

User guide

Introduction

This guide is intended to assist users using the Preplt application. It will start with exploring some of the basic functionalities, setup, and presenting some design choices, then, it will continue with presenting some functionalities available only to users that have an active account.

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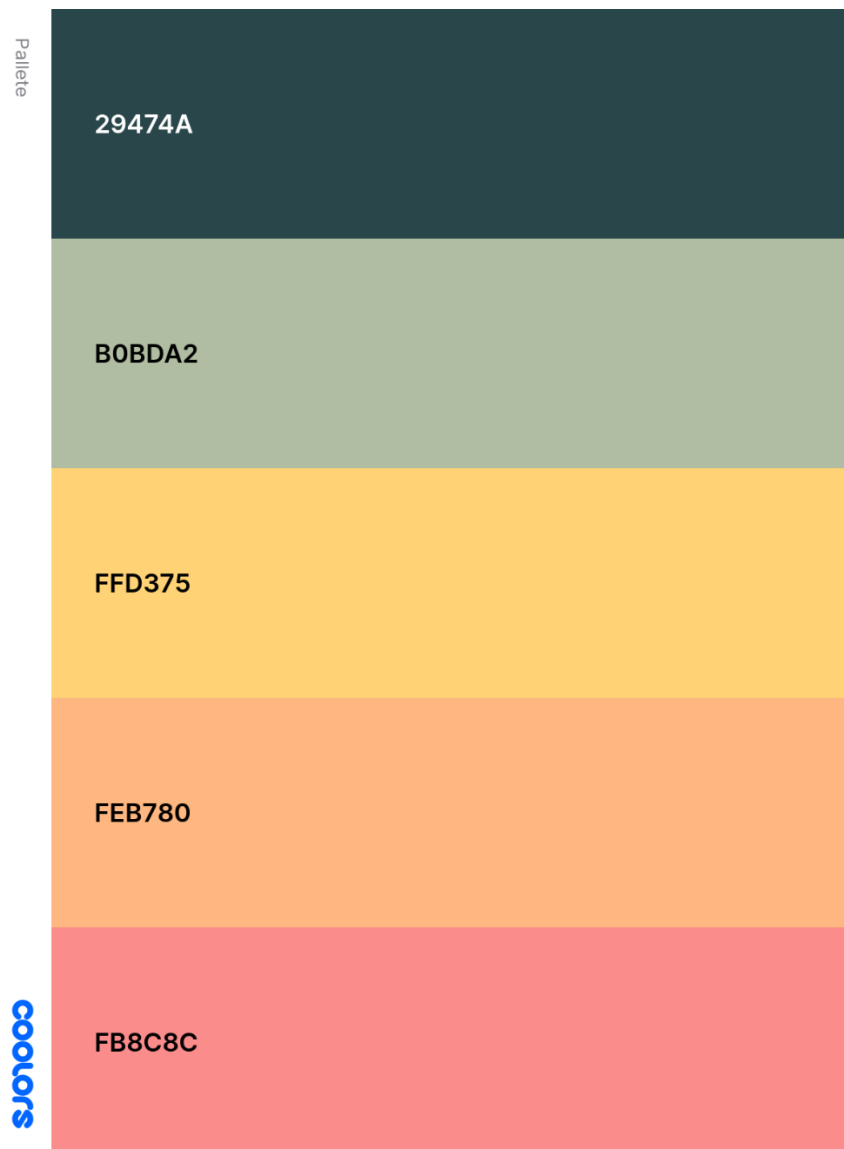
Application Design

Color Palette

The application features a minimalistic design style and a color palette fine tuned to respect WCAG contrast standards.

For the primary color I chose a light green which works well in contrast with the darker accent color: teal blue. I also created a gradient using yellow, orange and red and used it mainly when creating the background.

The color palette can be viewed below.



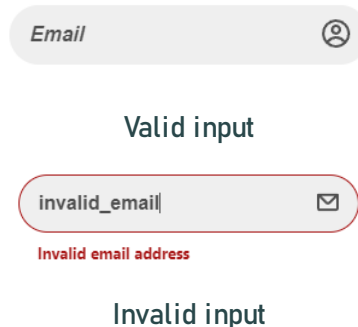
Buttons

There are two styles of buttons used in the application. The primary style uses the accent color as the background and it is used with the CTA (call-to-action) button types. The other style features a transparent background and it is used mainly for header and other secondary tasks. The contrast ratio for both types of buttons is 10.02:1. Below you can find examples of these two buttons.



Inputs

The inputs are designed to also contain an icon on the right that describes the action. The contrast ratio between the foreground and background in this case is 7.12:1 which also complies with the WCAG AAA standard. If the inputs are not valid, the errors will be shown under the invalid input and the input will display a red border.



