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**Batch 2024-2028**

## **Project Report on**

**“Recipe Meal Planner”**

Prepared for

Continuous Assessment 3(CA-3) 2024

**Submitted By:**

**PROJECT SUBMIT:**

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# DECLARATION

I, **G . JEEVAN REDDY** , hereby declare that the work presented in Continuous Assessment 3 is my own effort and has not been copied from any other source. All sources used for references, quotes, and data have been duly acknowledged. This assessment represents my own understanding and analysis of the subject matter.

I understand the consequences of academic dishonesty and affirm that this work is original and has not been submitted for assessment in any other course or institution.

- **G . JEEVAN REDDY**
- **Reg no: 12418512**
- **Session: 2024-2028**

# CERTIFICATE

This is to certify that the declaration statement made by the student is correct to the best of my knowledge and belief. He /She have completed this Project under my guidance and supervision. The present work is the result of his/her original investigation, effort and study. No part of the work has ever been submitted for any other degree at any University. The Project is fit for the submission and partial fulfillment of the conditions for the award of Bachelor of Technology degree in Computer Science and Engineering from Lovely Professional University, Phagwara.

Signature of Supervisor

**(Arwinder Dhillon)**

Assistant Professor

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Date: 08-November-2024

# ACKNOWLEDGEMENT

I would like to acknowledge that I, **G . JEEVAN REDDY**, have carefully reviewed and accepted the terms of the declaration for Continuous Assessment 3. I confirm that the work presented in this assessment is entirely my own effort and has been conducted with academic integrity. I have taken care to ensure that all sources used for references, quotes, and data have been appropriately acknowledged.

Furthermore, I acknowledge the significance of academic honesty, and the consequences associated with any form of dishonesty. I affirm that this assessment reflects my genuine understanding and analysis of the subject matter and has not been submitted for assessment in any other course or institution.

○ **G . JEEVAN REDDY**

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# Introduction of the project: -

A recipe meal planner is an organized approach to planning meals for a specific period, whether daily, weekly, or even monthly, based on recipes and dietary preferences. It offers a practical way to streamline meal preparation, save time, reduce food waste, and stay within a budget. By selecting recipes in advance, you can ensure balanced nutrition, meet dietary goals, and accommodate any food restrictions or allergies.

Meal planners also help with efficient grocery shopping, as they generate a list of needed ingredients, reducing unnecessary purchases. Additionally, they make it easier to try new recipes without the stress of deciding last-minute meals, bringing variety to your diet. Whether you're cooking for a family or yourself, a recipe meal planner provides structure to meal preparation, enhancing both health and lifestyle quality.

Many modern meal planners are available as apps or online tools, offering personalized recommendations, nutrition tracking, and customizable recipe databases. These tools can factor in prep time, servings, and special dietary needs, catering to a wide range of users, from busy professionals to fitness enthusiasts. Ultimately, a recipe meal planner is a versatile tool that simplifies meal planning, helping you maintain a nutritious and enjoyable eating routine.

# Technology used: -

To build this meal planner recipe website, I used a combination of web technologies that used to create interactive and educative use HTML and CSS, both play a critical role in achieving this website. HTML provides the structure, and CSS provides design and style. They both are used to making functional web pages.

## **1.HTML (Hypertext Markup Language)**

HTML is the standard language used for structuring the content on web pages. It forms the skeleton of the system, defining elements like headings, paragraphs, forms, and buttons. In this project, HTML was used to create:

- Home page
- About page to exhibit our motive.
- Also, I included Learn more to educate what pollution is.
- Contact Page with essential details to communicate.
- About page to know what the website has.

## **2. CSS (Cascading Style Sheets)**

CSS is used to style the HTML elements, enhancing the visual presentation of the web pages. It ensures the website looks attractive. In this project, CSS was used to:

- Style forms, buttons
- Apply colors and fonts
- By using padding, margins, and alignment

## Workflow: -

Start



Homepage (Introduction and Explore to know more)



User Interacts (View Details)



Gallery page (To view the collection)



About page (To know about the website)



Contact Form (user can contact through it)



End



# Working of the project: -

## **Home page: -**

Visiting the homepage, Users are welcomed, and they are navigating to different sections like “LOGIN”, “USERNAME” ,“ PASSWORD” and “REGISTER HERE” pages. Users find Introduction about their recipe and learn more button to navigate to Learn more page. They can click the button on the top to navigate to sections like Home, About and Contact.

