**Wireframe Explanation for Home Page – NutriNourish**

**Overview**

The homepage of the **NutriNourish** website is designed with a clean and modern UI, focusing on nutrition tracking and user engagement. The layout is structured for intuitive navigation, highlighting essential sections such as branding, navigation, call-to-action, and a visually appealing food image.

**Wireframe Breakdown**

**1. Header Section (Navigation Bar)**

* **Brand Logo (Left Side)**:
  + The logo "NutriNourish" is placed on the left side of the header.
  + It uses a combination of green shades to represent health and nutrition.
* **Navigation Menu (Centered)**:
  + Contains links: **Home, Features, About Us, Contact Us, FAQ**.
  + Designed for easy access to different sections of the website.
* **Login Button (Right Side, Red Color)**:
  + A prominent **red-colored "Login" button** on the right side.
  + Encourages user sign-in for personalized features.

**2. Hero Section (Main Banner)**

* **Main Heading:**
  + "YOUR TRACKING JOURNEY STARTS HERE" (small, uppercase).
  + "with Nutrinourish" (larger, bold, dark green).
* **Description:**
  + A short paragraph below the heading explaining the purpose of NutriNourish.
  + Encourages users to explore nutrition tracking tools.

**3. Visual Element (Right Side – Food Bowl Image)**

* A high-quality image of a **healthy salad bowl** is displayed on the right side.
* Symbolizes nutrition, fresh food, and a healthy lifestyle.
* Balances the text-heavy left section, making the design visually appealing.

**Wireframe Structure (Text Representation)**

**------------------------------------------------------**

**| LOGO | Home | Features | About Us | Contact Us | FAQ | [Login] |**

**------------------------------------------------------**

**| YOUR TRACKING JOURNEY STARTS HERE |**

**| with Nutrinourish |**

**| Short description about the nutrition journey | [Food Image]**

**| |**

**| |**

**------------------------------------------------------**

**Wireframe Explanation for BMI Calculator Page – NutriNourish**

**Overview**

The **BMI Calculator page** is designed with a modern and interactive UI that allows users to calculate their **Body Mass Index (BMI)** by selecting units and entering their height and weight. The page maintains a professional look with a **purple gradient background**, a **centralized input form**, and a clear **call-to-action button**.

**Wireframe Breakdown**

**1. Header Section (Navigation Bar)**

* **Logo ("NutriNourish") on the left**:
  + The name "NutriNourish" is displayed in **bold white text** on a **black navigation bar**.
* **Navigation Menu (Right Side)**:
  + Contains links: **Home, Services, About, Contact, FAQ**.
  + Ensures quick access to other sections of the website.

**2. Main Content Area (BMI Calculator Form)**

* **Centered Box with Rounded Corners**:
  + A light pink/purple **semi-transparent card** is positioned in the center.
  + The form has a **subtle shadow effect** to enhance visibility.
* **Title ("BMI Calculator")**:
  + Displayed in **bold, purple text** to indicate the purpose of the page.
* **Unit Selection (Radio Buttons)**:
  + Users can choose between:
    - **Weight Units**: Pounds (lbs) or Kilograms (kg).
    - **Height Units**: Feet/Inches or Meters.
  + Default selection: **Pounds & Feet/Inches** (pre-selected).
* **Input Fields**:
  + **Weight Input Box**: Users enter weight using a dropdown-style text field.
  + **Height Input Boxes**:
    - Separate dropdowns for **feet** and **inches** (when "Feet/Inches" is selected).
    - Adaptability for metric height input.
* **Call-to-Action Button ("Calculate BMI")**:
  + Gradient **pink-to-blue button** at the bottom.
  + Encourages user interaction.

**3. Background and Visuals**

* **Gradient Background**:
  + A **purple-pink gradient** provides a sleek, modern aesthetic.
  + Abstract **connected node design** in the background adds a futuristic touch.

**4. Footer Section**

* Displayed at the bottom in **small white text**:
  + **"© 2025 BMI Calculator. All rights reserved."**
  + Ensures branding and copyright details.

**Wireframe Structure (Text Representation)**

------------------------------------------------------

| LOGO | Home | Services | About | Contact | FAQ |

------------------------------------------------------

| |

| [ BMI Calculator Title ] |

| [Select Units: lbs/kg, ft/inches/meters] |

| [Weight Input Box] |

| [Height (feet) Dropdown] |

| [Height (inches) Dropdown] |

| [Calculate BMI Button] |

| |

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| © 2025 BMI Calculator. All rights reserved. |

**Wireframe Explanation for Nutrition Log Tracker – NutriNourish**

**Overview**

The **Nutrition Log Tracker page** helps users **log their daily meals and track macronutrient intake** (calories, protein, carbs, and fat). The page features a clean design with a **healthy food-themed background**, a centered **nutrition entry form**, and an automatically updating **daily intake summary**.

**Wireframe Breakdown**

**1. Header Section (Navigation Bar)**

* **Logo ("NutriNourish") on the left**:
  + Displayed in **bold white text** on a **green navigation bar**, reinforcing a healthy theme.
* **Navigation Menu (Right Side)**:
  + Contains links: **Home, Services, About, Contact** for easy navigation.

**2. Main Content Area (Nutrition Log Tracker)**

* **Centered Box with Rounded Corners**:
  + A **white semi-transparent card** with a **light green glow effect** surrounds the form.
  + Ensures clear visibility against the background.
* **Title ("Nutrition Log Tracker")**:
  + Displayed in **bold, black text** to make it easily readable.
* **Input Fields for Meal Logging**:
  + **Meal Type (e.g., Breakfast, Lunch, Dinner)**
  + **Food Item**
  + **Serving Size**
  + **Calories**
  + **Protein (g)**
  + **Carbs (g)**
  + **Fat (g)**
  + **Add Entry Button**: Allows users to submit a meal entry.
* **Meal List Display**:
  + Entries are displayed in a structured table format.
  + Columns: **Meal, Food Item, Serving Size, Calories, Protein, Carbs, Fat**.
* **Total Daily Intake Summary**:
  + Displays automatically calculated values for:
    - **Total Calories**
    - **Total Protein**
    - **Total Carbs**
    - **Total Fat**
  + Updates dynamically as users add food items.

**3. Background and Visuals**

* **Healthy Food Background Image**:
  + Showcases fresh vegetables and nuts, reinforcing a **nutrition-focused theme**.
* **White Main Section**:
  + The form is placed over a clean white section for **contrast and readability**.

**4. Footer Section**

* Background color: **Dark Green**
* **Copyright Notice**:
  + "© 2025 Your Website Name. All Rights Reserved."
* **Additional Links**:
  + **Tracker | Home | Contact Us** – Allows for easy navigation.

Wireframe Structure (Text Representation):

------------------------------------------------------

| LOGO | Home | Services | About | Contact |

------------------------------------------------------

| |

| [ Nutrition Log Tracker ] |

| [Meal Type] [Food Item] |

| [Serving Size] [Calories] |

| [Protein (g)] [Carbs (g)] [Fat (g)] |

| [Add Entry Button] |

| |

| Meal Food Item Serving Calories Protein Carbs Fat |

|-----------------------------------------------------|

| Total Daily Intake: |

| Calories: 0 | Protein: 0g | Carbs: 0g | Fat: 0g |

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| © 2025 Your Website Name. All rights reserved. |

| Tracker | Home | Contact Us |

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**Wireframe Explanation for Diet Recipe Page – NutriNourish (World of Flavor)**

**Overview**

The **Diet Recipe Page** of **NutriNourish** serves as a **digital cookbook**, offering a diverse range of **healthy, delicious, and easy-to-prepare recipes**. It’s designed to be **engaging, visually appealing, and user-friendly**, catering to individuals seeking **nutritious meal options**.

The page combines **aesthetic visuals** with **detailed recipe guides**, ensuring a seamless user experience.

**Wireframe Breakdown**

**1. Header Section (Navigation Bar)**

* **Logo ("NutriNourish – World of Flavor")**:
  + Positioned on the **left** side of the **header**, using an **elegant font** for branding.
* **Navigation Menu (Right Side)**:
  + **Home | Recipes | Meal Planner | Contact Us**
  + Dropdown categories for **Breakfast, Lunch, Dinner, Snacks**.

**2. Hero Section (Welcome Message & Introduction)**

* **Title ("Welcome to the World of Flavor")**:
  + Large, elegant **typography** to grab attention.
* **Welcome Message**:
  + Engages users with a warm, inviting **culinary journey description**.
  + Encourages them to **experiment with flavors and ingredients**.
* **CTA Button – "View Full Recipes ⤵"**:
  + Scrolls down to the recipe collection.

**3. Recipe Collection (Grid Layout)**

Each recipe is **visually represented with an image, name, and a short description**. The layout is in a **grid format** (2x3 or 3x3 depending on screen size), making it easy to browse.

**Example Grid Layout:**

| **🍝 Pasta with Pesto & Tomatoes** | **🍮 Overnight Chia Pudding** | **🍲 Spinach & Lentil Soup** |
| --- | --- | --- |
| A quick and delicious pasta dish | A nutrient-rich, no-cook meal | A comforting, protein-rich soup |

**Clicking on a recipe** expands it into a **detailed view**, showing:

* **Servings, Prep Time, Cook Time, and Total Time**
* **Ingredients List (with icons for quick reference)**
* **Step-by-step cooking instructions**

**4. Individual Recipe Page (Detailed View)**

When a user selects a recipe, they are taken to a **detailed page** with:  
✅ **High-quality food images**  
✅ **Step-by-step instructions with icons for clarity**  
✅ **Quick nutrition breakdown (Calories, Protein, Carbs, Fat)**  
✅ **Suggested meal pairings (e.g., “Serve with…” section)**

**5. Background and Aesthetics**

* **Visual Appeal**:
  + **Warm-toned food images** create an **appetizing feel**.
  + Elegant typography for **recipe names**.
* **Clean UI**:
  + White background with **light pastel colors (green, beige, orange)**.
  + **Hover effects** on recipe cards for interactivity.

**6. Footer Section**

* **Copyright Notice**
* **Quick Links:** Recipe Categories, Contact Us, FAQ
* **Social Media Icons** for sharing recipes on **Instagram, Pinterest, Twitter**.

**User Experience Considerations**

✅ **Easy Navigation** – Recipe categories and search bar for quick access.  
✅ **Interactive UI** – Hover effects and engaging imagery.  
✅ **Mobile-Friendly** – Responsive layout for smartphones and tablets.  
✅ **Customizable Options** – Users can tweak recipes based on preferences.