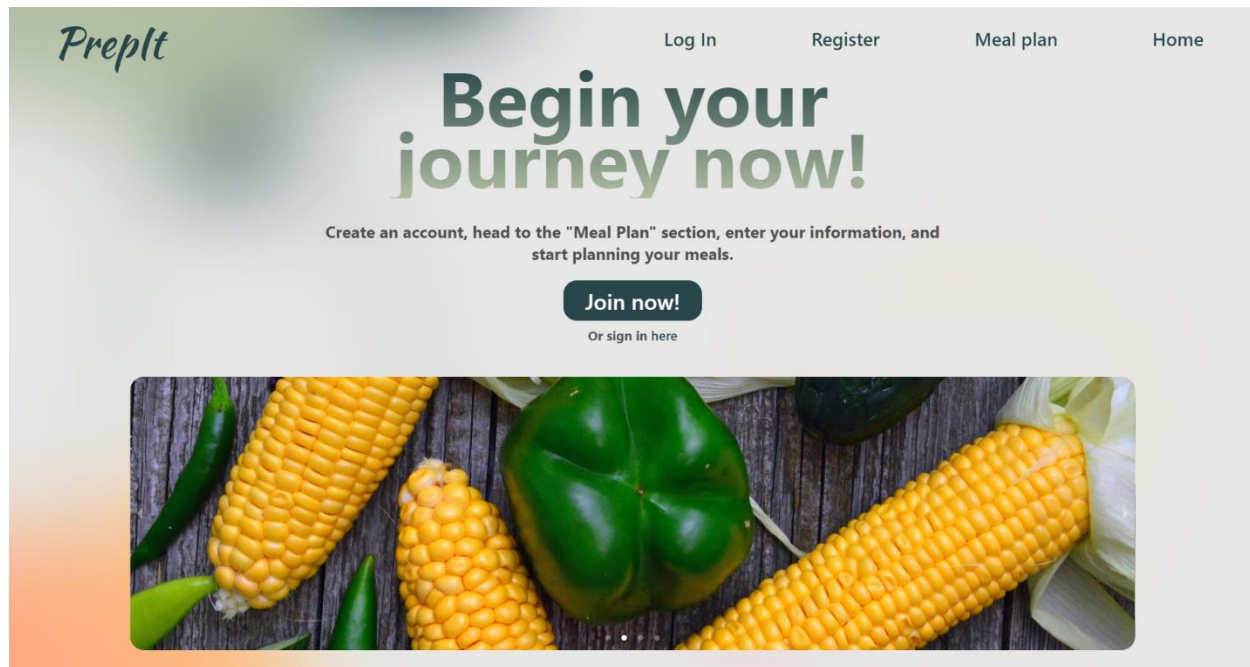
Switch

This type of button combines two radio boxes into a single component. The behaviour is exactly the same as the radio buttons but the style is different. The checked option is the one having the accent color as the background



Home

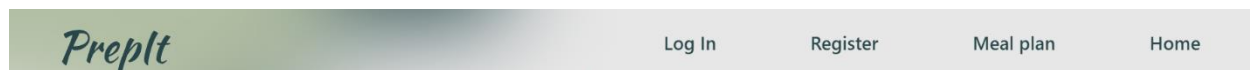
By default, the application will load the home page. Here the user is presented with the options to join now (create an account) or log in if the user already has an account. The home page also features a carousel on the bottom displaying four images of random food recipes.



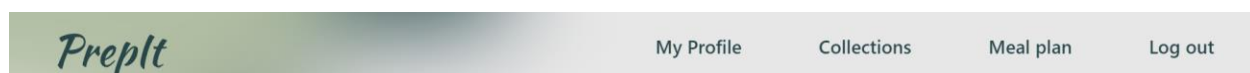
Navigation

The navigation is done using the header buttons at the top of the page.

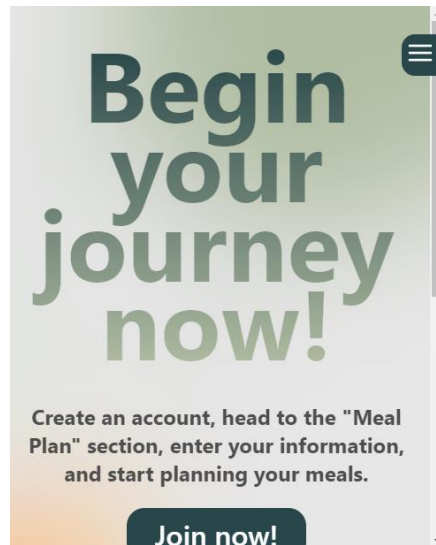
When the user is not authenticated, the header displays the options to navigate to register page login page, home page and meal plan page.



