Changes to AHS App

After Dawn Discussion 2/22/2021

Overview

A place for health-conscious people to plan their meals.

An application for users to build and plan meals around specified macronutrient-focused eating goals.

A flexible platform for people to build and find meals and meal plans based on macro ratios and ingredients that work for them in order to see progress on their health goals.

Eating Log

Minor changes to existing feature
- Each meal that's logged is a built meal (see meal building)

Mood Tracker

Completely remove feature

Meal Building

Major changes to existing feature
- Choose phase ratios: reset, maintain, custom (corresponding to phases 1, 2, 3)
- Or set ratios manually
  - Ratios can be set in either percentages or grams
    - Follow up required with Dawn to understand how percentages are translated into total grams
- Ability to limit macros (not MVP)
- Live track how balanced a meal is based on contents added
- Add/remove items
- No longer progress through in strict order protein -> fat -> carbs. Items can be added at any time
- Suggestions for recipes based on ingredient searched (not MVP)
- Barcode search to add ingredients (not MVP)
- Choose or add a specific brand or item
- Assign meal to a specific day/meal

Food Compliance

Minor changes to existing feature
- Change verbiage from phase 1, 2, 3 to green/yellow/red -> go for it / eat and pay attention to how your body tolerates it / might not be best for metabolic health, use mindfully

Recipe Browsing

Major changes to existing feature
- Tell users what's missing to turn a recipe into a meal (either by % or by grams)
- Import recipes (not MVP)
- Create recipes
- Copyright for recipes
- Links to recipes
    - Purchase
    - Learn more about this author
- Submit to be shared with Dawn / community
- Ability to exclude foods or food categories

Me/Settings

Minor changes to existing feature
- Ability to exclude foods or food categories

Admin

We had previously scoped for this, but it hasn't actually been designed
- Ability to change phase names

Weekly Meal Planning

New feature
- Once they build a meal they can put it on a day and meal
- Recipes need short form titles
- Print / share
- Details for advance planning (not MVP)
- Shopping list (not MVP)