MATKONIM

User Manual

MATKONIM is the ultimate app for finding a desired recipe according to your nutritional preferences and allergies, and even get a daily meal plan based on daily recommended intake amounts for your age and gender.

The app is best viewed in Chrome browser.

Home Screen:

On this screen you can choose which type of search you would like to perform.

List of Home Screen options:

Recipe by Nutritional Values:
In this part of the app you will be able to search food recipes according to your nutritional preferences. Just pick the type of meal you would like to have and amounts for each nutritional value you would like the recipe to contain. You can also choose to limit the number of calories in the recipe.

Cocktail by Nutritional Values:
In this part of the app you will be able to search cocktail recipes according to your nutritional preferences. Just pick amounts for each nutritional value you would like the cocktail to contain, and whether you want it alcoholic or not. You can also choose to limit the number of calories in the recipe.

Daily Meal Plan:
In this part of the app you will be able to get a meal plan, according to your recommended daily intake of each nutritional value, based on your age and gender. If you know have any health limitations you know about, you may want to change some of the recommended daily values, in order to consume less or more than the recommended amount of a specific nutrient. Just pick how much (in percentage) of each daily recommended amount you would like to consume, and we will plan your meal. You can choose which type of meal you would like to plan (either breakfast, lunch or dinner).

Recipe by Allergies:
In this part of the app you will be able to search food or cocktail recipes according to your allergies or any ingredients you with to avoid. Just pick what you would like to find and write down the ingredients you don't want the recipe to contain, and we will find you a matching recipe.

Nutrivia:
In this part of the app you will be able to play a trivia game about recipes and nutritional value facts. You will be given a random question and 4 possible answers, and you will test your knowledge by trying to answer correctly.

"Recipe by Nutritional Values" screen:

User inputs for query on this screen:

- <u>Recipe Course:</u> under "what recipe would you like to find". closed choice between possible recipe courses:
  - Main Dish (default choice)
  - Side Dish
  - Lunch
  - Breakfast and Brunch
  - Dessert

- <u>Nutrients amount:</u> for each of the following nutrients:
  - Sugar
  - Iron
  - Calcium
  - Sodium
  - Protein
  - Cholesterol
  - Lactose
  - Saturated Fat

Each of the nutrient amount inputs is a choice from a drop-down menu between:
  - <u>Don't care</u> – The user is fine with any amount of this nutritional value in the recipe.
  - <u>None</u> – The user does not want the recipe to contain this nutritional value at all.
  - <u>Less than 5%</u> – The user is interested in having a low amount of this nutritional value in the recipe (less than 5% of the recipe).
  - <u>Over 15%</u> – The user is interested in having a large amount of this nutritional value in the recipe (over 15% of the recipe).

- <u>Max Prep. Time:</u> A choice from a drop-down menu between:
  - Don't care (default choice)
  - 30 minutes
  - 45 minutes
  - 1 hour
  - 1.5 hours
  - 2 hours
  - 3 hours

- <u>Max Calories:</u> A checkbox that when selected by user, allows inserting maximum calories wanted in the recipe, between 100-9999kcal. If not selected – the default is "Don't Care".

  – This button will take you back to home screen.

  – "Submit" button. Will execute the recipe query based on user's input.

"Cocktail by Nutritional Values" screen:

User inputs for query on this screen:
- <u>Nutrients amount:</u> for each of the following nutrients:
  - Sugar
  - Iron
  - Calcium
  - Sodium
  - Protein
  - Cholesterol
  - Lactose
  - Saturated Fat

  Each of the nutrient amount inputs is a choice from a drop-down menu between:
  - <u>Don't care</u> – The user is fine with any amount of this nutritional value in the cocktail. This is the default choice.
  - <u>None</u> – The user does not want the cocktail to contain this nutritional value at all.
  - <u>Less than 5%</u> – The user is interested in having a low amount of this nutritional value in the cocktail (less than 5% of the recipe).
  - <u>Over 15%</u> – The user is interested in having a large amount of this nutritional value in the cocktail (over 15% of the recipe).

- <u>Alcoholic:</u> A choice from a drop-down menu between:
  - <u>Don't Care</u> – The user doesn't care if the cocktail is alcoholic or non-alcoholic.
  - <u>Of Course!</u> – The user is interested in an alcoholic cocktail.
  - <u>No Thanks</u> – The user is interested in a non-alcoholic cocktail.

- <u>Max Calories:</u> A checkbox that when selected by user, allows inserting maximum calories wanted in the recipe, between 100-9999kcal. If not selected – the default is "Don't Care".

