



# Our Audience



- Healthy-minded people
- Fitness-minded people
- People wanting to be fit
- People looking to eat healthy

## **Pro**blem

- Our motivation is that we want people to live healthy lifestyles
- Active people want diets that match their fitness goals
- Active lifestyles are constrained by time
- Active people follow strict diet choices



## Problem (cont.)

- We looked at various other apps to see how they solved our problem
  - Fit Men Cook
    - fitmencook.com
  - Healthy Fitness Meals
    - healthyfitnessmeals.com
  - MealPrepPro
    - mealpreppro.com



# **App**etite

- 4 weeks to produce a web application
- 1 week to refine and test it



## Solution (cont.)

- Quick facts box to view ingredients and nutritional facts
  - Calories/Nutrients
  - Pros: User-friendly, Risks: Wrong info
- Homepage to view nutritious meals
  - Previews with images in grid
  - Pros: Easy to see, Risks:Clutter/long page load times



## **Solution**

- Brief steps to help cook the meals
  - Pictures/videos for each step
  - Pros: Concise and quick, Risks:
     May either be too brief or cluttered
- Ability to contribute, share, edit recipes
  - Page to enter recipe info and button to share link
  - Pros: User contribution and increase user base, Risks: Spam



# Solution (cont.)

- Weekly meal-planner
  - Calendar-view with 3 meals for each day
  - Pros: Promotes planned health eating, Risks:
- Hands-free mode with recipe timer
  - Big buttons and only steps
  - Pros: Helps user while cooking,
     Risks: Info may be too brief and
     timer may be off



## **Rabbit Holes**

- "Pretty pixels" early in development
- Being too broad on recipe sharing
- Adding in unrelated timer features
- Focusing too much on being able to export the meal planner
- Adding too many features to hands-free mode
- Trying to find videos for each recipe



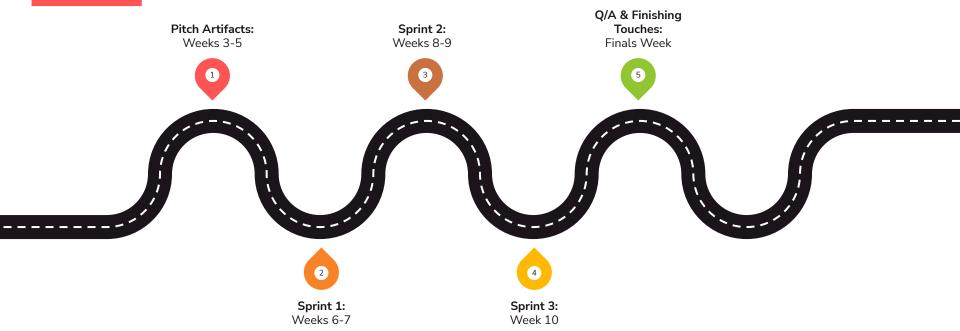
## No-Gos

- No user accounts
  - Given our time constraints and the problem scope it would be best to skip this feature





# Roadmap



# Sprint 1

### **Key Performance Indicators:**

- Homepage that shows recipes
- Add/remove/edit recipes

## 1. Compile 10 Recipes

## 2. Structure of a Recipe

- a. Protein, Carb, and Calorie Count
- b. Ingredients
- c. Instructions on how to make it
- d. Potential Feature: Keto diet, low carb

### 3. Basic Design

- a. Basic Interface Design implementation
  - i. Recipe Pages
- b. Basic API usage implementation
- c. Basic Controller Design implementation



# Sprint 2

### **Key Performance Indicator:**

- Filtering System Feature
   Completed
- Meal Planner Feature Completed

## All mandatory features should be completed and working

- a. API Usage Finalized
- b. Controller Core Features Finalized

## 2. Features to implement in this sprint:

- a. More refined interface
- b. Filtering System
- c. Meal Planner
- d. Hands-free Mode



# Sprint 3

### **Key Performance Indicators:**

- Extensive testing and Q/A
- Bonus features implemented (if able)
- 1. Finalize interface design implementation
- 2. Begin Q/A
- 3. Implement database functionality
- 4. Bonus features (if we have time)
  - a. Hands-free mode
  - b. Print-friendly version of recipe
  - c. Export





#### Danny Fujiwara



Age: 19 Marital status: Single Occupation: Student Hobbles: Cooling, reading books Devices used: iPhone, Windows PC

#### Pain Points

 Doesn't have that much money to buy a bunch of ingredients

#### Needs & Goals

 Currently in culinary school and wants to cook new recipes in order to improve

#### Kim Riley

Marital status Single

Devices used Machanic



#### **Pain Points**

Often doesn't get enough sleep
 Stressed from work

#### Needs & Goals

- Very busy because of work and wants to stop wasting money on buying food.
- Wants inexpensive and fast to make recipes

#### Jayden Garcia



Age: 24 Marital status: Single Occupation: Software Engineer Hobbles: Going on walks, watching new TV shows Devices used: Marillook

#### Pain Points

- Working all day so no free time
- In debt so little disposable income

#### Needs & Goals

 Wants to try and eat healthier because he sits down for most of the day at work

#### less Carlson



Age: 25
Marital statue: Married
Occupation: Nurse
Hobbies: Swimming, running
Devices used: iPhone, Windows
Leptop

#### Pain Points

- Feels intimidated by amount of effort, ingredients, and planning some meal plans take
- Finds it difficult to allocate her time to her family, job, and hobbies