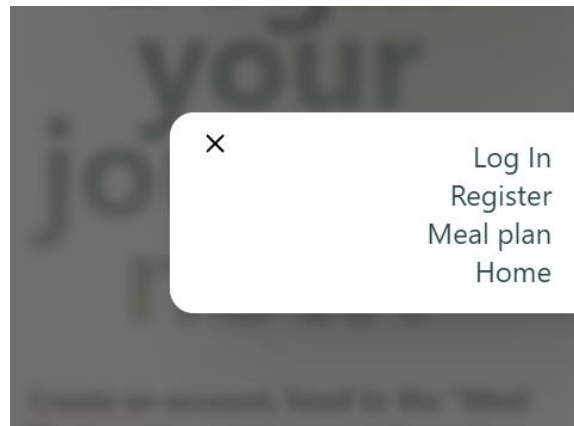
When the user is authenticated, the header is updated to include a log out button, and options for my-profile and collections page.



Also, the header will collapse into a hidden pop-up that is activated by a button on the top right of the screen.



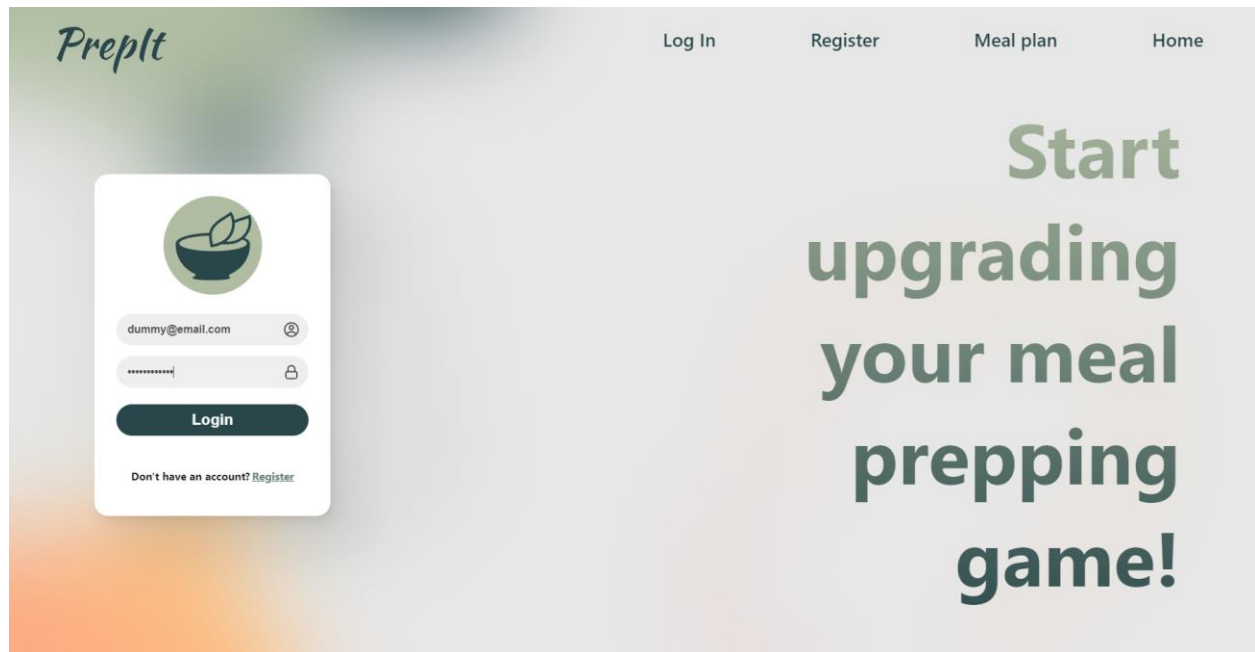
This allows to save space by moving the navigation buttons when the page is visited on smaller screens.



Navigation menu (mobile)

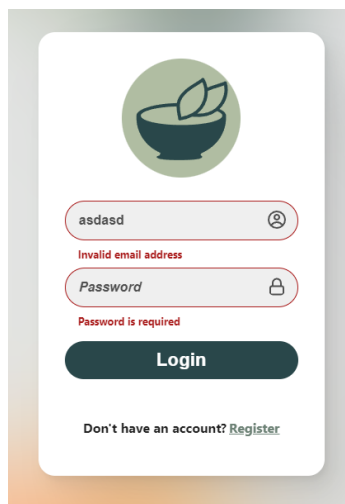
Login page

The login page can be accessed via the navigation options from the header. The user has to provide two inputs for a successful login: email and password. A successful login will redirect the user to the Meal-Plan page. When processing the login request, a loading bar is displayed under the button.