 – This button will take you back to home screen.

 – "Submit" button. Will execute the cocktail query based on user's input.

<u>"Daily Meal Plan" screen:</u>

User inputs for query on this screen:

- <u>Age:</u> under "who are you". closed choice between possible age ranges:
  - 14-18 (default choice)
  - 19-30
  - 31-40
  - 40-50
  - 51-60
  - 61-70
  - 71+

- <u>Gender:</u> under "who are you". Closed choice between possible gender (additional genders will be added in future versions of the app 😊):
  - Female (default choice)
  - Male

- <u>Course:</u> under "what meal would you like top plan". Closed choice between possible courses:
  - Breakfast (default choice)
  - Lunch
  - Dinner

- <u>Percentages of Recommended Daily Nutrients Intake:</u> for each of the following nutrients:
  - Sugar
  - Iron
  - Calcium
  - Sodium
  - Protein
  - Cholesterol
  - Lactose
  - Saturated Fat
  - Calories

  Each of the inputs above is a percentage of the recommended daily intake amount for the selected age and gender. The allowed input percentage is 0%-200%.
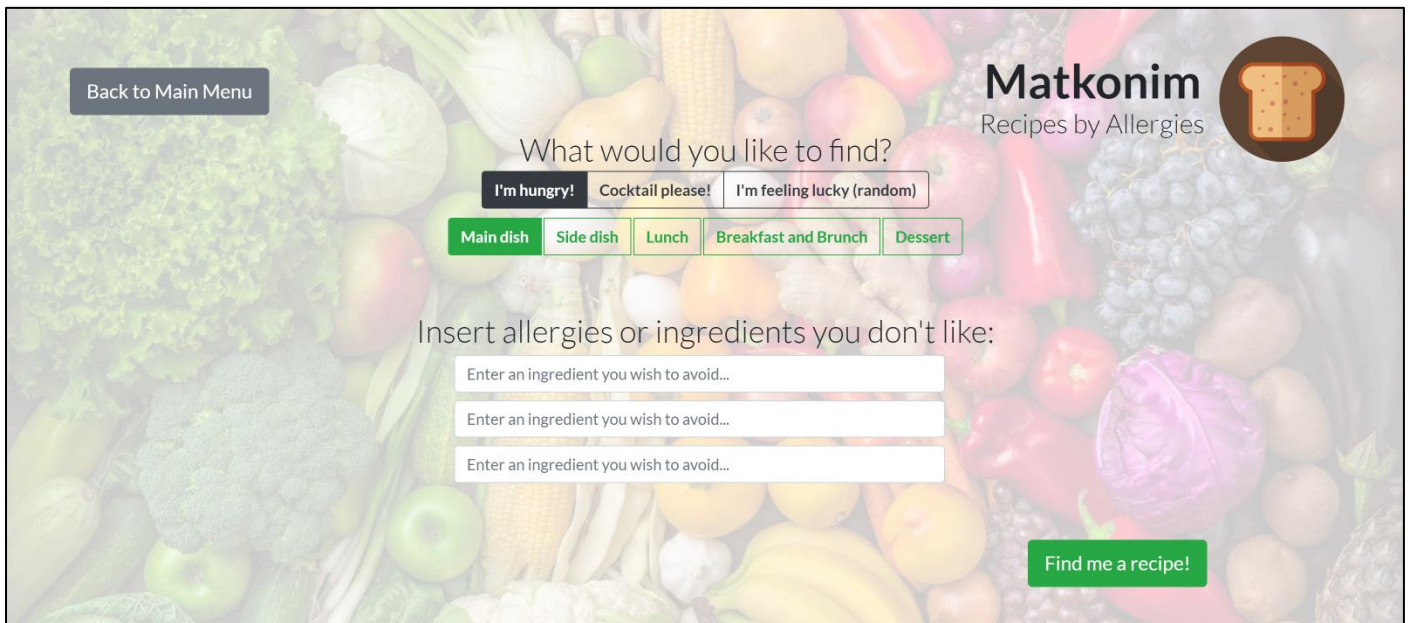
 – This button will take you back to home screen.

 – "Submit" button. Will execute the recipe query based on user's input.

"Recipe by Allergies" screen:

User inputs for query on this screen:

- Recipe Type: closed choice between possible recipe types:
  - I'm hungry! – user is interested in finding a food recipe according to his allergies.
  - Cocktail please! – user is interested in finding a cocktail recipe according to his allergies.
  - I'm feeling lucky (random) – user doesn't care if the queried recipe will be food or cocktail and would like to get a random recipe according to his allergies.

