

Recipes for Muscle Retention on a Cut

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Website Link <https://kennethxu02.github.io/recipe-nutrition-analysis/>

```
In [1]: import pandas as pd
import numpy as np

import plotly.express as px
plotly.io.ploting.backend = "plotly"

from ice_visual import plotly # I used from to comment and use this, it'll make your plotly graphs look like ours in lecture!

In [2]: recipes = pd.read_csv('RAW_recipes.csv')
avg_rating = merged_recipes.groupby('recipe_id')['avg_rating'].mean()
avg_rating.name = 'avg_rating'
merged_recipes['avg_rating'] = avg_rating

In [3]: merged_recipes['avg_rating'] = merged_recipes['avg_rating'].replace(0, np.nan)

# Group by recipe_id and compute mean rating (ignoring NaN)
avg_rating = merged_recipes.groupby('recipe_id')['avg_rating'].mean().reset_index()
avg_rating.name = 'avg_rating'
merged_recipes['avg_rating'] = avg_rating

# Merge avg_rating back into the main DataFrame
merged_recipes = pd.merge(
    merged_recipes,
    avg_rating,
    on='recipe_id',
    how='left'
)

merged_recipes

Out[3]:
```

	name	id	minutes	contributor_id	...	date	rating	review	avg_rating
0	1 brownies in the world best ever	333281	40	985201	...	2008-11-19	4.0	These were pretty good, but took forever to ba...	4.0
1	1 in canada chocolate chip cookies	453467	45	1848091	...	2012-01-26	5.0	Originally I was gonna cut the recipe in half...	5.0
2	412 broccoli casserole	306168	40	50969	...	2008-12-31	5.0	This was one of the best broccoli casseroles t...	5.0
...
731554	157126	76033	2009-06-30	3	WOW! Sometimes I don't take the time to rate...				
731554	83382	76033	2009-01-11	4	Very good! I used regular part as well. The...				
731554	200186099	76033	2017-12-16	5	I am so glad I googled and found this here. Th...				

731927 rows x 5 columns

```
In [3]: # Left merge recipes and interactions on recipe ID
merged_recipes = pd.merge(
    recipes,
    interactions,
    left_on='id',
    right_on='recipe_id',
    how='left'
)

merged_recipes['rating'] = merged_recipes['rating'].replace(0, np.nan)

# Group by recipe_id and compute mean rating (ignoring NaN)
avg_rating = merged_recipes.groupby('recipe_id')['rating'].mean().reset_index()
avg_rating.name = 'avg_rating'
merged_recipes['avg_rating'] = avg_rating

# Merge avg_rating back into the main DataFrame
merged_recipes = pd.merge(
    merged_recipes,
    avg_rating,
    on='recipe_id',
    how='left'
)

merged_recipes

Out[3]:
```

	name	id	minutes	contributor_id	...	date	rating	review	avg_rating
0	1 brownies in the world best ever	333281	40	985201	...	2008-11-19	4.0	These were pretty good, but took forever to ba...	4.0
1	1 in canada chocolate chip cookies	453467	45	1848091	...	2012-01-26	5.0	Originally I was gonna cut the recipe in half...	5.0
2	412 broccoli casserole	306168	40	50969	...	2008-12-31	5.0	This was one of the best broccoli casseroles t...	5.0
...
234428	cookies by design sugar shortbread cookies	288509	20	506822	...	2008-06-19	1.0	This recipe tastes nothing like the Cookies by...	3.0
234427	cookies by design sugar shortbread cookies	288509	20	506822	...	2010-02-08	5.0	yummy cookies, I love this recipe me and my sm...	3.0
234428	cookies by design sugar shortbread cookies	288509	20	506822	...	2014-11-01	NaN	I work at a Cookies By Design and can say this...	3.0

234249 rows x 10 columns

```
In [3]: merged_recipes['nutrition'] = merged_recipes['nutrition'].apply(
    lambda x: eval(x) if isinstance(x, str) else x
)

nutrition_cols = [
    'calories',
    'total_fat_gdv',
    'sugar_gdv',
    'protein_gdv',
    'sodium_gdv',
    'saturated_fat_gdv',
    'carbohydrates_gdv'
]

merged_recipes['nutrition'] = pd.DataFrame(
    merged_recipes['nutrition'].tolist(),
    index=merged_recipes.index
)

# Convert all nutrition columns to numeric
merged_recipes[nutrition_cols] = merged_recipes[nutrition_cols].apply(pd.to_numeric, errors='coerce')

merged_recipes['name'] = merged_recipes['name'].head()

Out[4]:
```

	name	calories	total_fat_gdv	sugar_gdv	sodium_gdv	protein_gdv	saturated_fat_gdv	carbohydrates_gdv
0	1 brownies in the world best ever	138.4	10.0	50.0	3.0	3.0	19.0	6.0
1	1 in canada chocolate chip cookies	595.1	46.0	211.0	22.0	13.0	51.0	26.0
2	412 broccoli casserole	194.8	20.0	6.0	32.0	22.0	36.0	3.0
3	412 broccoli casserole	194.8	20.0	6.0	32.0	22.0	36.0	3.0
4	412 broccoli casserole	194.8	20.0	6.0	32.0	22.0	36.0	3.0

```
In [3]: merged_recipes.head()

Out[5]:
```

	name	id	minutes	contributor_id	...	sodium_gdv	protein_gdv	saturated_fat_gdv	carbohydrates_gdv
0	1 brownies in the world best ever	333281	40	985201	...	3.0	3.0	19.0	6.0
1	1 in canada chocolate chip cookies	453467	45	1848091	...	22.0	13.0	51.0	26.0
2	412 broccoli casserole	306168	40	50969	...	32.0	22.0	36.0	3.0
3	412 broccoli casserole	306168	40	50969	...	32.0	22.0	36.0	3.0
4	412 broccoli casserole	306168	40	50969	...	32.0	22.0	36.0	3.0

5 rows x 25 columns

Step 1: Introduction

In [6]: Which high protein, low calorie recipes have the best ratings to help maintain muscle during an aggressive cut?

Object 'cut' not found.

Step 2: Data Cleaning and Exploratory Data Analysis

```
In [7]: # TDDO

In [8]: # I:

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In [10]: print(merged_recipes[['avg_rating', 'protein_gdv', 'calories']].info())

avg_rating 2771
protein_gdv 0
calories 0
dtypes: int64 3

In [11]: # Verify
print(merged_recipes[['avg_rating', 'protein_gdv', 'calories']].info())

avg_rating 0
protein_gdv 0
calories 0
dtypes: int64 3

In [12]: # Verify
print(merged_recipes[['avg_rating', 'protein_gdv', 'calories']].info())

Out[12]:
```

	name	id	minutes	contributor_id	...	sodium_gdv	protein_gdv	saturated_fat_gdv	carbohydrates_gdv
0	1 brownies in the world best ever	333281	40	985201	...	3.0	3.0	19.0	6.0
1	1 in canada chocolate chip cookies	453467	45	1848091	...	22.0	13.0	51.0	26.0
2	412 broccoli casserole	306168	40	50969	...	32.0	22.0	36.0	3.0
3	412 broccoli casserole	306168	40	50969	...	32.0	22.0	36.0	3.0
4	412 broccoli casserole	306168	40	50969	...	32.0	22.0	36.0	3.0

5 rows x 25 columns

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