

USER GUIDE

Clone or Fork the Repository - If you want to make your changes to the code then

Start by cloning or forking the project repository from GitHub:

Fork the repository into your own GitHub account (recommended for making commits).

Or **clone** it directly if you have read access:

git clone

<https://github.com/chetanchandane/term-project-team3-cloudcatalysts.git>

cd term-project-team3-cloudcatalysts

Setup Credentials

You will need to set up AWS Credentials in order to deploy the application. For that you will need to make changes in github actions(Secrets and Variables).

Navigate to **Settings -> Secrets and Variables -> Actions -> Secrets**

Add the below details:

1. **AWS_ACCESS_KEY_ID** = Your AWS account access key
2. **AWS_SECRET_ACCESS_KEY** = Your AWS Secret access key
3. **GH_TOKEN** = create your own or keep unchanged if using the same repository
4. **OPENAI_API_KEY** =
sk-proj-g49oYAxmvT7xwY3bD70lllbtmktUF6Z1aw-5oqLuXGUOqcmRSVwld
SJAdUN4LUWmibe4OhR0Ua2T3BlbkFJnU3-fwkwgyAWqEgQK0-J2qulUr4
w7fTGhDYFohRARKQc6-_WGce5qol07yl8qmORhGi4kjMlCA

For **GH_TOKEN**, you can either create one for your own repository or use the same existing one if you are deploying through our repository, below is how you can create one:

- a. Go to GitHub -> click on profile picture -> Settings

- b. Navigate to Developer Settings -> Personal Access Token -> Tokens (Classic)
- c. Click generate New Token(Classic)
- d. Fill in the following fields, Choose suitable Expiration
- e. Under Scope, Select there permissions, (repo, workflow, read:org)
- f. Click Generate Token, COpy it immediately

Navigate to **Settings -> Secrets and Variables -> Actions -> Variables**

Add the below details:

- 1. AWS_REGION:** us-east-1
- 2. NUTRITIONIX_API_KEY:** 5d5aecb138c8b55852188f321f29e3f3
- 3. NUTRITIONIX_APP_ID:** 9950df0b

Once this is done, you can navigate to your **repository -> actions -> Deploy AWeSome Nutrition App-> Run workflow -> Terraform_apply -> Run Workflow**

This will run the github actions workflow to apply terraform provisioning, After that

You will need to log in to your **AWS Console -> Go to AWS Amplify -> ai-diet-assistant-frontend -> frontend -> run job -> wait for the application to deploy.**

NOTE - You need to manually run the deploy job for the first time, then as you work up and make new commits to your frontend code the deployment happens automatically.