- Recipe Course: closed choice between possible recipe courses:
  - Main Dish (default choice)
  - Side Dish
  - Lunch
  - Breakfast and Brunch
  - Dessert

- Allergens: 3 rows of free-text input from user, representing ingredients the user would like to avoid – meaning the result recipe/cocktail will not contain those ingredients. Those input lines are containing an auto-complete feature that will suggest all possible ingredients in the database. It is not possible to input an ingredient that is not included in the database. Those input lines are also cannot be left empty (at least one line has to be filled), and the only allowed input is Latin characters.
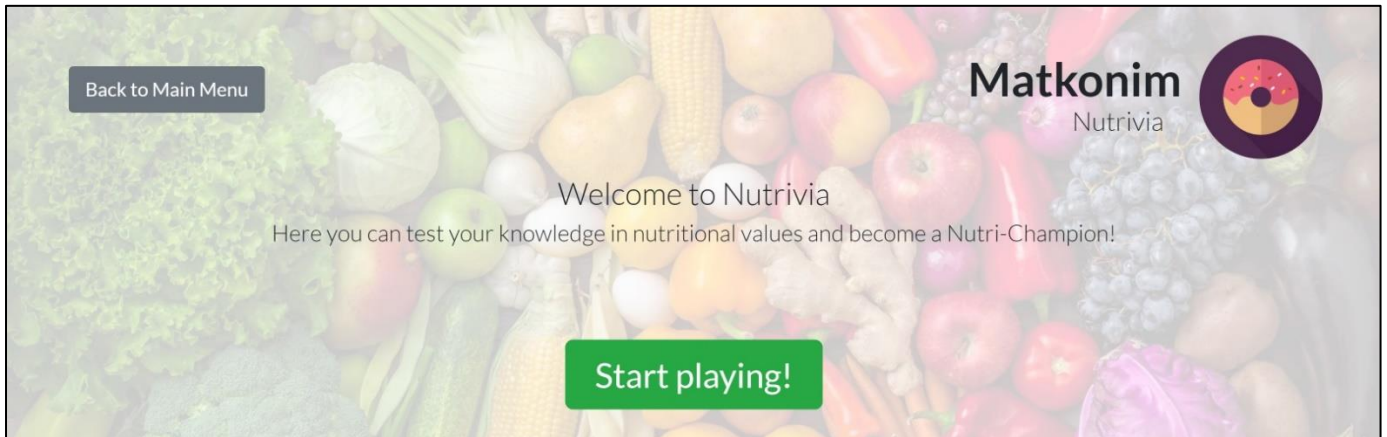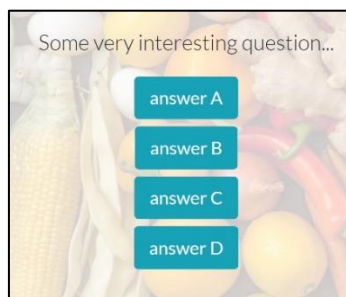
 – This button will take you back to home screen.

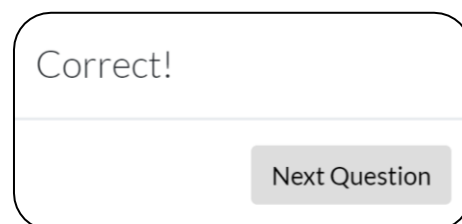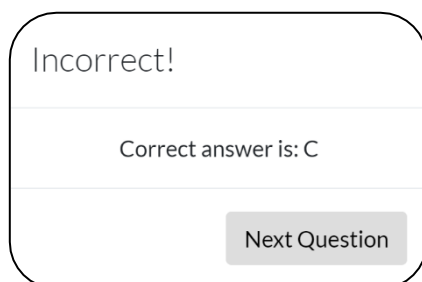 – "Submit" button. Will execute the recipe query based on user's input.

"Nutrivia" screen:

 – This button will take you back to home screen.

 – This button will start the trivia game.

User inputs for query on trivia play screen:

- <u>Answers to question:</u> User picks the answer that appears to be right from 4 possible answers. After choosing an answer, a pop-up alert will notify the user if the answer is correct or not. If user's answer was wrong, the pop-up will also contain the correct answer. The pop-up window also contains a "next question" button that will show the following question after clicked on.

In between questions, the app will present a pop-up window with the user's current score. This pop-up window will appear and disappear automatically, and score will be reset to 0 each time the user re-enters the trivia game from the app's homepage: