**Project Proposal**

**High-level Summary**

One of my favorite hobbies involves cooking and finding new meal ideas to enjoy. I thought it would be helpful to help others navigate meal ideas suitable for their dietary needs. For my semester design project, I have decided to create a meal planner web application. Meal planners help promote better nutrition and time management. This web application’s purpose is to give users the ability to plan out meals that will align with their dietary needs and restrictions. There will be an x number of meals in the database for users to choose from while using this application.

**Technology**

Database- SQL

Front end – HTML, CSS, JavaScript or React

Backend - PHP

**Interfaces:**

This website will allow users to have a shopping list generator accessible to them so that they have a starting point base of ideas. Users will have the option of creating their own accounts that they can save data on and log back in as they choose. They must pick their dietary preferences; this will be easier to filter out any meals not similar to their preferences. The list below are other user interfaces I plan to implement into this meal planner website:

**recipe database** where meals categorized by dietary preferences, allergen, restrictions. Users can also browse through recipes. I will stick to these dietary guidelines categories: heart-safe, gluten-free, low sodium, low-sugar, high-protein, no preference.

Example: a meal idea that is categorized as gluten-free

Example: a meal idea that is categorized/labeled as both gluten-free and wheat free

**Possible search and filter option**.

**shopping list generator:**

- manage through quantity adjustments

-clear/start over

-possibly allow users to add ingredients directly from recipe database

-allow users to view and mange shopping list

-save shopping list