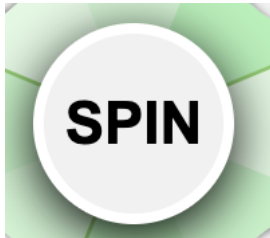- Clicking "breakfast" allows a link to appear for a breakfast recipe dedicated to your diet requirements

- Clicking "spin" allows an activity to appear for the user to complete

- Clicking "sign Out" takes the user back to the About Page and logs them out of their account

- Clicking "URecipe" takes the user to a external recipe link for their required tastes