



MEAL PLANNER ON DASH

V1.0 - 2021.01.04

Objectives of the Guide

- Installation and Setup of the Application
- Usage of the Application to aid meal planning
- Basic Customisation of the Application (U/C)



INSTALLATION & SETUP

Installation Steps



Download all files in
directory



Install python packages
(pandas, dash, dash-
table, dash bootstrap
components)



Edit recipe database



Run main_app.py and
open in browser (see
python terminal for URL)



USER GUIDE

Weekly Meal Plan

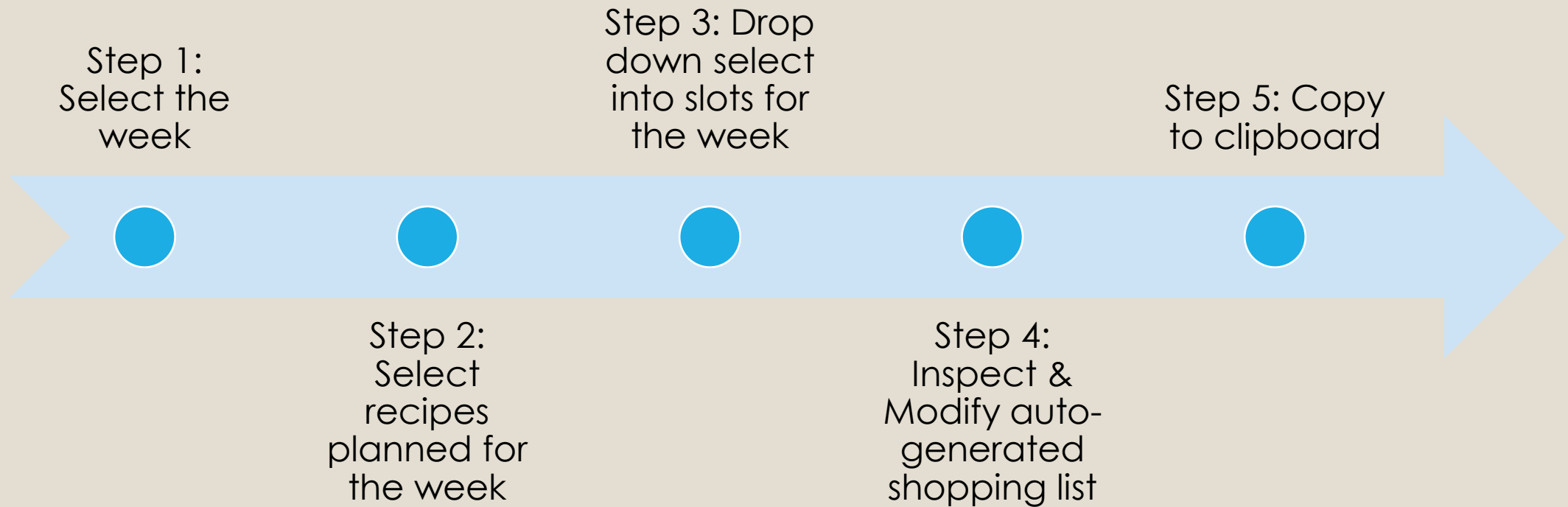
Weekly Grocery List

- Cross reference ingredients and occurrences and generate shopping list

Store Meal Plan

- Auto-saved, once complete. Stored for future reference.

Weekly Meal Plan



Planning View

Recipe View

Dashboard View

Meal Plan

For week starting on Saturday,
20210109

Select meals for this week

×

Dummy1

×

Dummy2

Day	Lunch (L)	Lunch (B)	Dinner (L)	Dinner (B)
Saturday	Dummy2	Dummy2	Select...	Select...
Sunday	Dummy1	Dummy1	Select...	Select...
Monday	Dummy2	Dummy1	Select...	Select...
Tuesday	Dummy1	Dummy1	Select...	Select...
	Dummy2			

Day	Lunch (L)	Lunch (B)	Dinner (L)
Saturday	Dummy2 x ▾	Dummy2 x ▾	Select... ▾
Sunday	Dummy1 x ▾	Dummy1 x ▾	Select... ▾
Monday	Dummy2 x ▾	Dummy1 x ▾	Select... ▾
Tuesday	Select... ▾	Dummy1 x ▾	Select... ▾
Wednesday	Select... ▾	Select... ▾	Select... ▾
Thursday	Select... ▾	Select... ▾	Select... ▾
Friday	Select... ▾	Select... ▾	Select... ▾

	Location	Ingredient	Recipe	Quantity	Units
x	Zero-waste	Almonds	Dummy1	1	g
x	Zero-waste	Almonds	Dummy2	0.5	g
x	Carrefour	Bacon	Dummy1	1	g
x	Carrefour	Almond Butter	Dummy1	1	g

Copy Shopping List

5. Copy Grocery List to Clipboard

Recipe Editor

Add
Recipes

- Recipes Database is what powers the grocery-list generation capabilities of the application

Planning View

Recipe View

Dashboard View

Recipe Editor

Existing Recipe

Hello World

BP Custom Recipes13ServingsPrep TimeCook Time

SeasonsMonthsTags

×

Bacon

×

Corn (Canned)

×

Almond Butter

×

Ingredient	Quantity	Units	Sub Group
Bacon	1	small	0
Corn (Canned)	1	medium	0
Almond Butter	1	medium	0

Save

Note, Sub Group refers to if we have a choice between various ingredients

Note, all recipes can also be manually adjusted via direct access to CSV files