## **Learn more page: -**

Visiting the Learn more page, Users can find information about food planner. This page consists of what is recipe, type of pollution and the Effects of pollution.

## **About page: -**

Visiting the About page, Users find about me and My Website. They could know about what is the website is about and why it is created.

## **Contact page: -**

Visiting the Contact page, in this website there is no required of user Personal details.

# Code snippets of the project: -

## index.html (Home page): -

```
<!DOCTYPE html>
```

```
<html lang="en">
```

```
<head>
```

```
  <meta charset="UTF-8">
```

```
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
```

```
  <title>Recipe Meal Planner</title>
```

```
  <style>
```

```
    body {
```

```
      font-family: 'Arial', sans-serif;
```

```
      background-color: #f8f8f8;
```

```
      color: #333;
```

```
      margin: 0;
```

```
      padding: 0;
```

```
      display: flex;
```

```
      flex-direction: column;
```

```
      align-items: center;
```

```
      justify-content: center;
```

```
      height: 100vh;
```

```
      overflow: hidden; /* Hide horizontal scrollbar */
```

```
    }
```

```
    header {
```

```
background-color: #750e0e;
color: #fff;
padding: 15px;
text-align: center;
font-size: 24px;
margin-bottom: 20px;
opacity: 1;
transition: opacity 0.5s ease-in-out;
width: 100%;
}
```

```
.container {
background-color: #fff;
padding: 20px;
border-radius: 8px;
box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
width: 80%;
max-width: 800px;
opacity: 1;
transition: opacity 0.5s ease-in-out;
display: flex;
flex-direction: row;
justify-content: space-between;
align-items: center;
```

```
    flex-wrap: wrap;
}
```

```
.recipe-section {
    flex: 1 1 45%;
    margin-right: 10px;
}
```

```
.login-container {
    background-color: #4f274646;
    padding: 20px;
    border-radius: 8px;
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
    width: 100%;
    max-width: 400px;
    margin-top: 20px;
    display: flex;
    flex-direction: column;
    align-items: center;
}
```

```
label {
    display: block;
    margin-bottom: 8px;
```

```
font-weight: bold;  
color: #555;  
}
```

```
input, select {  
    width: calc(100% - 16px);  
    padding: 8px;  
    margin-bottom: 15px;  
    box-sizing: border-box;  
    border: 1px solid #df9797;  
    border-radius: 4px;  
}
```

```
button {  
    background-color: #4CAF50;  
    color: #fff;  
    padding: 10px 15px;  
    border: none;  
    border-radius: 4px;  
    cursor: pointer;  
    font-size: 16px;  
}
```

```
button:hover {
```

```
    background-color: #45a049;  
}
```

```
h2 {  
    color: #12698f;  
    margin-top: 0;  
}
```

```
ul {  
    list-style-type: none;  
    padding: 0;  
}
```

```
li {  
    margin-bottom: 10px;  
}
```

```
.login-form label,  
.login-form input,  
.login-form button {  
    margin-bottom: 15px;  
}
```

```
.login-form button {
```

```
background-color: #0e0e0f;
color: #fff;
}
```

```
footer {
margin-top: 20px;
text-align: center;
color: #888;
opacity: 1;
transition: opacity 0.5s ease-in-out;
width: 100%;
}
```

```
</style>
```

```
</head>
```

```
<body>
```

```
<header id="recipeHeader">
```

```
<strong>MEAL PLANNER AND GROCERY LIST
GENERATOR<br></strong>
```

```
SAVOR THE FLAVOR!
```

```
</header>
```

```

```

```
<div class="container login-container" id="loginContainer">
```

```
<div class="login-form">
```

```
<label for="username">Username:</label>
```

```
<input type="text" id="username" required>
```

```
<label for="password">Password:</label>
```

```
<input type="password" id="password" required>
```

```
<button onclick="login()">Login</button>
```

```
</div>
```

```
<p>Don't have an account? <a href="#" onclick="showRegister()">Register  
here</a></p>
```

```
</div>
```

```
<div class="container login-container" id="registerContainer"  
style="display:none;">
```

```
<div class="login-form">
```

```
<label for="newUsername">Username:</label>
```

```
<input type="text" id="newUsername" required>
```

```
<label for="newPassword">Password:</label>
```

```
<input type="password" id="newPassword" required>
```

```
<button onclick="register()">Register</button>
```

```
</div>
```

```
<p>Already have an account? <a href="#" onclick="showLogin()">Login  
here</a></p>
```

```
</div>
```



```
<div class="container" id="recipeContainer" style="display:none;">
```

```
<div class="recipe-section">
```

```
<label for="recipe">Select Recipe:</label>
```

```
<select id="recipe">
```

```
<option value="spaghetti">Spaghetti Bolognese</option>
```

```
<option value="chicken">Grilled Chicken Salad</option>
```

```
<option value="lasagna">Vegetarian Lasagna</option>
```

```
<option value="stirFry">Chicken Stir Fry</option>
```

```
<option value="tacos">Beef Tacos</option>
```

```
<option value="salmon">Baked Salmon</option>
```

```
<option value="pasta">Pasta Primavera</option>
```

```
<option value="soup">Minestrone Soup</option>
```

```
<option value="pizza">Margherita Pizza</option>
```

```
<option value="curry">Vegetable Curry</option>
```

```
<option value="burgers">Turkey Burgers</option>
```

```
<option value="rice">Teriyaki Chicken and Rice</option>
```

```
<option value="quiche">Spinach and Feta Quiche</option>
```

```
<option value="shrimp">Garlic Shrimp Scampi</option>
```

```
<option value="risotto">Mushroom Risotto</option>
```

```
<option value="chili">Vegetarian Chili</option>
```

```
<option value="wraps">Chicken Caesar Wraps</option>
```

```
<option value="pancakes">Blueberry Pancakes</option>
```

```
<option value="smoothie">Mixed Berry Smoothie</option>
```

```
<option value="meatballs">Swedish Meatballs</option>
</select>
```

```
<label for="servings">Number of Servings:</label>
<input type="number" id="servings" min="1" value="1">
```

```
<button onclick="generateList()">Generate Grocery List</button>
</div>
```

```
<div class="recipe-section">
  <h2>Grocery List:</h2>
  <ul id="groceryList"></ul>
</div>
</div>
```

```
<footer id="recipeFooter">
  &copy; 2023 Recipe Meal Planner
</footer>
```

```
<script>
  document.addEventListener("DOMContentLoaded", function() {
    // Add fade-in effect to header, login container, register container, and
    footer
    document.getElementById("recipeHeader").style.opacity = 1;
    document.getElementById("loginContainer").style.opacity = 1;
```

```
document.getElementById("registerContainer").style.opacity = 1;
document.getElementById("recipeFooter").style.opacity = 1;
});
```

```
function generateList() {
  const recipe = document.getElementById("recipe").value;
  const servings = document.getElementById("servings").value;

  // Example grocery lists for each recipe
  const groceryLists = {
    spaghetti: ["Tomatoes", "Ground Beef", "Onions", "Garlic", "Spaghetti"],
    chicken: ["Chicken Breast", "Lettuce", "Tomatoes", "Cucumbers",
"Caesar Dressing"],
    lasagna: ["Lasagna Noodles", "Ricotta Cheese", "Spinach",
"Mozzarella", "Tomato Sauce"],
    stirFry: ["Chicken Thighs", "Broccoli", "Bell Peppers", "Soy Sauce",
"Rice"],
    tacos: ["Ground Beef", "Taco Shells", "Lettuce", "Tomatoes", "Cheese"],
    salmon: ["Salmon Fillets", "Lemon", "Dill", "Olive Oil", "Asparagus"],
    pasta: ["Pasta", "Mixed Vegetables", "Alfredo Sauce", "Parmesan
Cheese"],
    soup: ["Beans", "Tomatoes", "Carrots", "Onions", "Vegetable Broth"],
    pizza: ["Pizza Dough", "Tomato Sauce", "Mozzarella", "Basil", "Olive
Oil"],
    curry: ["Mixed Vegetables", "Chicken Thighs", "Curry Paste", "Coconut
Milk", "Rice"],
```

```
    burgers: ["Ground Turkey", "Whole Wheat Buns", "Lettuce",
"Tomatoes", "Mustard"],
    rice: ["Chicken Thighs", "Teriyaki Sauce", "Broccoli", "Rice", "Sesame
Seeds"],
    quiche: ["Pie Crust", "Eggs", "Spinach", "Feta Cheese", "Milk"],
    shrimp: ["Shrimp", "Garlic", "Butter", "Lemon", "Parsley"],
    risotto: ["Arborio Rice", "Mushrooms", "Chicken Broth", "Parmesan
Cheese"],
    chili: ["Kidney Beans", "Tomatoes", "Onions", "Chili Powder", "Ground
Beef"],
    wraps: ["Chicken Breast", "Romaine Lettuce", "Caesar Dressing",
"Whole Wheat Wraps"],
    pancakes: ["Pancake Mix", "Blueberries", "Maple Syrup", "Butter"],
    smoothie: ["Mixed Berries", "Banana", "Yogurt", "Honey", "Almond
Milk"],
    meatballs: ["Ground Beef", "Breadcrumbs", "Egg", "Parmesan Cheese",
"Marinara Sauce"]
};
```

```
    displayGroceryList(groceryLists[recipe]);
}
```

```
function displayGroceryList(list) {
    const groceryListElement = document.getElementById("groceryList");
    groceryListElement.innerHTML = "";
```

```
list.forEach(item => {  
    const listItem = document.createElement("li");  
    listItem.textContent = item;  
    groceryListElement.appendChild(listItem);  
});  
}  
  
function showLogin() {  
    // Hide recipe container  
    document.getElementById("recipeContainer").style.display = "none";  
  
    // Show login container  
    document.getElementById("loginContainer").style.display = "flex";  
    document.getElementById("registerContainer").style.display = "none";  
}  
  
function showRegister() {  
    // Hide recipe container  
    document.getElementById("recipeContainer").style.display = "none";  
  
    // Show register container  
    document.getElementById("registerContainer").style.display = "flex";  
    document.getElementById("loginContainer").style.display = "none";  
}
```

```
function login() {  
    const username = document.getElementById("username").value;  
    const password = document.getElementById("password").value;  
  
    // Simple local storage login logic  
    const storedUsername = localStorage.getItem("username");  
    const storedPassword = localStorage.getItem("password");  
  
    if (username === storedUsername && password === storedPassword) {  
        alert("Login successful!");  
  
        // Show recipe container  
        document.getElementById("recipeContainer").style.display = "flex";  
  
        // Hide login container  
        document.getElementById("loginContainer").style.display = "none";  
    } else {  
        alert("Invalid username or password. Please try again.");  
    }  
}  
  
function register() {  
    const newUsername = document.getElementById("newUsername").value;
```

```
const newPassword = document.getElementById("newPassword").value;

// Simple local storage registration logic
localStorage.setItem("username", newUsername);
localStorage.setItem("password", newPassword);

alert("Registration successful! You can now log in.");

// Show recipe container
document.getElementById("recipeContainer").style.display = "flex";


// Hide register container
document.getElementById("registerContainer").style.display = "none";
}
</script>


</body>
</html>
```

