



Our Audience



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

Problem

- 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



Appetite

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



Solution

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



Solution (cont.)

- 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.)

- Recipes categories and search
 - Pros: Easier to find specific recipes and sort, Risks: May confuse the user and be hard to implement
- Weekly meal-planner
 - Calendar-view with 3 meals each day, shareable/printable
 - Pros: Promotes planned healthy eating, Risks: May be hard to use



Solution (cont.)

- Hands-free mode with recipe timer
 - Big buttons and only steps
 - Timer is set to exact cooking time
 - Pros: Helps user while cooking,
 Risks: Info may be too brief and timer may be inaccurate



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



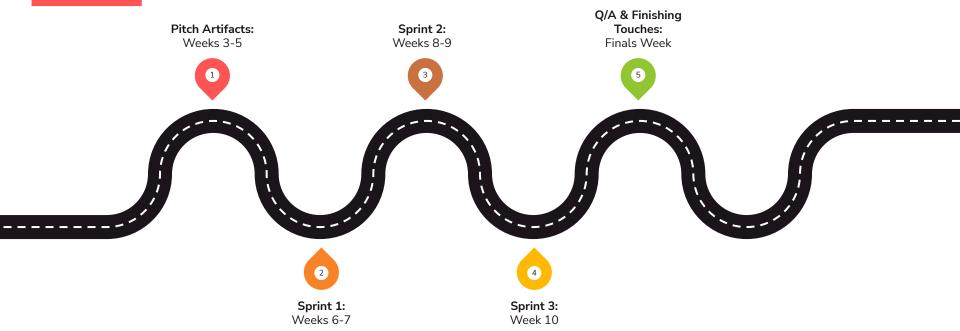
No-Gos

- 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: iffson, 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

Occupation: Investment Banker

Hebbies: Basking books, traveling



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 Hotbles: Going on walks, watching new TV shows Devices used: Macillons

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 status: Married Occupation: Nurse Hobbies: Swittering, running Devices used: Phone, 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

Needs & 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, hising 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



Age: 19 Marital status: Single

Marital status: Single Occupation: Student Hobbies: Trying new foods, biogging Devices used: MacBook, Phone

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 Hubbies: 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 meals 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 Hobbles: 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
grandshidner
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

Joe Gibbs



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

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

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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



