

# 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 in Windows OS.

### 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 either planning a specific meal (breakfast, lunch or dinner), or get a full-day meal plan according to your choices.



### 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 wish 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:

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Matkonim  
Recipes by Nutritional Preferences

What recipe would you like to find?

Main dish Side dish Appetizers Lunch Breakfast and Brunch Snack Soup Salad Bread Condiments and Sauces Dessert

Choose your nutritional preferences:

Sugar: Don't care Cholesterol: Don't care Saturated Fat: Don't care Max Prep. Time: Don't care

Iron: Don't care Potassium: Don't care Trans Fat: Don't care

Calcium: Don't care Lactose: Don't care Dietary Fiber: Don't care

Sodium: Don't care Vitamin C: Don't care Max Calories: ☐ (100-9999 cal.)

Protein: Don't care

Find me a recipe!

User inputs for query on this screen:

- Recipe Course: under "what recipe would you like to find". closed choice between possible recipe courses:
  - Main Dish (default choice)
  - Side Dish
  - Appetizers
  - Lunch
  - Breakfast and Brunch
  - Snack
  - Soup
  - Salad
  - Bread
  - Condiments and Sauces
  - Dessert
- Nutrients amount: for each of the following nutrients:
  - Sugar
  - Iron
  - Calcium
  - Sodium
  - Protein
  - Cholesterol
  - Potassium
  - Lactose
  - Vitamin C
  - Saturated Fat
  - Trans Fat
  - Dietary Fiber

Each of the nutrient amount inputs is a choice from a drop-down menu between:

- Don't care – The user is fine with any amount of this nutritional value in the recipe.
- None – The user does not want the recipe to contain this nutritional value at all.
- Less than 5% – The user is interested in having a low amount of this nutritional value in the recipe (less than 5% of the recipe).
- Over 30% – The user is interested in having a large amount of this nutritional value in the recipe (over 30% of the recipe).

Don't care

Don't care

None

less than 5%

over 30%

- Max Calories: 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".

Back to Main Menu

– This button will take you back to home screen.

Find me a recipe!

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

## "Cocktail by Nutritional Values" screen:

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Matkonim  
Cocktails by Nutritional Preferences

Choose your nutritional preferences:

Sugar: Don't care   Cholesterol: Don't care   Saturated Fat: Don't care  
Iron: Don't care   Potassium: Don't care   Dietary Fiber: Don't care  
Calcium: Don't care   Lactose: Don't care   Alcoholic: Don't care  
Sodium: Don't care   Vitamin C: Don't care   Max Calories: ☐ (100-9999 cal.)  
Protein: Don't care

Find me a cocktail!

User inputs for query on this screen:

- Nutrients amount: for each of the following nutrients:
  - Sugar      ○ Sodium      ○ Potassium      ○ Saturated Fat
  - Iron      ○ Protein      ○ Lactose      ○ Dietary Fiber
  - Calcium      ○ Cholesterol      ○ Vitamin C

Each of the nutrient amount inputs is a choice from a drop-down menu between:

- Don't care – The user is fine with any amount of this nutritional value in the cocktail. This is the default choice.
- None – The user does not want the cocktail to contain this nutritional value at all.
- Less than 5% – The user is interested in having a low amount of this nutritional value in the cocktail (less than 5% of the recipe).
- Over 30% – The user is interested in having a large amount of this nutritional value in the cocktail (over 30% of the recipe).

Don't care ▾  
Don't care  
None  
less than 5%  
over 30%

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

Don't care ▾  
Don't care  
Of course!  
No thanks

- Max Calories: 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".

Back to Main Menu

– This button will take you back to home screen.

Find me a cocktail!

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



## "Daily Meal Plan" screen:

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Matkonim

Daily Meal Plan by Recommended Intake

Who are you?

age: ☐ 14-18 ☐ 19-30 ☐ 31-40 ☐ 41-50 ☐ 51-60 ☐ 61-70 ☐ 71+

gender: ☐ Female ☐ Male

What meal would you like to plan?

☐ Breakfast ☐ Lunch ☐ Dinner ☐ Full-Day Meal Plan (Breakfast+Lunch+Dinner)

Choose your nutritional preferences:  
(as a percentage of your recommended daily intake)

Sugar:	<input type="text"/> Don't Care %	Protein:	<input type="text"/> Don't Care %	Vitamin C:	<input type="text"/> Don't Care %
Iron:	<input type="text"/> Don't Care %	Cholesterol:	<input type="text"/> Don't Care %	Saturated Fat:	<input type="text"/> Don't Care %
Calcium:	<input type="text"/> Don't Care %	Potassium:	<input type="text"/> Don't Care %	Dietary Fiber:	<input type="text"/> Don't Care %
Sodium:	<input type="text"/> Don't Care %	Lactose:	<input type="text"/> Don't Care %	Calories:	<input type="text"/> Don't Care %

Explanation:

Based on your age and gender, there are recommended daily intake amounts of each nutritional value. You can choose planning a specific meal or a full day meal plan, choosing the percentage of recommended daily intake of each nutritional value. If you know about other health limitations you have (such as diabetes, lactose intolerance, high cholesterol, etc.) you might want a meal plan with different percentage than the recommended daily amounts. If you have no other health limitations, we recommend choosing a full-day meal plan with 100% of each recommended nutritional value.

