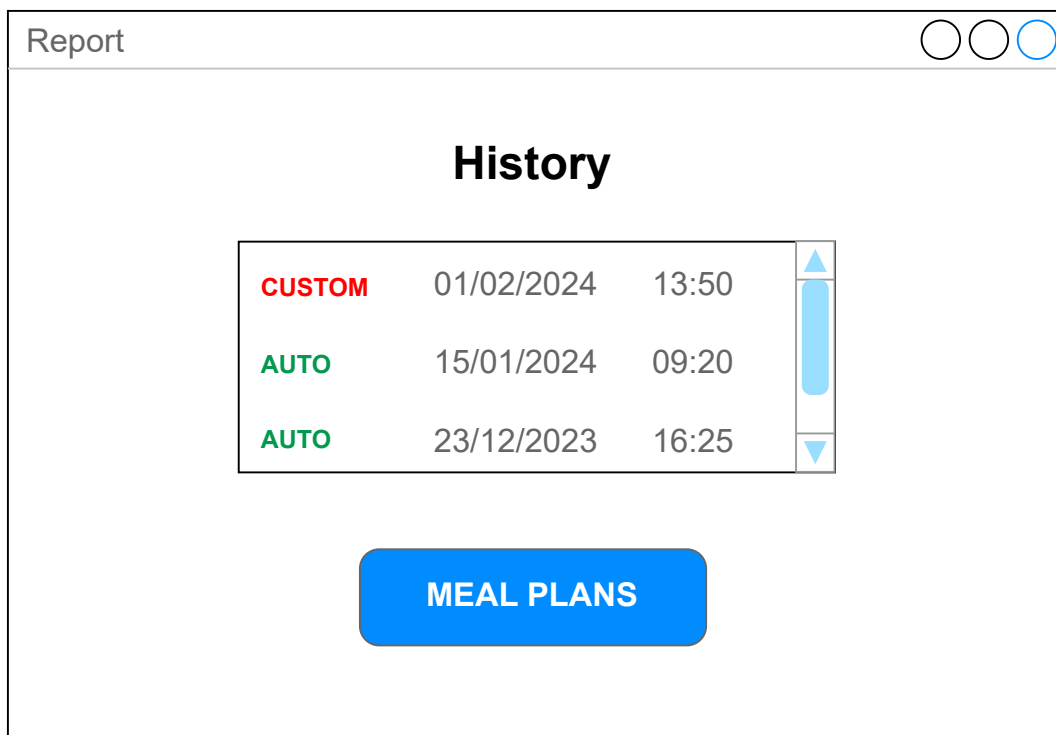


This window is opened when the "Meal Plans" button is clicked

History will provide previously created meal plans

Custom Plan will let the user create a custom meal plan; drag and drop food and drink items from the system

Auto Plan will use an API to generate a meal plan based on the user's dietary needs



The history will contain each meal plan with the date and time it was created.

Each plan will also have a tag to identify if it was a custom meal plan or an auto generated meal plan.

Clicking an entry will open its meal plan (but the food items for a custom meal plan will be uneditable, the user can only change the quantities of the food hereon).

The button allows the user to return back to the meal plans menu, to create a meal plan or return back to the main menu.

Report

Food Item #1 110g  
Food Item #2 20g  
Food Item #3 1200g

Calories

Carbohydrates

Proteins

Fats

MEAL PLANS

SEARCH FOOD

The window for a custom meal plan.

The top box shows foods added by the user (will by default be empty when the user opens a new custom meal plan). Once meals are added, they can scroll through, and click on a item to delete it (with a confirmation box).

Below will be some bar charts, to show the current nutrient amounts of the food added. Each chart for a nutrient will have two bars - one for the expected intake for the user, and the other which changes in real time as foods are added and removed (so when the application is opened there is only one bar).

The bottom right button will open a pop up for the user to search for foods.

Food Search

Search for a food

100

grams

Food Item #1  
Food Item #2  
Food Item #3  
Food Item #4  
Food Item #5

Cancel

OK

The pop up for adding a new food.

The user can search a food and results will pop up in the box beneath, with a scrollbar to scroll through many entries.

The user can adjust the number of grams of food in the stepper box, and then add the food to the meal plan.

Report

Food Item #1 110g  
Food Item #2 20g  
Food Item #3 1200g

Calories

Carbohydrates

Proteins

Fats

MEAL PLANS

SAVE CHANGES

[OPTIONAL]

The window for a custom meal plan which is opened from the user history, meaning the actual foods themselves cannot be changed, but the quantities can be changed, and real time changes are displayed in the graphs to reflect quantity increases and decreases.

Clicking the button EDIT QUANTITIES will open a pop up to change the quantity of the foods. Clicking OK on the pop up will save the new quantities, updating the meal plan.

If this cannot be done, then the user can open custom meal plans with all elements uneditable, and only the MEAL PLANS button will be present (centrally aligned).

## Edit Food

Food Item #1  
Food Item #2  
Food Item #3  
Food Item #4  
Food Item #5

100

grams

Cancel

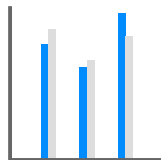
OK

[OPTIONAL]

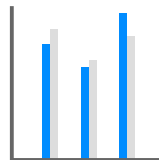
Select a food and  
change the  
quantity.

## Report

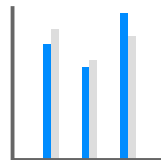
Food Item #1 100g  
Food Item #2 200g  
Food Item #3 60g



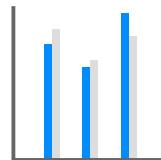
Calories



Carbohydrates



Proteins



Fats

MEAL PLANS

This window is for auto generated meal plans. The box will contain food items generated by the meal plan.

The graphs will show the nutrient counts from all items in the meal plan compared to the expected quantity of the user, for breakfast, lunch and dinner.

Clicking a food item will open a pop up of the food item in more detail, with nutrient details specific to the food.

## Food Search

FOOD NAME

Calories

Carbohydrates

Proteins

Fats

120kcl

20g

20g

20g

Cancel

OK

Food Details

FOOD NAME

Calories	Carbohydrates	Proteins	Fats
120kcl	120g	120g	120g
Sugar	Potassium	Salt	Iron
20g	20g	20g	20g

When the auto meal plan is generated, clicking on a food will open this window, where the user can view details of the macro and micronutrients.

From the API, the carbs, proteins and fats are displayed in the demo so this information can be retrieved and shown. If information is returned about other nutrients, it can be shown too.

Food Details

FOOD NAME

Calories	Carbohydrates	Proteins	Fats
120kcl	120g	120g	120g
Sugar	Potassium	Salt	Iron
20g	20g	20g	20g

100

grams

UPDATE

DELETE FOOD

When the user is creating a custom meal plan, clicking on a food will open this window, where the user can view details of the macro and micronutrients.

There is also the option to change the quantity of the food, and to delete the food from the custom plan.

Custom Meal

Food Item #1 110g  
Food Item #2 20g  
Food Item #3 1200g

Calories

Carbohydrates

Proteins

Fats

MEAL PLANS

When the user wishes to view a custom meal plan again (not when they are creating it), they should only be able to see this, so they cannot add new meals.

Food Details

FOOD NAME

Calories	Carbohydrates	Proteins	Fats
120kcl	120g	120g	120g
Sugar	Potassium	Salt	Iron
20g	20g	20g	20g

When the user wishes to view a custom meal plan again (not when they are creating it), they should only be able to see this, so they cannot update or delete

120kcal120g120g120g

Sugar	Potassium	Salt	Iron
20g	20g	20g	20g

meals in the custom meal plan.

Report

HISTORY

CUSTOM PLAN

AUTO PLAN

MAIN MENU

This window is opened when the "Meal Plans" button is clicked

History will provide previously created meal plans

Custom Plan will let the user create a custom meal plan; drag and drop food and drink items from the database system.

Auto Plan will use an API (separate from the database system) to generate a meal plan based on the user's dietary needs

Report

DIETS

☐ Alcohol-free

☐ Balanced

☐ DASH

☐ High-Fiber

☐ High-Protein

☐ Keto

☐ Kidney friendly

☐ Kosher

☐ Low-Carb

☐ Low-Fat

☐ Low potassium

☐ Low-Sodium

☐ Mediterranean

☐ No oil added

☐ No-sugar

☐ Paleo

☐ Pescatarian

☐ Pork-free

☐ Red meat-free

☐ Sugar-conscious

☐ Vegan

☐ Vegetarian

☐ Mollusk-Free

☐ Sulfite-Free

MEAL PLANS

NEXT

The first step for an auto generated meal plan for the API will be picking the desired diet type for the user.

They can pick from zero to any number of the checkboxes.

Report

ALLERGENS

☐ Celery-free

☐ Crustacean-free

☐ Dairy-free

☐ Egg-free

☐ Fish-free

☐ Gluten-free

☐ Lupine-free

☐ Mustard-free

☐ Peanut-free

☐ Sesame-free

☐ Shellfish-free

☐ Soy-free

☐ Tree-Nut-free

☐ Wheat-free

☐ FODMAP-Free

☐ Immuno-Supportive

MEAL PLANS

NEXT

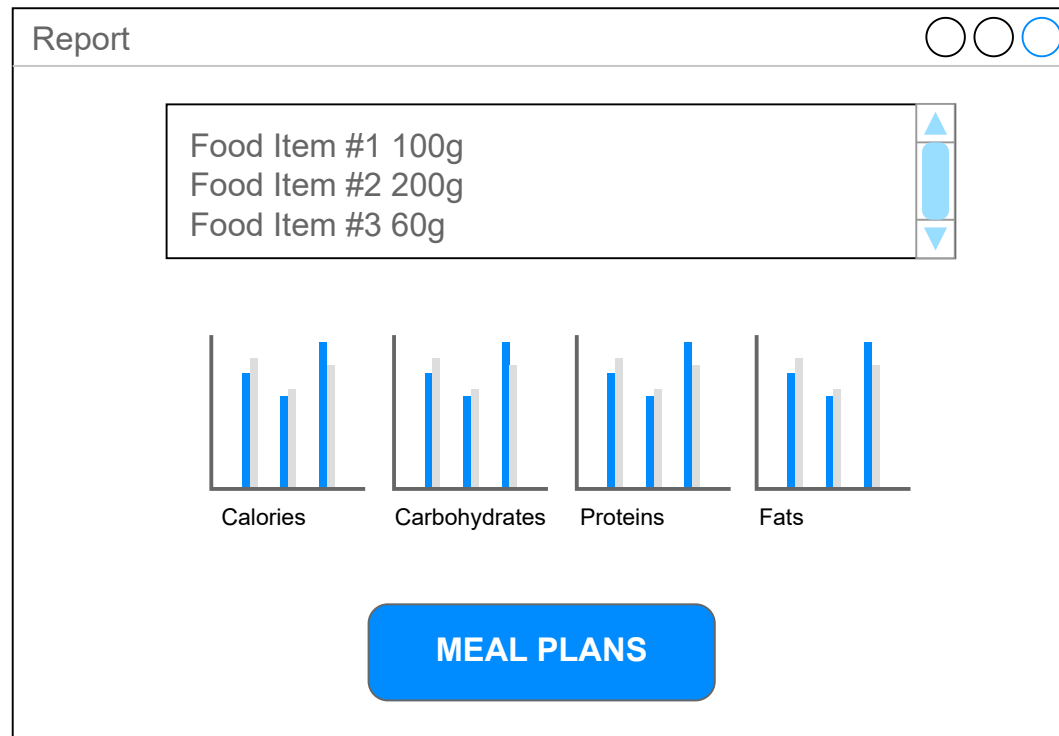
The second step for an auto generated meal plan for the API will be picking allergens the user wishes to avoid.

They can pick from zero to any number of the checkboxes.

MEAL PLANS

NEXT

Once these options are selected, clicking NEXT will generate the automated meal plan:



This window is for auto generated meal plans. The box will contain food items generated by the meal plan.

The graphs will show the nutrient counts from all items in the meal plan compared to the expected quantity of the user, for breakfast, lunch and dinner.

Clicking a food item will open a pop up of the food item in more detail (as displayed in the other file), with nutrient details specific to the food.