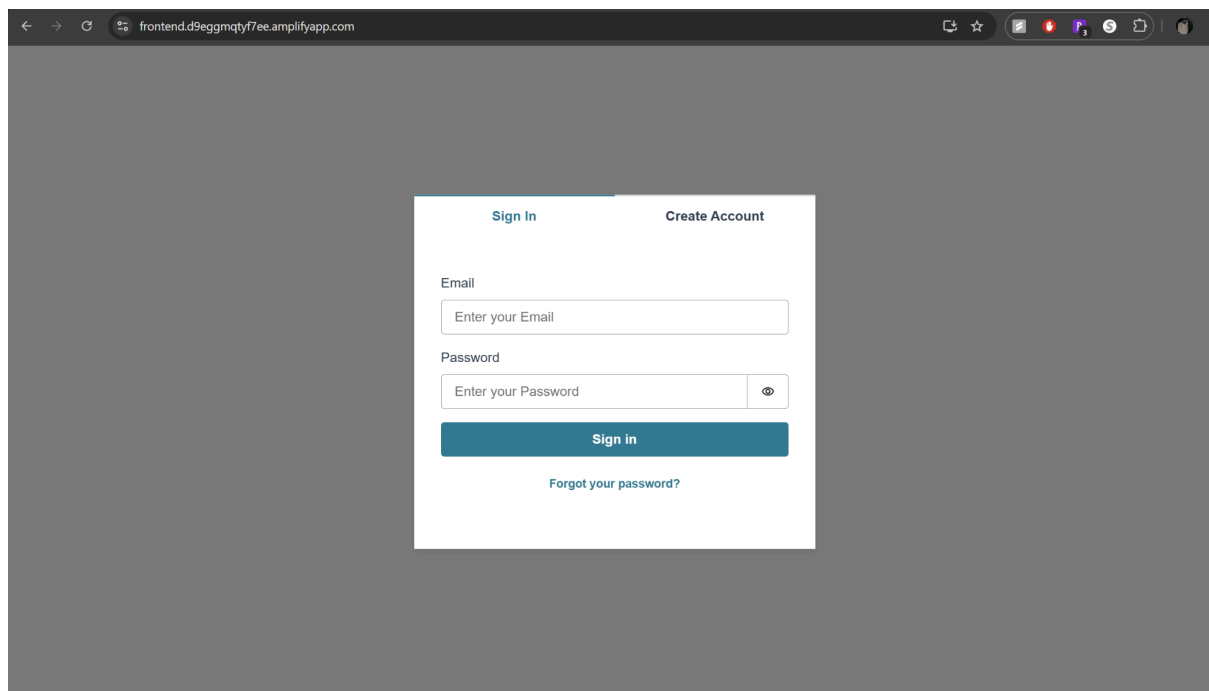
Teardown Action: To destroy the infrastructure, you need to run destroy workflow manually through github actions, follow the steps below in order to do so,

Navigate to your repository -> actions -> Deploy AWeSome Nutrition App-> Run workflow -> Terraform_destroy -> Run Workflow

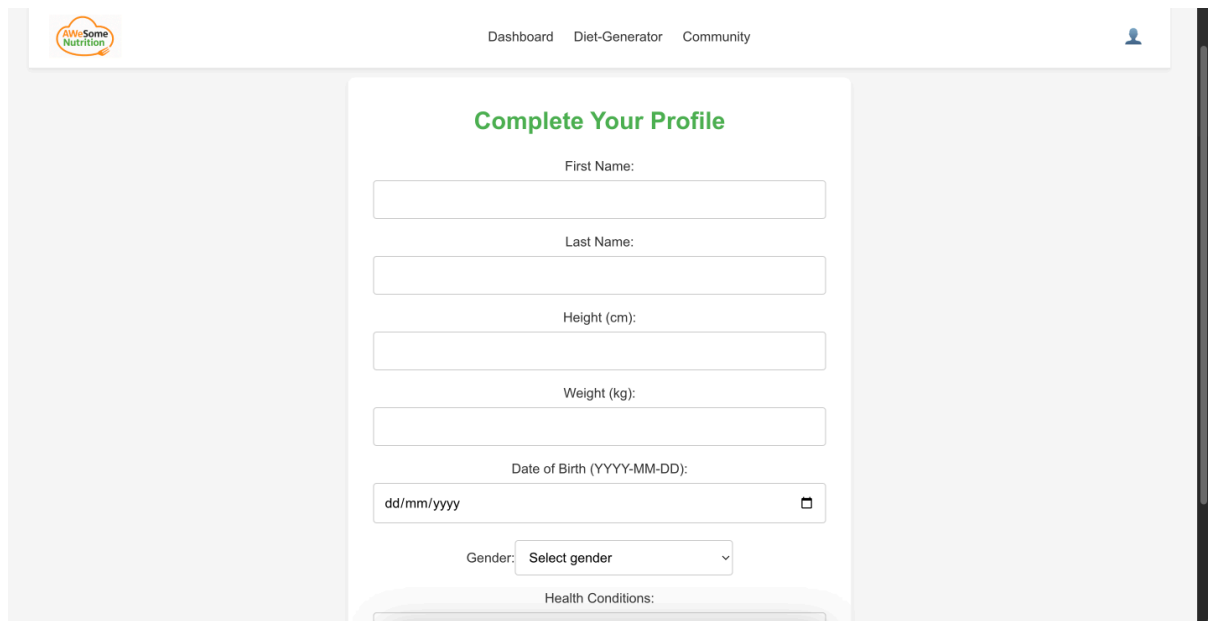
How to use the application:

Once the Terraform apply is complete, follow the link “app_url” to access our application. As a first time user you would have to register using your email and set a password.

```
4043 aws_api_gateway_stage.prod: Creating...
4044 aws_api_gateway_stage.prod: Creation complete after 0s [id=ags-0ypaxtz0tb-prod]
4045
4046 Apply complete! Resources: 186 added, 0 changed, 0 destroyed.
4047
4048 Outputs:
4049
4050 app_url = "https://frontend.d9eggmqtyf7ee.amplifyapp.com"
4051 cognito_identity_pool_id = "us-east-1:b484bf08-2b86-4d62-a932-ff8317fdb25b"
4052 cognito_user_pool_client_id = "7nmktpm47jneusobtk5i81cs6"
4053 cognito_user_pool_id = "us-east-1_rWFHNYCJv"
```

A screenshot of a web browser displaying the sign-in page of an application. The browser's address bar shows the URL "frontend.d9eggmqtyf7ee.amplifyapp.com". The page has a dark gray background. In the center, there is a white rectangular box containing the sign-in form. At the top of this box, there are two tabs: "Sign In" (which is active and highlighted in blue) and "Create Account". Below the tabs, there are two input fields: "Email" with the placeholder text "Enter your Email", and "Password" with the placeholder text "Enter your Password" and a toggle icon (an eye) to its right. Below these fields is a blue button labeled "Sign in". At the bottom of the white box, there is a link that says "Forgot your password?".

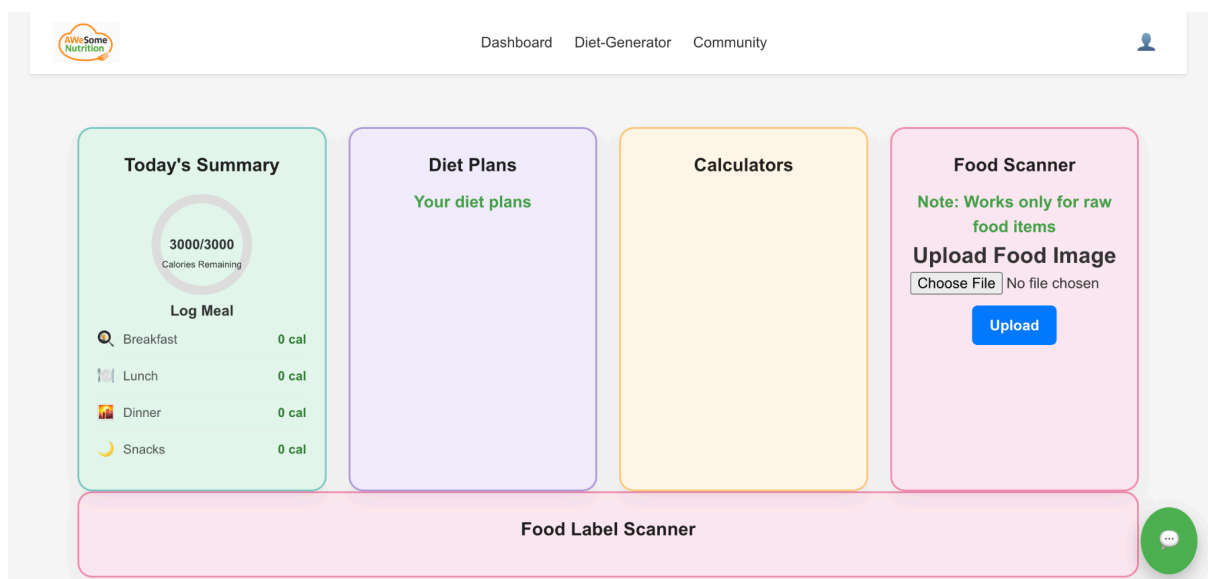
Once logged in into our application, you would be directed to a “complete your profile page” where you have to enter your details. This will be a one time setup.