Login page

The login form also contains validation on both inputs, they are required not to be empty and the email should have a standard email format (example@email.com)



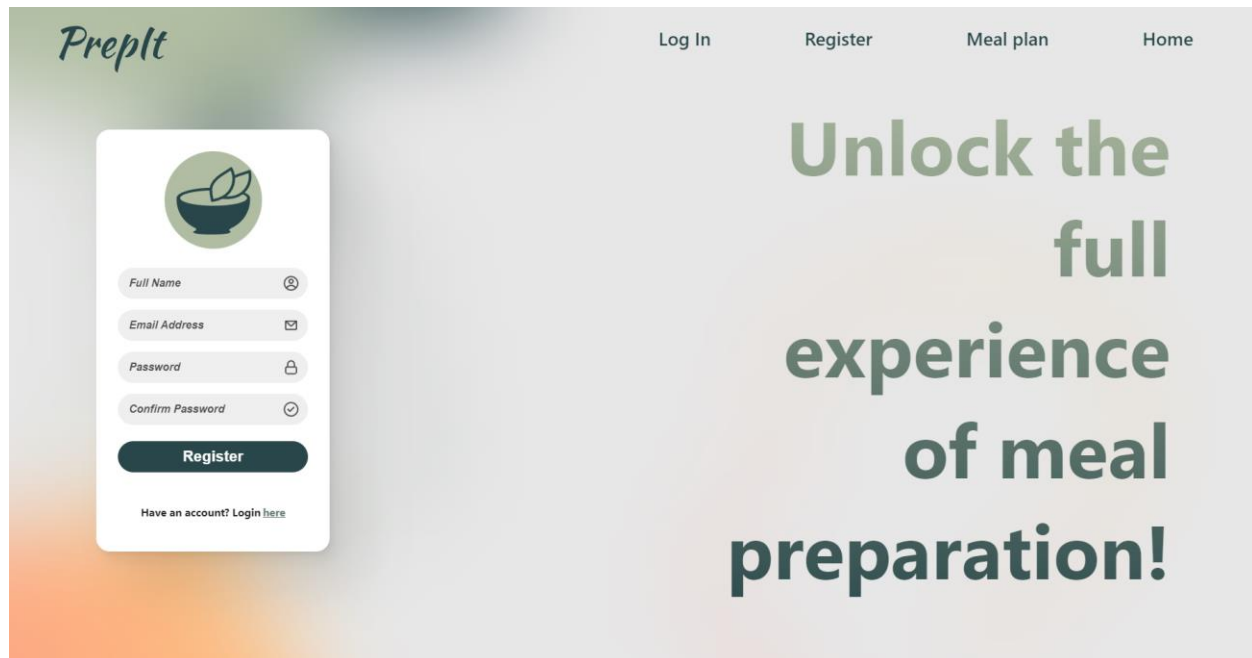
Invalid email and empty password

If the credentials are invalid, an error message will be shown below the CTA



Register page

The register page can be accessed from the header navigation buttons when the user isn't logged in into an account. For a successful registration the user has to provide: Full name (first name and last name separated by at least a space), Email address (a valid one), password and confirmation password (both have to be the same and meet the minimum requirements).



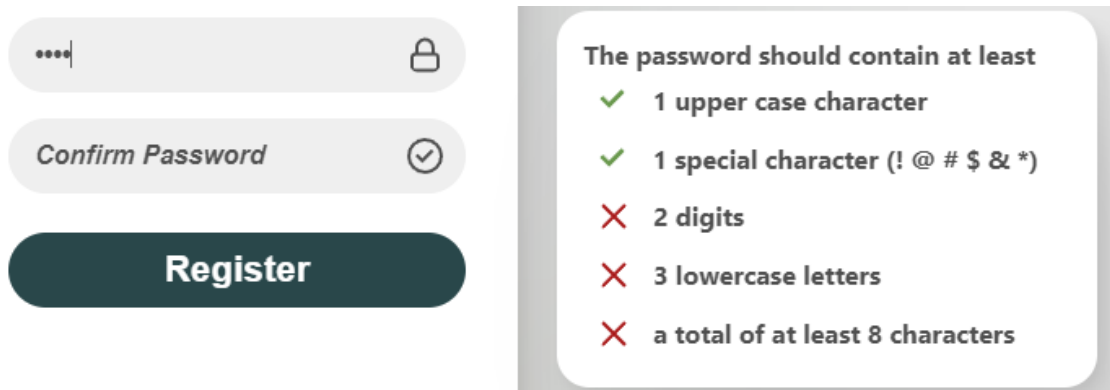
Register page

Password requirements

The minimum requirements for a strong password are:

- One upper case character
- One special character (! @ # \$ & *)
- Two digits
- Three lowercase characters
- A total of at least eight characters

These requirements will show when the user will start typing a password and each one will update with an “x” or a “checked mark” when the users fulfills that requirement.



The image shows a registration form on the left and a password requirements panel on the right. The form has three input fields: a password field with a lock icon, a 'Confirm Password' field with a checkmark icon, and a 'Register' button. The password requirements panel lists the following criteria:

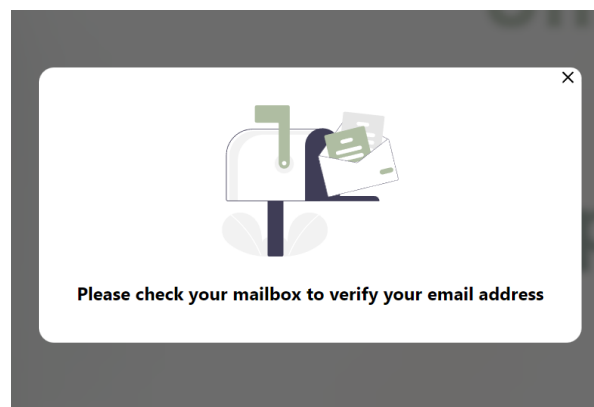
- ✓ 1 upper case character
- ✓ 1 special character (! @ # \$ % & *)
- ✗ 2 digits
- ✗ 3 lowercase letters
- ✗ a total of at least 8 characters

Password requirements tab

When processing the registration request, a loading bar will be displayed below the “Register” button.

Email verification

If the registration is complete, a pop up informing that the verification email has been sent will be displayed. The



Pop-up that will show after successful registration

Then, the user has to navigate to the email provider's application, tap on the received email and click on the provided link. Only then the user can access their account.

Meal-Plan page

This page is accessible either as a logged in user or not. The user can navigate to it using the header navigation buttons and completing the form will generate a meal plan for a day with three recipe suggestions for each meal

Preplt

Log In Register Meal plan Home

Meal Plan

Female | Male

Age 16 150

Height 100 400 cm

Weight kg

Number of meals 1 3

Sedentary Yes No

Gain | Lose

0.25kg / week | 0.50kg / week

Generate

Complete the information and start eating!

Meal-plan page

Required fields

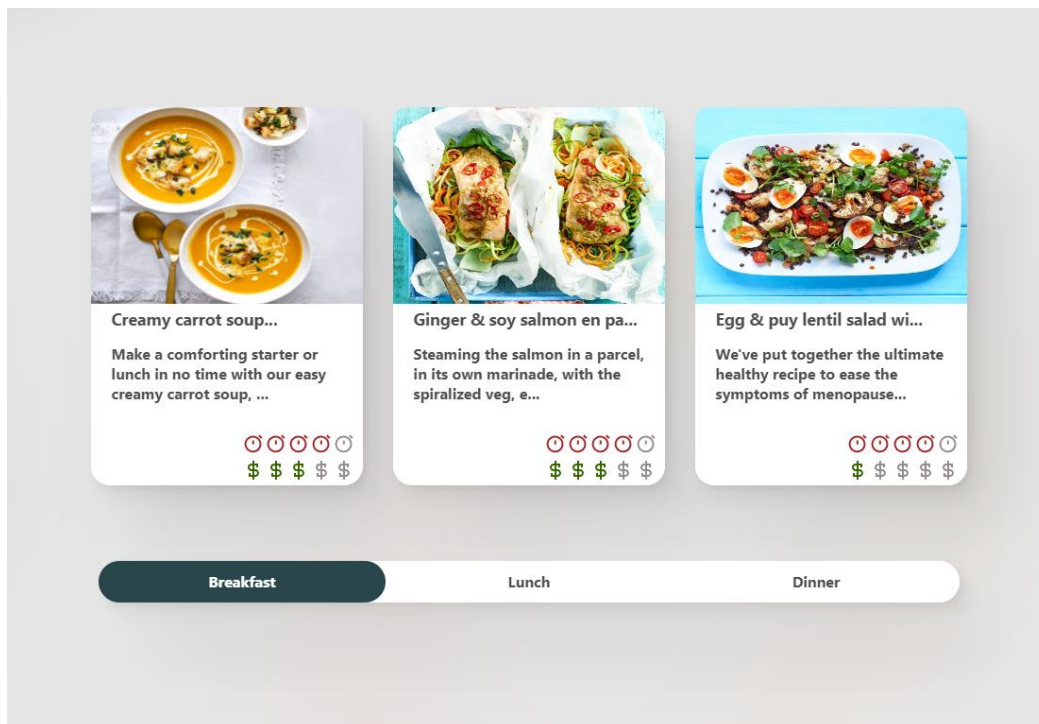
For the algorithm to work, the user has to provide the information:

- Gender - can be either Male or Female
- Age - between 16 and 150
- Height - between 100 and 400 cm

- Weight – between 20 and 300
- Number of Meals –how many meals the user prefers in a day
- Activity level – how active the user is in a week
- Goal – can be either Gain or Lose (gain / lose weight)
- Goal tier – how many kgs to gain / lose in a week

Meal suggestions

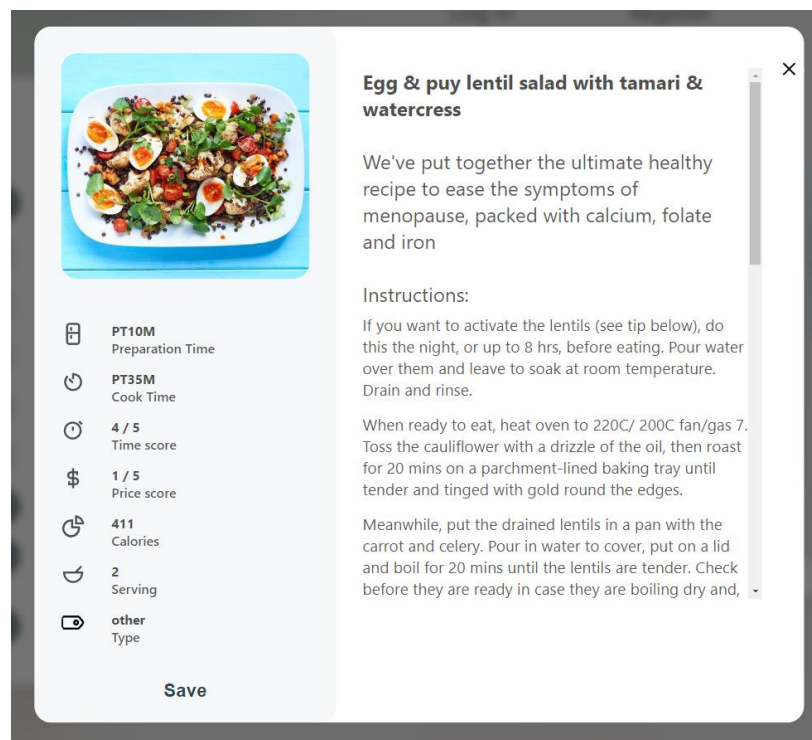
When pressing the “Generate” button, a loading indicator will be displayed until the request is processed. If the input is valid, on the right side of the page the recipes will be displayed along with a switch that will let the user switch between different meals in a day.



Meal suggestions

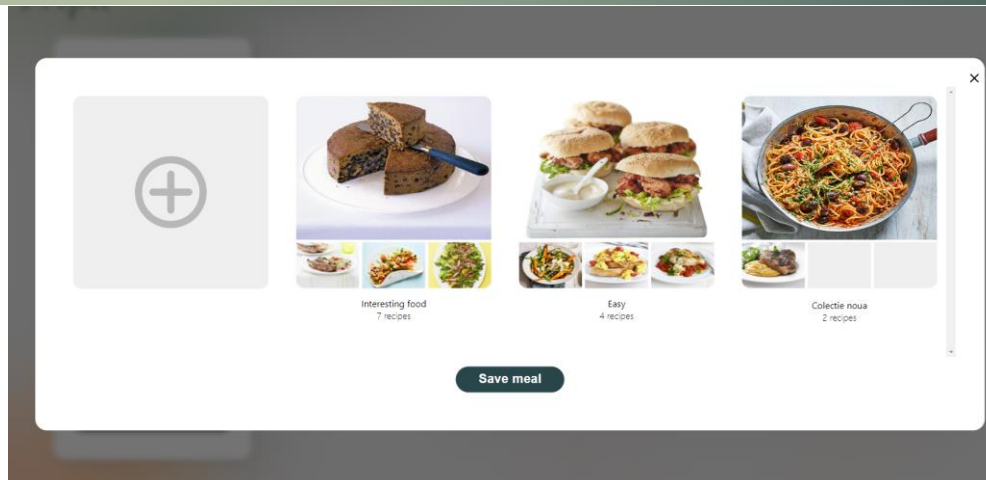
The user can then click on a meal to open a pop-up containing more information about that recipe. The information contained is:

- The preparation time
- The cook time
- The time score
- The price score
- The number of calories
- The serving
- The type of the meal
- Title
- Description
- Instructions
- Ingredients
- Nutritional Info
- Author



