**CARD SORTING FOR A WEB PAGE ABOUT HEALTHY AND EASY RECIPES**

**User Persona: Liam, stay-at-home dad**

**Group 1: Family-Friendly Recipes**

* Breakfast
* Lunch
* Dinner
* Snacks
* Desserts
* Kid-Friendly Recipes

**Group 2: Healthy Eating for the Family**

* Balanced Family Meal Plans
* Vegetarian/Vegan Meal Plans
* High-Protein Meal Plans

**Group 3: Nutritional Guidance and Cooking Tips**

* Superfoods and Benefits
* Essential Nutrients
* Portion Control Tips
* Understanding Food Labels
* Knife Skills
* Meal Prep Strategies
* Cooking for Picky Eaters

**Group 4: Cooking Techniques and Equipment**

* Cooking Methods (Baking, Grilling, etc.)
* Kitchen Equipment Essentials

**Group 5: Budget-Conscious and Special Diets**

* Budget-Friendly Meal Plans
* Under $10 Meals
* Leftover Makeovers
* Economical Ingredient Choices
* Homemade Snacks on a Budget
* Gluten-Free Recipes
* Dairy-Free Recipes
* Keto-Friendly Recipes
* Low-Sodium Recipes

**User Persona: Lana, college student**

**Group 1: Quick and Easy College Meals**

* Breakfast
* Lunch
* Dinner
* Snacks
* Desserts
* 30-Minute Meals
* One-Pot Meals

**Group 2: Student-Friendly Diet Plans**

* Budget-Friendly Meal Plans
* Vegetarian/Vegan Meal Plans
* Dorm Room Cooking

**Group 3: Nutrition Essentials for Students**

* Superfoods and Benefits
* Essential Nutrients
* Portion Control Tips
* Understanding Food Labels
* Dietary Guidelines

**Group 4: Cooking Tips and Techniques for Beginners**

* Knife Skills
* Meal Prep Strategies
* Cooking Methods (Baking, Grilling, etc.)
* Kitchen Equipment Essentials

**Group 5: Affordable and Special Diet Choices**

* Under $10 Meals
* Cheap and Healthy
* Leftover Makeovers
* Economical Ingredient Choices
* Homemade Snacks on a Budget
* Gluten-Free Recipes
* Dairy-Free Recipes
* Kid-Friendly Recipes

**User Persona: Maria, busy business woman**

**Group 1: Quick Meal Solutions**

* Breakfast
* Lunch
* Dinner
* Snacks
* Desserts
* 30-Minute Meals
* One-Pot Meals

**Group 2: Healthy Eating Plans**

* Weight Loss Meal Plans
* Balanced Family Meal Plans
* Budget-Friendly Meal Plans

**Group 3: Nutrition and Time-Saving Tips**

* Superfoods and Benefits
* Essential Nutrients
* Portion Control Tips
* Understanding Food Labels
* Dietary Guidelines
* Knife Skills
* Meal Prep Strategies

**Group 4: Cooking Hacks and Techniques**

* Cooking Methods (Baking, Grilling, etc.)
* Kitchen Equipment Essentials

**Group 5: Budget-Friendly and Special Diet Options**

* Under $10 Meals
* Cheap and Healthy
* Leftover Makeovers
* Economical Ingredient Choices
* Homemade Snacks on a Budget
* Vegetarian Recipes
* Vegan Recipes
* Gluten-Free Recipes
* Dairy-Free Recipes
* Keto-Friendly Recipes
* Low-Sodium Recipes
* Kid-Friendly Recipes