The screenshot shows the 'Complete Your Profile' form in the AWSome Nutrition app. The form is centered on a light gray background. At the top, there is a navigation bar with the AWSome Nutrition logo on the left and links for 'Dashboard', 'Diet-Generator', and 'Community' in the center. A user profile icon is on the right. The form itself has a white background and a green title 'Complete Your Profile'. It contains several input fields: 'First Name:', 'Last Name:', 'Height (cm):', 'Weight (kg):', and 'Date of Birth (YYYY-MM-DD):' with a date picker icon. Below these is a 'Gender:' dropdown menu with 'Select gender' as the placeholder. At the bottom, there is a 'Health Conditions:' field. The form is partially obscured by a dark vertical bar on the right side of the screen.

Next you will be directed to our application dashboard where you will have to first generate your diet. Click on Diet-generator(in Nav-Bar), enter the details and click submit. It will take a few seconds to a minute to generate your diet as the data gets processed in the lambda function (Sometimes it faces redirection issues, **Workaround:** just click back -> Click Dashboard -> Click Diet Plans), **Don't worry!** Your diet plan would have been saved 😊!

Once the diet is generated you can view your diet by clicking on the “Diet Plans” tile.



AWeSome Nutrition

Dashboard

Diet-Generator

Community

Target Weight:

Food Allergies or Intolerances:

☐ Peanuts

☐ Shellfish

☐ Lactose

Other

Dietary Preferences and Restrictions:

None

Typical Food Intake:

☐ Breakfast

☐ Lunch

☐ Dinner

☐ Snacks

Physical Activities and Frequency (per week):

Activity Name

0x/week

+ Add Activity

Typical Food Intake:

☐ Breakfast

☐ Lunch

☐ Dinner

☐ Snacks

Physical Activities and Frequency (per week):

Activity Name

0x/week

+ Add Activity

Fitness Goals:

Weight Loss

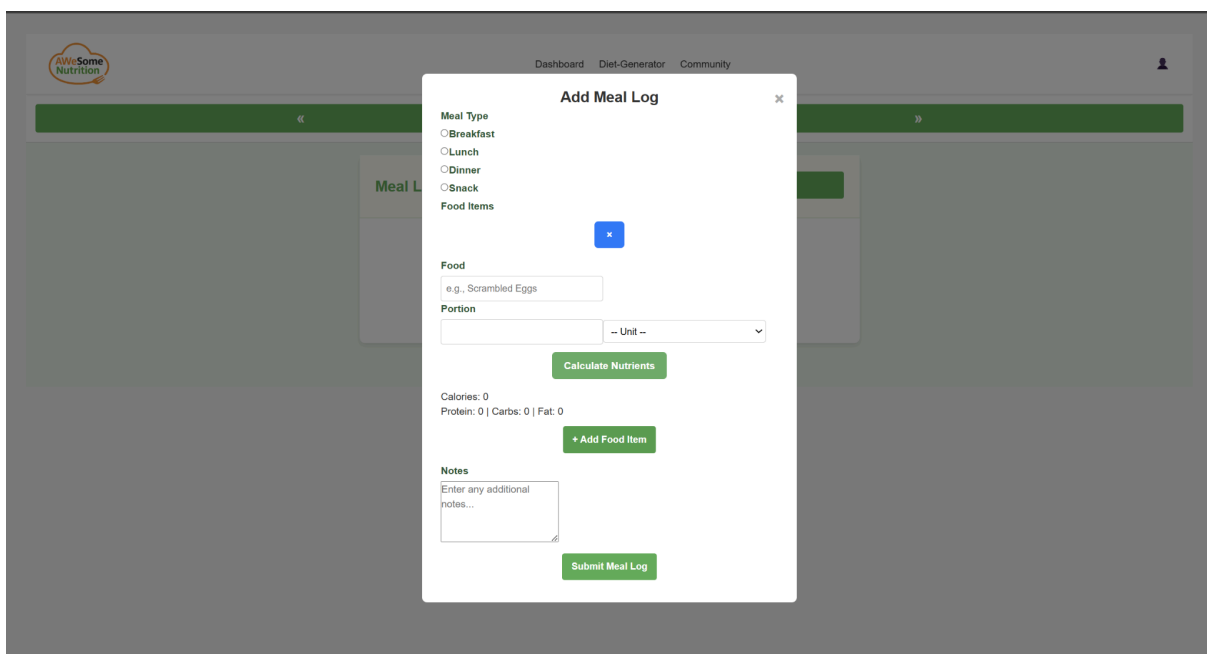
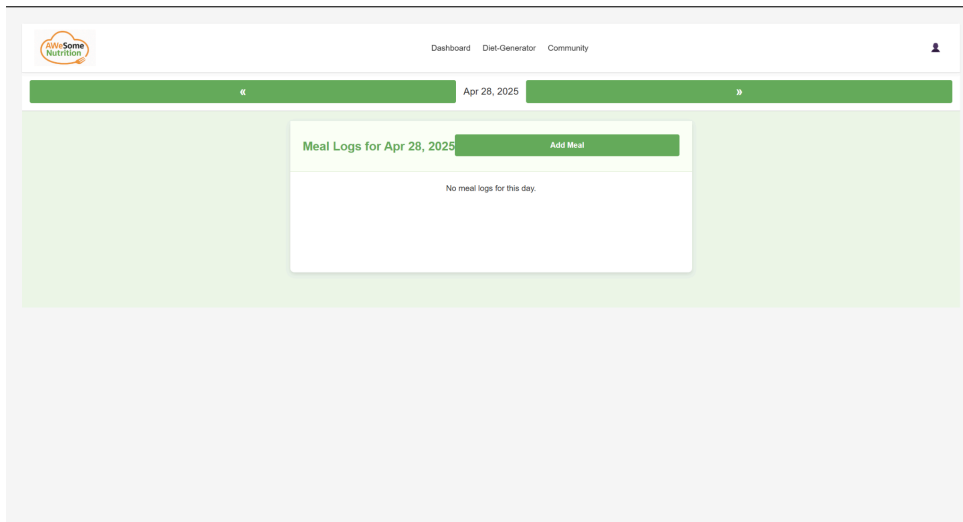
Emotional Eating Triggers:

Trigger

+ Add Trigger

Submit

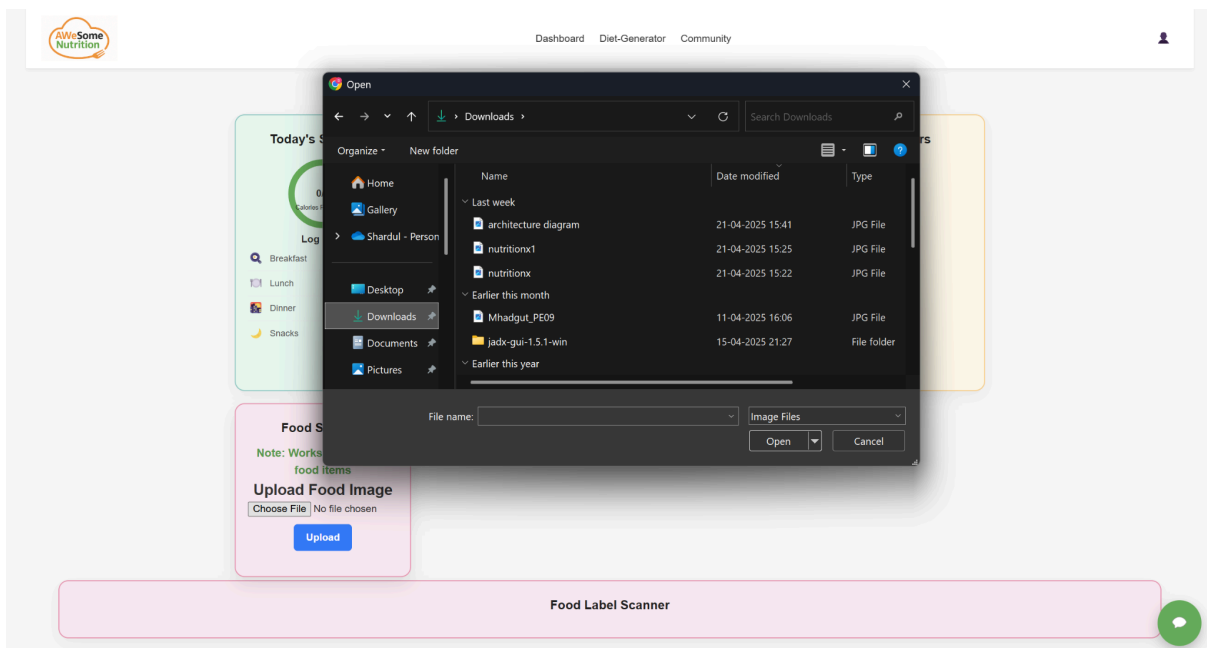
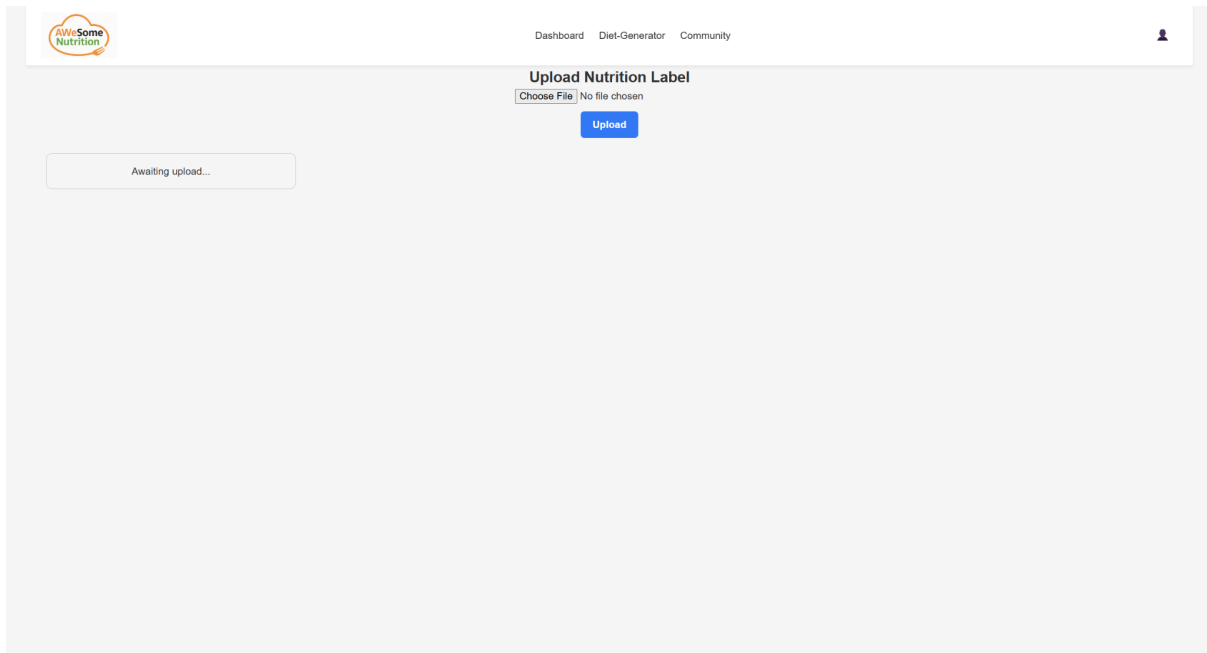
Next, you can log your day-to-day nutritional progress/meals in **‘Today’s Summary-log meals’** tile, you can even add logs for past days, just navigate to the specific day



Next you can upload an image of a food item under “**Food Scanner**” to get its nutritional details.

