

# MealMap - User Stories

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Derived from requirements.md [FR-01 ... FR-24] and API spec.

## Account Management

- As a **new user**, I want to create an account with my email and password, so that I can start using MealMap.
- As a **registered user**, I want to log in to my account, so that I can access my saved data.
- As a **user**, I want to set my daily calorie and nutrition goals, so that I can track if my meal plans align with my health objectives.
- As a **user**, I want to verify my email address, so that I can secure my account.
- As a **user**, I want to enable two-factor authentication, so that my account is more secure.

## Recipe Management

- As a **home cook**, I want to create and save my favorite recipes with all ingredients and their amounts, so that I can reuse them for meal planning.
- As a **user**, I want to add a link to an online recipe, so that I can quickly reference cooking instructions without retyping them.
- As a **user**, I want to browse my recipe collection, so that I can find recipes I've saved.
- As a **user**, I want to search for recipes by name, so that I can quickly find what I'm looking for.
- As a **user**, I want to edit my recipes, so that I can update ingredients or quantities when needed.
- As a **user**, I want to delete recipes I no longer use, so that my collection stays organized.

## Meal Planning

- As a **user**, I want to plan my meals for each day of the week, so that I know what to cook in advance.
- As a **user**, I want to assign recipes to specific meal slots (breakfast, lunch, dinner, snacks), so that I can organize my daily meals.
- As a **user**, I want to copy my previous week's meal plan, so that I can save time when my eating habits are consistent.
- As a **user**, I want to view my weekly meal plan at a glance, so that I can see my full schedule.
- As a **user**, I want to remove meals from my plan, so that I can adjust when my schedule changes.

## Grocery Shopping

- As a **user**, I want to generate a shopping list based on my meal plan, so that I know exactly what ingredients to buy.
- As a **user**, I want my shopping list to combine duplicate ingredients, so that I don't buy the same item multiple times.
- As a **user**, I want to split my shopping list into multiple trips, so that I can shop at different stores or on different days.
- As a **user**, I want to mark items as purchased, so that I can track what I've already bought.
- As a **user**, I want to download my shopping list, so that I can print it or access it offline.

## Pantry & Ingredients

- As a **user**, I want to maintain a list of ingredients I commonly use, so that I can quickly add them to recipes.
- As a **user**, I want to track items I already have at home, so that I don't buy ingredients I don't need.
- As a **user**, I want to specify quantities with metric units (grams, milliliters, pieces), so that measurements are clear and consistent.
- As a **user**, I want to categorize ingredients (vegetables, dairy, grains, etc.), so that my shopping list is organized by section.

## Dashboard & Overview

- As a **user**, I want to see my upcoming meals on my dashboard, so that I know what I'm cooking today and tomorrow.
- As a **user**, I want to see a summary of my nutritional intake, so that I can track if I'm meeting my goals.
- As a **user**, I want to quickly access my current shopping list from the dashboard, so that I can shop without navigating through menus.

## Collaboration (Future)

- As a **household member**, I want to share meal plans with my family, so that we can coordinate cooking and shopping together.
- As a **household member**, I want to see who is editing the meal plan, so that we don't make conflicting changes.
- As a **nutrition coach**, I want to view my client's meal plans, so that I can provide advice without accidentally changing their data.
- As a **user**, I want to receive notifications about important changes to shared plans, so that I stay informed.