# Instructions for others to simulate

# Dietary Recommender System  
  
## Overview  
  
This project aims to develop a food dietary recommendation system tailored to Malaysian/Asian cuisine. It provides personalized and healthy eating plans based on individual nutritional needs and preferences while incorporating the rich diversity of Malaysian/Asian food culture.  
  
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## Core Features  
  
- \*\*User Profile Intake\*\*: Collects user data such as age, gender, weight, height, health goals, dietary restrictions, and preferences.  
- \*\*Nutritional Needs Calculator\*\*: Estimates caloric needs using equations like Harris-Benedict or Mifflin-St Jeor and provides macronutrient and micronutrient recommendations based on user goals.  
- \*\*Cuisine-Specific Food Database\*\*: Contains nutritional information for common Malaysian/Asian dishes, tagged by region, type, preparation method, and dietary relevance.  
- \*\*Recommendation Engine\*\*: Matches meals to user profiles and preferences, ensuring diversity, cultural relevance, and nutritional balance.  
- \*\*Basic UI\*\*: A web app or chatbot-style interface to display recommendations.  
  
## Project Structure

dietary-recommender/ │ ├── data/ # Food CSV files or datasets ├── src/ # Source code │ ├── **init**.py │ ├── user\_profile.py # Handles user data input & processing │ ├── food\_db.py # Loads & filters food data │ ├── recommender.py # Recommendation engine logic ├── main.py # Entry point for simulation ├── requirements.txt # Python dependencies ├── tests/ # Unit tests ├── docs/ # Documentation ├── README.md # Instructions for others to simulate └── dietary-recommender.md # Detailed setup guide

## Setup Instructions  
  
### Prerequisites  
  
- \*\*Python 3.9 or later\*\*: Ensure you have Python installed. You can check by running `python --version`. If not installed, download it from [Python's official website](https://www.python.org/downloads/).  
  
### Steps  
  
1. \*\*Clone the Repository\*\*:  
 ```bash  
 git clone https://github.com/yourusername/dietary-recommender.git  
 cd dietary-recommender

1. **Create a Virtual Environment**:

* python -m venv venv

1. **Activate the Virtual Environment**:
   * On **Windows**:
   * .\venv\Scripts\activate
   * On **macOS/Linux**:
   * source venv/bin/activate
2. **Install Dependencies**:

* pip install -r requirements.txt

1. **Run the Application**:

* python main.py

### Additional Setup

* **VS Code Setup Tips**:
  + Install the **Python extension** (if not yet).
  + Set your interpreter to the virtual environment: Open Command Palette → “Python: Select Interpreter” → choose your venv.

## Usage

To use the application, simply run the following command in your terminal:

python main.py

This will start the application, and you can interact with it through the provided interface.

## Contributing

Contributions are welcome! Please follow these steps to contribute:

1. Fork the repository.
2. Create a new branch: git checkout -b feature/new-feature.
3. Make your changes and commit them: git commit -m "Add new feature".
4. Push to the branch: git push origin feature/new-feature.
5. Submit a pull request.

## License

This project is licensed under the MIT License - see the <LICENSE> file for details.

For more detailed setup instructions, refer to the [detailed setup guide](dietary-recommender.md). ```

This README.md file provides a comprehensive overview of your project, including setup instructions and project structure. You can further customize it as needed. If you have any questions or need further assistance, feel free to ask!