plan that the recipe is associated with" dropdown now has "None" selected. The "Select recipe:" dropdown still has "Jaquez Family Potato Salad" selected. A green "Delete recipe" button is now visible on the right side of the form. Below the dropdowns, the text "Serves: 10" is displayed. The form is divided into two main sections: "INGREDIENTS:" and "DIRECTIONS:". The "INGREDIENTS:" section lists the following items: 10 whole potatoes, 2 cups mayonnaise, 2 stalks celery, chopped, and 1 cup dill pickles, chopped. The "DIRECTIONS:" section contains the text: "Cut the potatoes into 1/2-inch cubes. Boil the potatoes in lightly salted water until tender when pierced with a fork. Drain the potatoes and mix in the mayonnaise, celery, and pickles." Below the directions, there are two sections: "Allergens:" which lists "eggs" and "dairy", and "Dietary restrictions:" which lists "vegetarian". A "Screenshot" button is located at the bottom right of the form.

Home Create a meal plan Sign up on a meal plan Enter a recipe Enter a cook View cooks View a recipe

Recipe display

Title: Jaquez Family Potato Salad

Select the meal plan that the recipe is associated with None

Select recipe: Submit Delete recipe

Serves: 10

INGREDIENTS:

- 10 whole potatoes
- 2 cups mayonnaise
- 2 stalks celery, chopped
- 1 cup dill pickles, chopped

DIRECTIONS:

Cut the potatoes into 1/2-inch cubes. Boil the potatoes in lightly salted water until tender when pierced with a fork. Drain the potatoes and mix in the mayonnaise, celery, and pickles.

Allergens:

- eggs
- dairy

Dietary restrictions:

- vegetarian

Screenshot

You can also delete a recipe by clicking on the Delete recipe button on the right side of the window.

Similarly, you can delete a cook by clicking on View cooks in the navigation bar, and then clicking the Delete cook's info button on the right.

Home Create a meal plan Sign up on a meal plan Enter a recipe Enter a cook View cooks View a recipe

Cook's information viewer

Select the meal plan where the cook's info was registered

Select cook:

Cook's name: Rosa Jaquez

List of allergies:
- none

Dietary restrictions:
- gluten-free

To delete an entire mealplan, click on Sign up on a meal plan in the navigation bar, and select the mealplan from the Meal plans pulldown. Then click the Delete meal plan button.

Home Create a meal plan Sign up on a meal plan Enter a recipe Enter a cook View cooks View a recipe

Sign up page for cooks and dishes.

Meal plan: Fourth of July on the Coast

Meal plans:

2021-07-02

Snacks

Congratulations! You can share the link to our MealPlanner tool, <https://meal-planner-app1.herokuapp.com/>, with everyone who will be participating in the meal planning and preparation. Be sure to tell them the name of the mealplan as well.

If you have questions about the MealPlanner tool, you can find more information in the About us section on the tool's homepage.

Home Create a meal plan Sign up on a meal plan Enter a recipe Enter a cook View cooks View a recipe

About us:

Created as a project for [CIS 422, Software Methodology I](#), taught in fall 2020 by [Michal Young](#) at the [University of Oregon](#).

Created by

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Detailed instructions for using this site are available [here](#)

You can access our project repository at <https://github.com/lednesday/MealPlanner>

We hope you and your friends and family enjoy many well-planned shared meals together!