

Project Documentation

FitFlex

Frontend Project

Title: FitFlex

1. Introduction

- **Project Title : COOK BOOK : Your Virtual Kitchen Assistant**
- **TEAM I D: NM2025TMID47622**
- **TEAM LEADER : NITHIYA P**
- **ROLE : CODE AND DEVELOPMENT**
- **TEAM MEMBER : M ONISHA S**
- **ROLE: CODE AND DEVELOPMENT**
- **TEAM MEMBER : VAITHESSWAARI V**
- **ROLE: DEMO VIDEO**
- **TEAM MEMBER : DEEPA SRI G**
- **ROLE : DOCUMENT**

2. Project Overview

- **Purpose:** The purpose of the Cookbook is to provide users with a comprehensive virtual kitchen assistant that helps them plan, organize, and execute meals with ease. The Cookbook aims to make cooking and meal planning is more efficient, enjoyable, and accessible to users of all skill levels.
- **Features :**
 1. **Recipe Library:** A vast collection of recipes with ingredients, instructions, and cooking times.
 2. **Meal Planning:** A feature that generates meal plans based on user preferences and dietary needs.
 3. **Grocery List Generator:** A tool that creates grocery lists based on meal plans and recipes.
 4. **Cooking Tips and Techniques:** A library of cooking tips, techniques, and guides.
 5. **Nutrition Information:** A database of nutritional information for common ingredient

3. Architecture

- **Recipe Database:** A comprehensive database of recipes with ingredients, instructions, and cooking times.
- **Meal Planning Module:** A module that generates meal plans based on user preferences and dietary needs.
- **Grocery List Generator:** A tool that creates grocery lists based on meal plans and recipes.
- **Cooking Tips and Techniques:** A library of cooking tips, techniques, and guides.
- **Nutrition Information:** A database of nutritional information for common ingredients and meals.

4. Setup Instructions

- **1. Create a Profile:** Create a user profile to save preferences and dietary needs.
- **2. Explore Recipes:** Browse the recipe database and save favorite recipes.
- **3. Generate Meal Plans:** Use the meal planning module to generate meal plans based on user preferences and dietary needs.
- **4. Create Grocery Lists:** Use the grocery list generator to create lists based on meal plans and recipes.
- **5. Access Cooking Tips and Techniques:** Access the library of cooking tips, techniques, and guides
- **Prerequisites :** List software dependencies (e.g., [Node.js](#)).
- **Installation :** Provide a step -by -step guide to clone the repository, install dependencies, and configure environment
- **Local State :** Explain the handling of local states within components.

5. Folder Structure

- **Recipes:** A folder containing recipe files with ingredients, instructions, and cooking times.
- **Meal Plans:** A folder containing meal plan files with generated meal plans.
- **Grocery Lists:** A folder containing grocery list files with ingredients and quantities.
- **Cooking Tips and Techniques:** A folder containing files with cooking tips, techniques, and guides.
- **Nutrition Information:** A folder containing files with nutritional information for common ingredients and meals.

6. Running the Application

- **Launch the Application:** Open the Cookbook application on your device.
- **Navigate to the Dashboard:** Access the dashboard to view meal plans, recipes, and grocery lists.
- **3. Explore Recipes:** Browse the recipe library and save favorite recipes.

7. API Documentation

- **User:**
 - /api/user/register
 - /api/user/login
- **Projects:**
 - /api/projects/create
 - /api/projects/:id

- Applications:
 - /api/apply
- Chats:
 - /api/chat/send
 - /api/chat/:userId

8. Authentication

- JWT-based authentication for secure login
- Middleware protects private routes

9. User Interface

- Provide screenshots or GIFs showcasing different UI features, such as pages, forms, or interactions

10. Styling

- CSS Frameworks/Libraries : Describe any CSS frameworks, libraries, or preprocessors (e.g., Sass, Styled -Components) used.
- Theming : Explain if theming or custom design systems are implemented.

11. Testing

- Testing Strategy : Describe the testing approach for components, including unit, integration, and end-to-end testing (e.g., using Jest, React Testing Library).
- Code Coverage: Explain any tools or techniques used for ensuring adequate test coverage.

12. Screenshots or Demo

[DMVN Recipess...](#)

Home Popular

Type something..

Search

Cook simple,Eat Special....

cook smarter,Eat Better,Live Happier.

Recipes



A Journey of Flavors on Every page...

A Journey of Flavors on Every page...

where Every Recipe Tells a Story.



Beef
[View All Recipes](#)



Chicken
[View All Recipes](#)



Dessert
[View All Recipes](#)



Lamb
[View All Recipes](#)



Miscellaneous
[View All Recipes](#)



Pasta
[View All Recipes](#)

Trending Dishes



Lamb Rogan Josh



Matar Paneer



Nutty Chicken Curry



Eggplant Bhaji



Lamb Biryani



Unlock exclusive recipes, and foodie delights straight to your inbox.

Get weekly meal inspiration, cooking tips, and expert advice delivered directly to you. Subscribe to our newsletter and level up your culinary skills.

 Your email address[Subscribe](#)

We promise no spam, just yummy inspiration! Sign up now!

DMVN Recipess...

[Home](#)[Dessert](#)[Vegan](#)[Chicken](#)[Goat](#)[Side](#)[Breakfast](#)[Lamb](#)[Seafood](#)[Miscellaneous](#)[Starter](#)

DMVN Recipess- © 2025 - All Rights Reserved

DMVN Recipess...



Beef Lo Mein



Beef Mechado



Beef Rendang



Beef stroganoff



Beef Sunday Brunch



Beef Wellington



Double Beef Burger



Beef with onions

Beef Lo Mein

Chinese Beef

Procedure

STEP 1 – MARINATING THE BEEF In a bowl, add the beef, salt, 1 pinch white pepper, 1 Teaspoon sesame seed oil, 1/2 egg, corn starch, 1 Tablespoon of oil and mix together. STEP 2 – BOILING THE NOODLES In a 6 qt pot add your noodles to boiling water until the noodles are submerged and boil on high heat for 10 seconds. After your noodle is done boiling strain and cool with cold water. STEP 3 – STIR FRY Add 2 Tablespoons of oil, beef and cook on high heat until beef is medium cooked. Set the cooked beef aside in a wok add 2 Tablespoon of oil, onions, minced garlic, minced ginger, bean sprouts, mushrooms, peapods and 1.5 cups of water or until the vegetables are submerged in water. Add the noodles to wok To make the sauce, add oyster sauce, 1 pinch white pepper, 1 teaspoon sesame seed oil, sugar, and 1 Teaspoon of soy sauce. Next add the beef to wok and stir-fry.

Video Tutorial

Watch on YouTube

Ingredients	
1 – Beef	1/2 lb
2 – Salt	pinch
3 – Pepper	pinch
4 – Sesame Seed Oil	2 tsp
5 – Egg	1/2
6 – Starch	3 tbs
7 – Oil	5 tbs
8 – Noodles	1/4 lb
9 – Onion	1/2 cup
10 – Minced Garlic	1 tsp
11 – Ginger	1 tsp
12 – Bean Sprouts	1 cup
13 – Mushrooms	1 cup
14 – Water	1 cup
15 – Oyster Sauce	1 tbs
16 – Sugar	1 tsp
17 – Soy Sauce	1 tsp

Drive link of Demo Video:

https://drive.google.com/file/d/14tyiAMmbNtSbIOU_9Z8BM0bbGUUCTqj/view?usp=sharing

13. Known Issues:

- **Voice Recognition Issues:** AI assistants may struggle with accents, background noise, or multiple users speaking at once.
- **Data Privacy Concerns:** Smart kitchen devices collect and store user data, raising security concerns.
- **High Costs:** Many AI-powered kitchen appliances come with a hefty price tag, limiting widespread adoption.
- **Limited Integration:** Limited integration with external services, such as grocery delivery or meal kit services.

14. Future Enhancements:

- **Enhanced AI Personalization:** AI will offer more tailored recipe suggestions based on real-time health tracking.
- **Deeper Integration with Smart Homes:** AI will seamlessly connect kitchens with other smart home devices.
- **AI-Powered Cooking Robots:** Fully automated robotic chefs may become a reality in household kitchens.
- **Sustainable Cooking Solutions:** AI will help minimize food waste by optimizing ingredient usage and meal portions.