Find me a meal plan!

User inputs for query on this screen:

- Age: under "who are you". closed choice between possible age ranges:
  - 14-18 (default choice)
  - 19-30
  - 31-40
  - 41-50
  - 51-60
  - 61-70
  - 71+
- Gender: under "who are you". Closed choice between possible gender (additional genders will be added in future versions of the app 🤖):
  - Female (default choice)
  - Male
- Course: under "what meal would you like top plan". Closed choice between possible courses:
  - Breakfast (default choice)
  - Lunch
  - Dinner
  - Full-day Meal Plan (Breakfast + Lunch + Dinner)
- Percentages of Recommended Daily Nutrients Intake: for each of the following nutrients:

○ Sugar	○ Sodium	○ Potassium	○ Saturated Fat
○ Iron	○ Protein	○ Lactose	○ Dietary Fiber
○ Calcium	○ Cholesterol	○ Vitamin C	○ 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%.

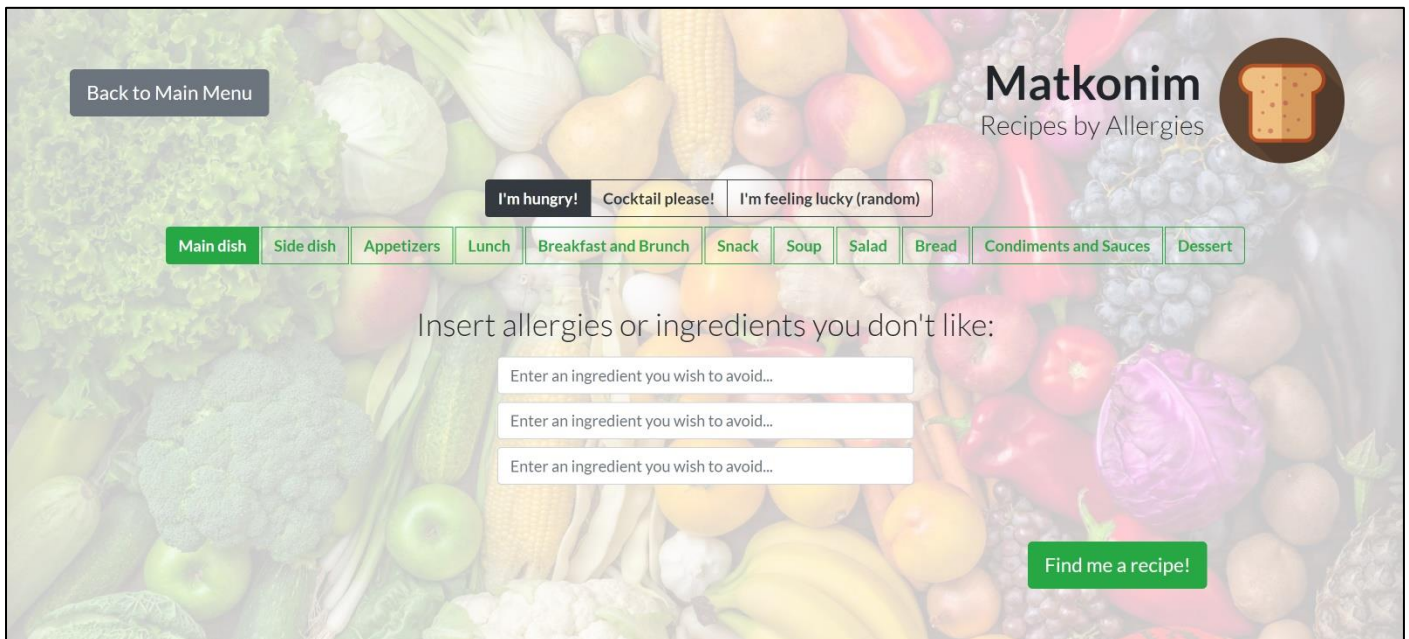
Back to Main Menu

– This button will take you back to home screen.

Find me a meal plan!

– "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. This is the default choice.
- Recipe Course: closed choice between possible recipe courses:

○ Main Dish (default choice)	○ Breakfast and Brunch	○ Bread
○ Side Dish	○ Snack	○ Condiments and Sauces
○ Appetizers	○ Soup	○ Dessert
○ Lunch	○ Salad	
- 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.

○ Sugar	○ Sodium	○ Potassium	○ Saturated Fat
○ Iron	○ Protein	○ Lactose	○ Trans Fat
○ Calcium	○ Cholesterol	○ Vitamin C	○ Dietary Fiber

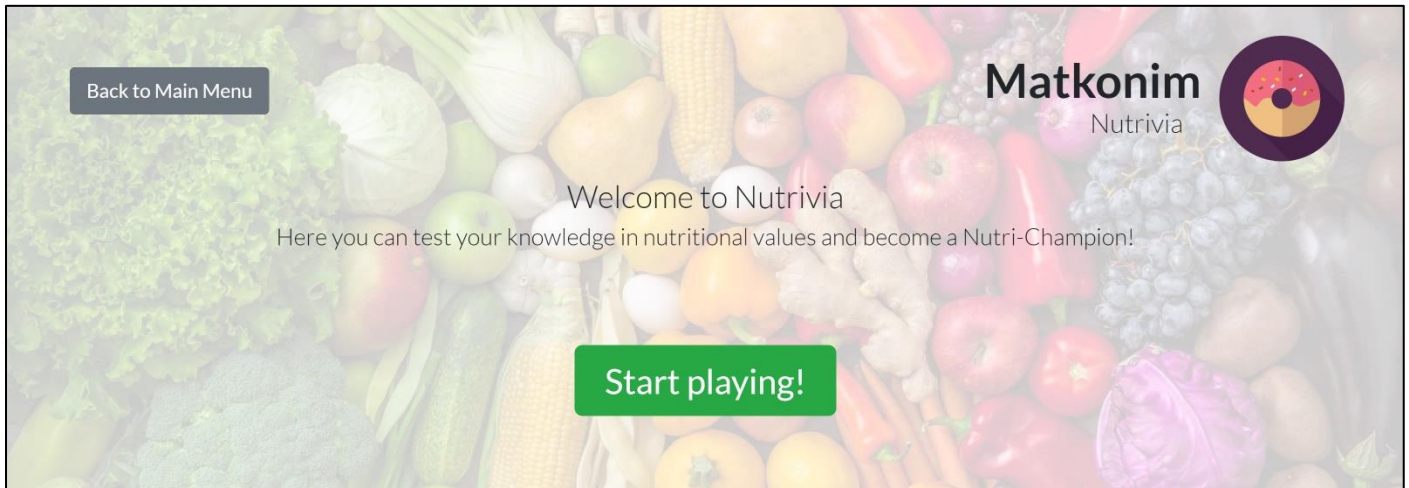
Back to Main Menu

– This button will take you back to home screen.

Find me a recipe!

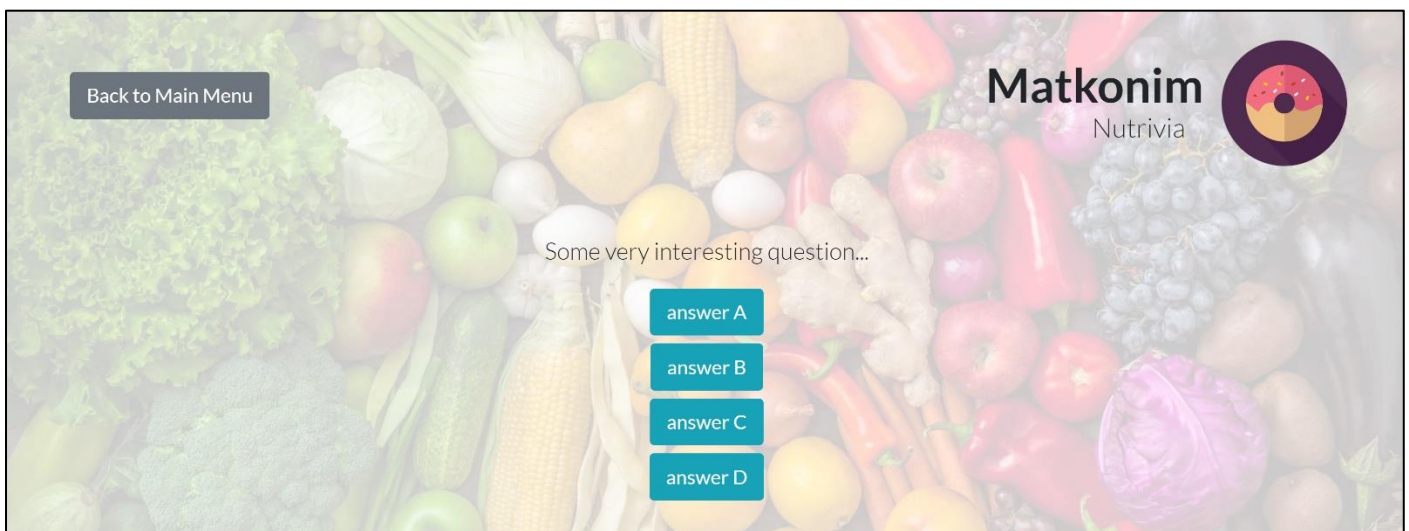
– "Submit" button. Will execute the recipe query based on user's input.

## "Nutrivia" screen:



**Back to Main Menu** – This button will take you back to home screen.

**Start playing!** – This button will start the trivia game.



User inputs for query on this screen:

- Answers to question: User picks the answer that appears to be right from 4 possible answers.

If hitting the right answer, a popup will alert the users they are correct, and prompt them to continue to the next question. If hitting the wrong answer, a popup will alert the users they are incorrect, notify them of the correct answer, and prompt them to continue to the next question.

