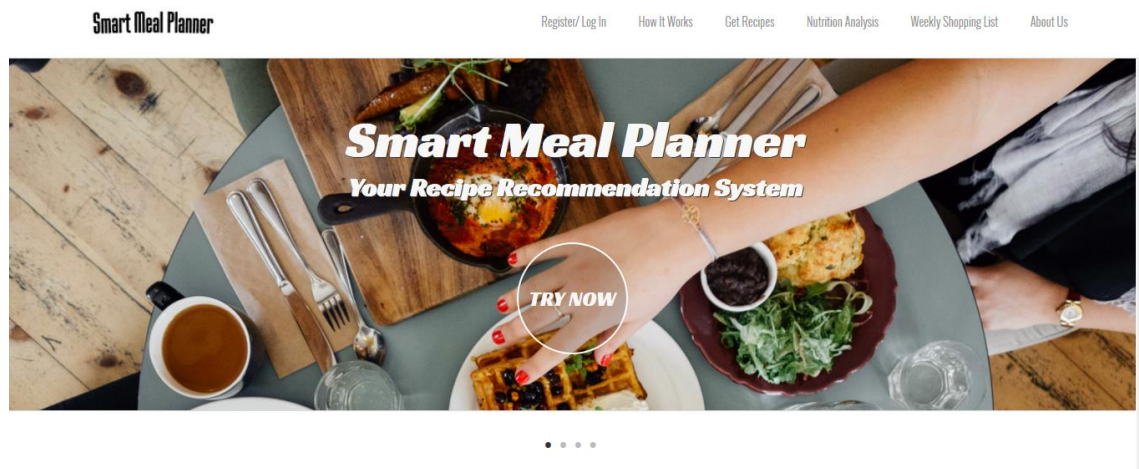**SMART MEAL PLANNER
USER MANUAL**

December 6, 2015

INTRODUCTION

The project is implemented as a web app on AWS, no local setup is necessary. Only the core scripts have been included in this package.

The app can be accessed at this URL: http://52.91.113.244/project/main_frame.php. Going to this URL shows the homepage:

Click on 'Register/Log In' to sign up for an account and log in to the app.

STEP 1: UPDATE BMI AND PREFERECES

Click on 'Get Recipes' on the top bar and then click 'Edit Preference' to enter your BMI information and Favorite Recipes. BMI information is used to calculate the recommended nutritional intake for your personality.

Click 'Edit Favorite Recipes' to select your favorite dishes. This information is used to recommend recipes.

STEP 2: GET MEAL PLAN

Next, click on 'Get Recipes' on the top bar and then 'Get Meal Plan' to see your meal plan. This might take a little while to load for the first time. Select the day from the dropdown menu to see the meal plan for that day.

If you do not like a recipe suggested, click on it and select 'Change it'. You will be presented with a force graph as shown below with other similar recipes. You can select a nutrition metric to compare the recipe suggested and the recipe you want to swap it with. Make a new selection from the force graph and confirm your choice.

STEP 3: SHOPPING LIST

Get the weekly shopping list by clicking the button in the top bar and then selecting 'Go Shopping'. This shows all the ingredients needed for the week.
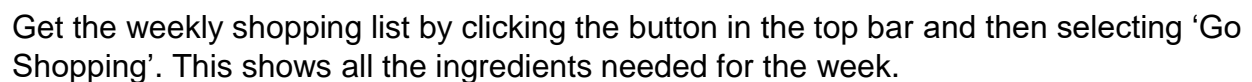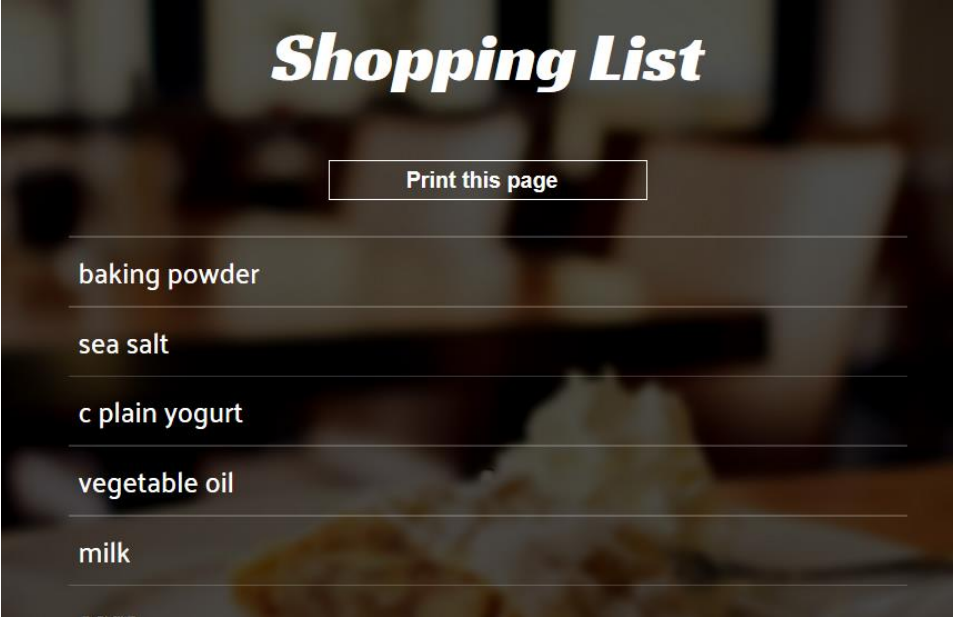
STEP 4: ANALYZE NUTRITION FOR THE GENERATED MEAL PLAN

Click 'Nutrition Analysis' on the top bar and then select 'Analyze Nutrition'. From the dropdown, you can view each day's nutrition as arc graphs and a radar graph. Clicking on any of the arc graph shows the breakdown of the day into individual meals.
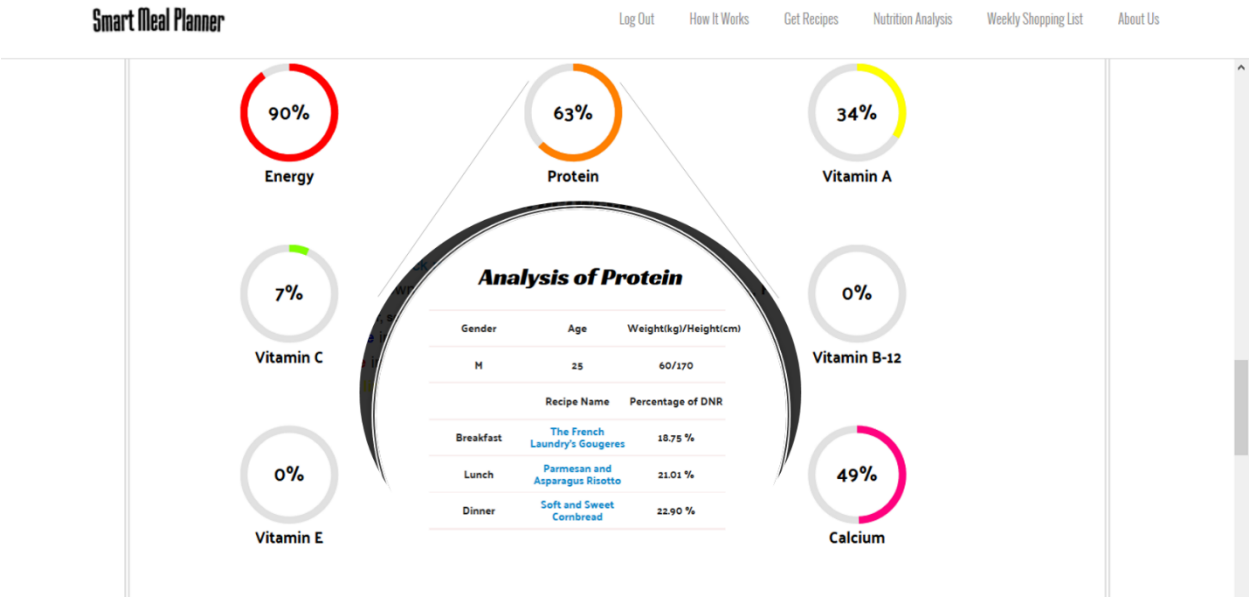
The weekly nutrition is presented by nutrient either as a grouped or stacked bar chart.