



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.)

- 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



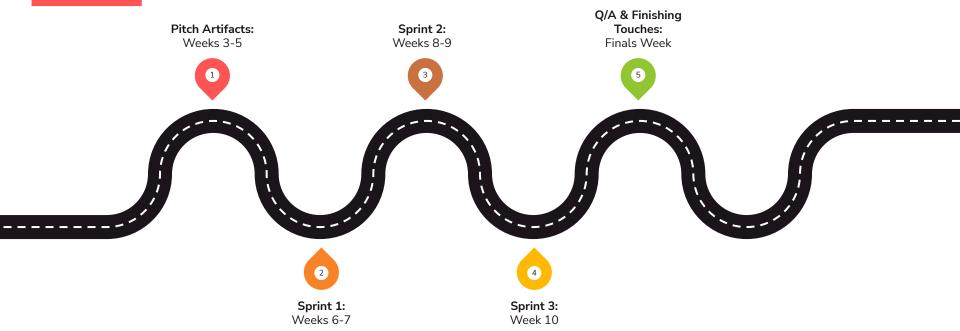
No-Gos

- 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: Cooking, 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 busing 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: 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



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