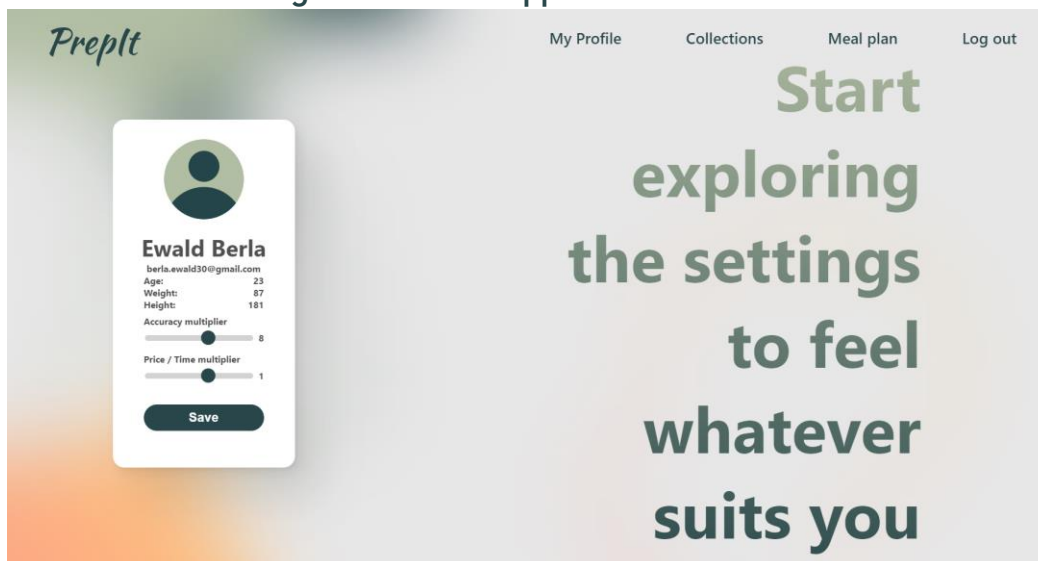
Recipe information modal

The “Save” button on the left is visible only if the user is logged in. If this button is pressed, a pop-up with the previously created collections will be shown and the user can select one for saving the meal in that collection. The user can also create a new one by pressing on “+”.



My-Profile page

My profile page is only accessible if the user is logged in. Then, the option to navigate to it will appear on the header.



My profile page

Here, the user can modify the price / time multiplier and the accuracy multiplier. This will dictate how the algorithm will search for the meal suggestions.

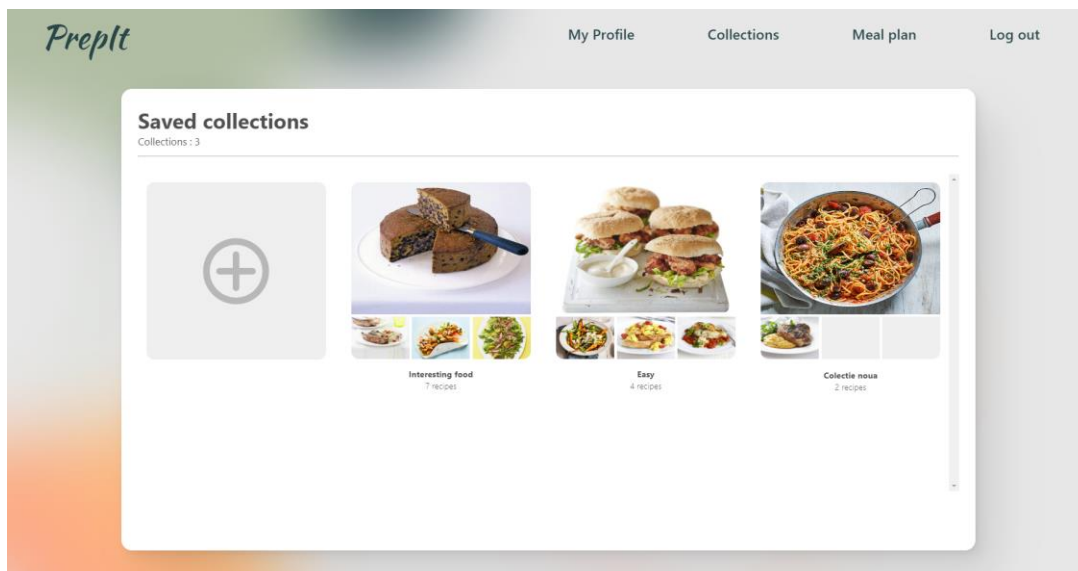
The Price / Time multiplier is set only on a single slider, if the user increases the slider to the left then the price multiplier will increase, if the user moves the slider to the right the time multiplier will increase. Both values can go between 1

and 5, and only one at a time can be increased (if you move the slider to the right, the time multiplier will increase and the price multiplier will be set to 1). These values will make the algorithm focus more on the value with the increased multiplier, (if you set the time multiplier to 5 the algorithm will focus more on recipes having the time score 3 and 4 for dinner and lunch and 5 for breakfast and snacks).