Note: Please use the simple food items image, and it should be in jpg format. We have uploaded a test image named **food.jpg** to our github repository(branch:main) testing purposes.

For the food label scanner part, click on “Food label Scanner”, next choose an **image of a food label** and click upload. We have also uploaded **testnutri.jpg** on our github repository(branch:main) for testing purposes.



Next you can click on the calculators where you can calculate your BMI, calories intake and Macro information.

DashboardDiet-GeneratorCommunity

MacroCalorieBMII

Macro Calculator

US UnitsMetric Units

Age

Gender

Male

Height (feet)

Height (inches)

Weight (lbs)

Activity Level

Sedentary

Goal

Maintain

Body Fat %

Calculate

DashboardDiet-GeneratorCommunity

MacroCalorieBMII

Calorie Calculator

USMetric

Age

Male

Female

Height

ftin

Weight (lbs)

Activity

Sedentary

+ Settings

Calculate

Clear

Awesome Nutrition

DashboardDiet-GeneratorCommunity

MacroCalorieBMI

Calorie Calculator

USMetric

Age

Male

Female

Height (cm)

Weight (kg)

Activity

Sedentary

+ Settings

CalculateClear

Awesome Nutrition

DashboardDiet-GeneratorCommunity

MacroCalorieBMI

BMI Calculator

USMETRICOTHER

Age

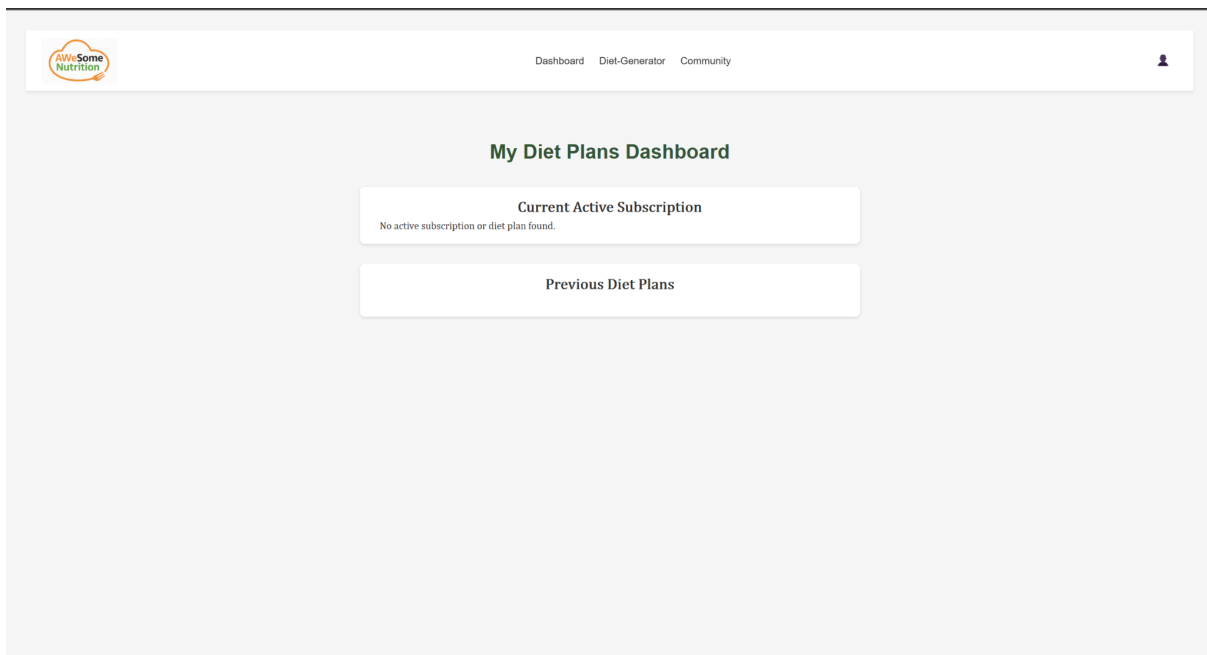
Height

Feet

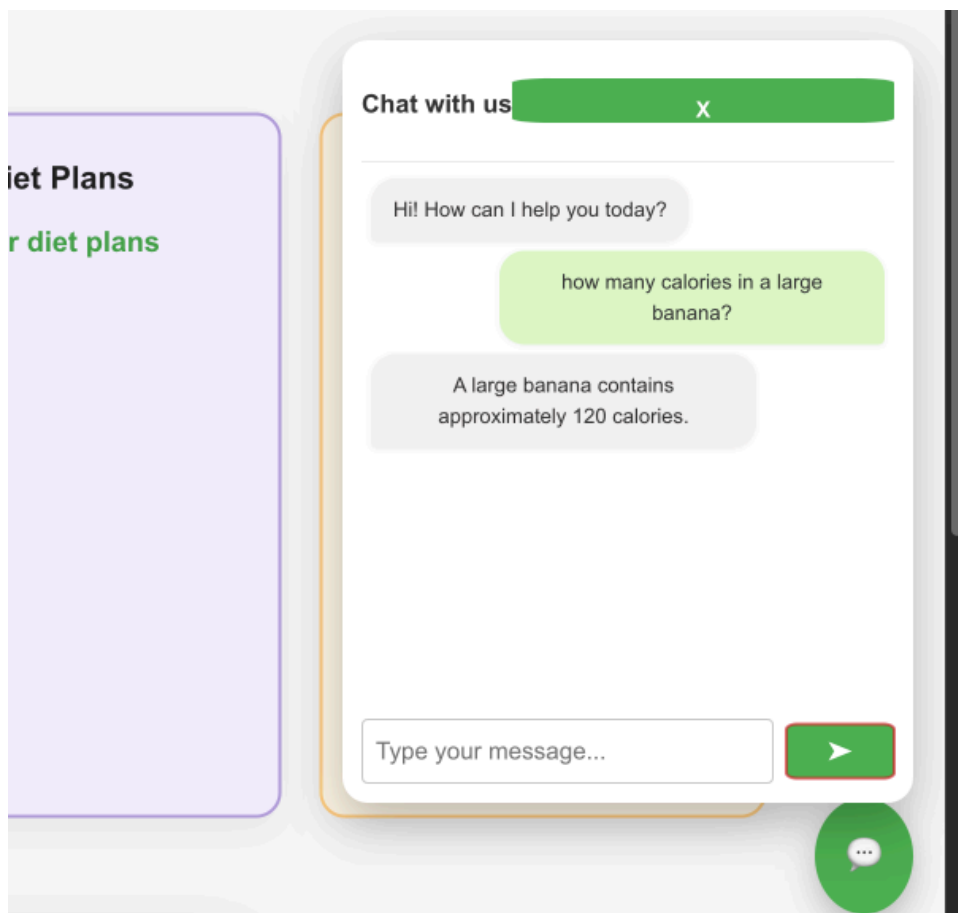
Inches

Weight (lbs)

CalculateClear



Next you can click on the dashboard and click on the chat button, to get answers to any type of your nutritional queries. Craving a Sweet Dish? But don't want to end up consuming extra calories? **Just ask our chat bot, it will suggest recipes based on your liking!** 😊



Once you have played around in the application, you can click on the **profile icon** on the top right corner of the landing page to view the **user profile** and to **logout** of the application. We really hope you liked the app 🙌