#### Veeds & Goals

- Likes to compete in triathlons.
   Enjoys the preparation that goes into each race (meals, exercises, etc.)
- Wants to encourage her son and daughter to take up a sport so that he stays fit and active

### Freddy Kingston



Age: 10 Marital status Single Occupation: Student Hobbies: Surfing, hiking Devices used: Phone

#### Pain Points

- Does not know how to cook
- Full-time student that has little free time to learn to cook
- · Does not have much money

#### leeds & Goals

 Currently in culinary school and wants to cook new recipes in order to improve

#### Arnold Obama

Occupation: Investment Banker

Hebbies: Basking books, traveling



Age: 19 Marital status: Single Occupation: Student Hobbles: Trying new foods, biogging Devices used: MacBook: Phones

#### Pain Points

 Thinks healthy recipes taste bad but wants to stay healthy

#### Needs & Goals

- Loves trying new foods and wants a convenient place to store recipes
- Wants recipes that taste good
   Wants recipes that have many different ingredients

#### Joanne Kelsey



Age 42 Gender: Ferrale Martial status: Married Occupation: Stay at home morn-Hobbles: Hising, volunteering, cooking Devices used: Pad. Phone

#### Pain Points

- Mother of three kids so always busy
- Husband works full-time so has no time to split childcare duties

#### Needs & Goals

 Wants to cook delicious meals for her family

#### Patrick Samuelson



Age: 19
Marital status: Single
Occupation: Student
Habbies: Cooking, reading books
Devices used: Phone, Windows PC

#### Pain Points

- Is overweight due to his sedentary lifestyle
- Has health complications such as high risk of heart disease due to his weight

#### Needs & Goals

- Wants to lose a little bit of weight
- Looking for recipes that are easy to make and also healthy
- Wants to also learn how to cook
- some meals for his family

#### Noel Ali



Age: 29 Marital status: Single Occupation: Body Builder Hobbies:Reading books, Movies Devices used: Windows PC & Laptop

#### Pain Points

- A lot of meals that Noel knew when growing up were not made for body builders.
- A lot meats require too much time to make, which takes time out of his body building routine

#### Needs & Goals

- Wants to be able cook/maintain a high calorie/protein diet without breaking the bank.
- Wants more than just the usual chicken breast body builder meals, and wants variation in the meals he eats.

#### Jack Gonzalez



Age: 24
Marital status: Single
Occupation: PhD Student
Hobbies: Reading books, lifting
weights
Devices used: Phone, Macbook

#### Pain Points

- Doesn't have that much time to cook
- + Tight on money

#### Needs & Goals

- Wants to cook meals high in protein in order to build muscle
- Very selective about the food that enters his body
- Tracks calorie intake everyday

#### Mary Sanders



Age: 76 Marital status: Divorced Occupation: Retired Hobbies: Taking care of grandshildren Devices used: Phone

#### Pain Points

Unfamiliar with technology
 Bad eyesight

#### Needs & Goals

- · Experienced at cooking
- Wants to try and cook unique dishes
- · Wants to cook for her family

#### loe Gibbs



Age: 36 Marital status: Married Occupation: Mechanic Hobbies: Racing san; going on sans Devices used: Prome, Machania

#### Pain Points

- · Back pain from work
- A little bit overweight.

#### Needs & Goals

- Wants to get to a healthier weight by dieting
- · Wants to try new ethnic food



#### User Story 1

As a bodybuilder, I want to be able to:

- · See all nutritional information for a recipe
- · So that I can maintain my physique

#### Acceptance Criteria:

- · Given a bodybuilder who tracks everything that goes into his/her body
- · When he/she looks at a recipe
- · He/she should be able to see all nutrition info

#### User Story 5

As a student, I want to be able to:

- · Find something easy to cook
- · So that I can learn how to cook

#### Acceptance Criteria:

- · Given a student who doesn't know how to cook
- · When he/she uses the app
- · He/she should be able to find beginner friendly recipes

#### User Story 2

As a teenager, I want to be able to:

- · Find low cost recipes easily
- So that I don't bust the bank

#### Acceptance Criteria:

- · Given a teenager with little money
- · When they look for recipes
- . They should be able to find low cost recipes easily

#### User Story 6

As a foodie, I want to be able to:

- . Try lots of new foods
- So that I can blog about them

#### Acceptance Criteria:

- · Given a foodle looking for new food
- · When they search for recipes
- . They should be able to search by particular ethnic food

#### User Story 3

As a stay at home mom, I want to be able to:

- · Find recipes suitable for big family meals
- So that I can cook food for my children and husband

#### Acceptance Criteria:

- Given a stay at home mom
- · When she uses the app
- She should be able to see recipes that are popular with families

#### User Story 4

As a grandma, I want to be able to:

- · Find recipes with a larger font
- . So that read the recipe easily

#### Acceptance Criteria:

- Given a grandma with bad eyesight
- · When she uses the hands-free mode of the app
- . She should be able to see a larger font of the recipe

#### User Story 7

As a person who is often busy, I want to be able to:

- Save my old recipes that I liked
- So that I don't have to waste time looking for it

#### Acceptance Criteria:

- Given a person who has little free
- · When they use the app
- They should be able to easily access
- a past recipe they liked

#### User Story 8

As an athlete. I want to be able to:

- Save certain recipes
- So that I can meal prep using those

#### Acceptance Criteria:

- · Given an athlete who is very active
- . When they want to meal prep
- . They should be able to access/create a meal plan