The accuracy multiplier will dictate how close the meals calories will be to the target one. Increasing the values will yield in meals that are more close to the available caloric intake for the user for a meal, but will return far less results. Decreasing it will allow for more flexibility and far more results overall.

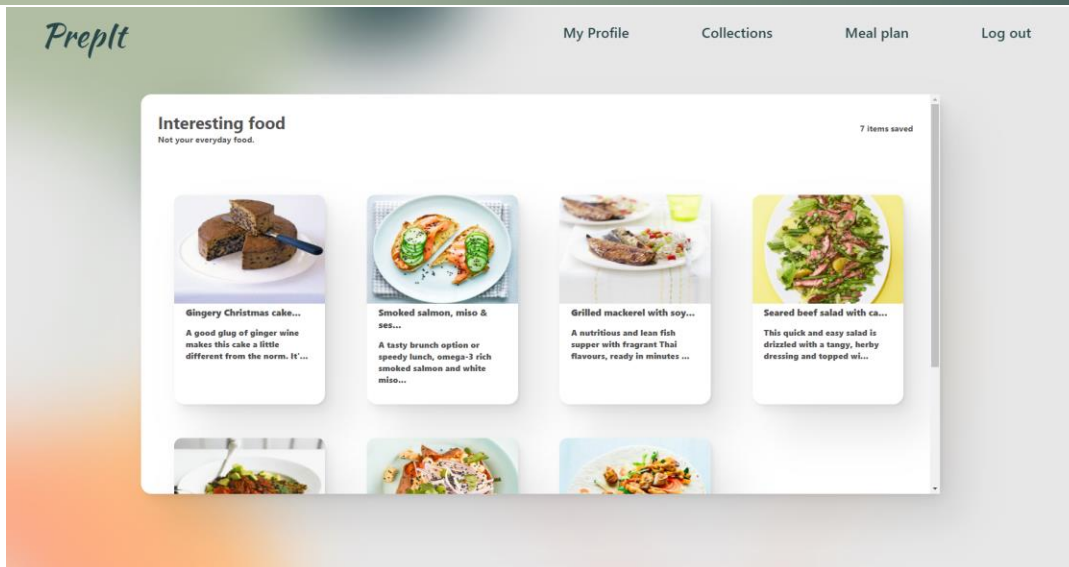
Collections page

The collections page is also available only to the logged in users. Here, the users will be presented with the list of previously created collections.



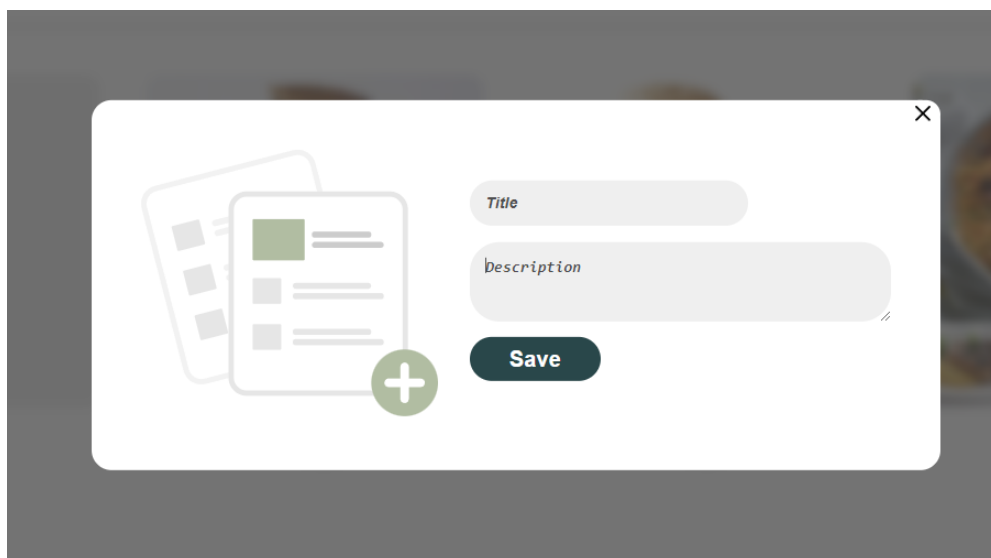
Collections page

From here, the user can click on a collection to view the previously saved meals.



Saved meals

The user can also create a new collection from this page by clicking on “+” and providing the requested information on the displayed pop-up.



Create collection pop-up