## Webpages Screenshots:-

## home.html (Home page): -

**MEAL PLANNER AND GROCERY LIST GENERATOR**  
SAVOR THE FLAVOR!




Username:

Password:

Don't have an account? [Register here](#)

© 2023 Recipe Meal Planner





MEAL PLANNER AND GROCERY LIST GENERATOR  
SAVOR THE FLAVOR!



Username:

Password:

Register

Already have an account? [Login here](#)

© 2023 Recipe Meal Planner



about.html (About page):-

register page:

Home page;

## MEAL PLANNER AND GROCERY LIST GENERATOR

SAVOR THE FLAVOR!



Select Recipe:

Chicken Stir Fry

Number of Servings:

2

Generate Grocery List

Grocery List:

Tomatoes

Ground Beef

Onions

Garlic

Spaghetti

© 2023 Recipe Meal Planner



## Conclusion:-

This Recipe meal planner website has structured pages like Home page, Log in page, Register page, Main page . It provides the **MEAL PLANNER AND GROCERY LIST GENERATOR** and an effective platform for giving knowledge about effects of the RECIPE. In this website, Each page has a unique purpose like Home page creates an idea about preparation of recipe, About page is all about myself and

about the website, Learn more page is to educate the users, and Contact page ensures easy communication with me by filling the query.

This website remains user-friendly and focuses on the goal of creating this is depends on their mood and time and grocery . In this website I used the technologies like HTML AND CSS. Also, Educating the

## References:-

1. [www.youtube.com](http://www.youtube.com)
2. <http://github.com>

THANK YOU