1. Introduction

The website will generate a weekly menu for menstruating people considering the phase of the cycle they are in. It will allow people to be more in sync with their cycles. The website will also provide a notes section to add any comment regarding the cycle.

Key features:
- Sync with menstruation app/control menstrual cycle – this feature will allow the tool to decide in which phase the user is in
- Add allergies – to exclude those aliments from the menu
- Divulgation section – the idea is to empower menstruating people to have more control over their cycle.

2. User Interface Design and Prototype

- Give some sample user interface layouts for your application. You can use either wireframe diagrams or prototyping tools to construct the mock representations of your UI design
- Briefly explain the rationale behind designing your UI and how it is geared towards supporting the list of features for your application.

There are five main pages, all of them accessible through the navbar:
Sing up – user can sign up and introduce diet restrictions. This can later be changed in My Account>Preferences page (not in the mockup)

My account – user can edit their profile. Not designed for the mockup

Home – home page, collection of the last blog posts divided in two rows, recipes and divulgation

Blog – divided into two sections, found in the left bar which the user can use to navigate through the blog

Menu – menu of the week, and information about the day and phase of the cycle. The day is editable so it can be used to keep track of the cycle.

Sing Up

Name	Last Name	First Name

Birth date DD/MM/YYYY

Last Period DD/MM/YYYY

Food Preferences

☐ Vegetarian   ☐ Lactose intolerance
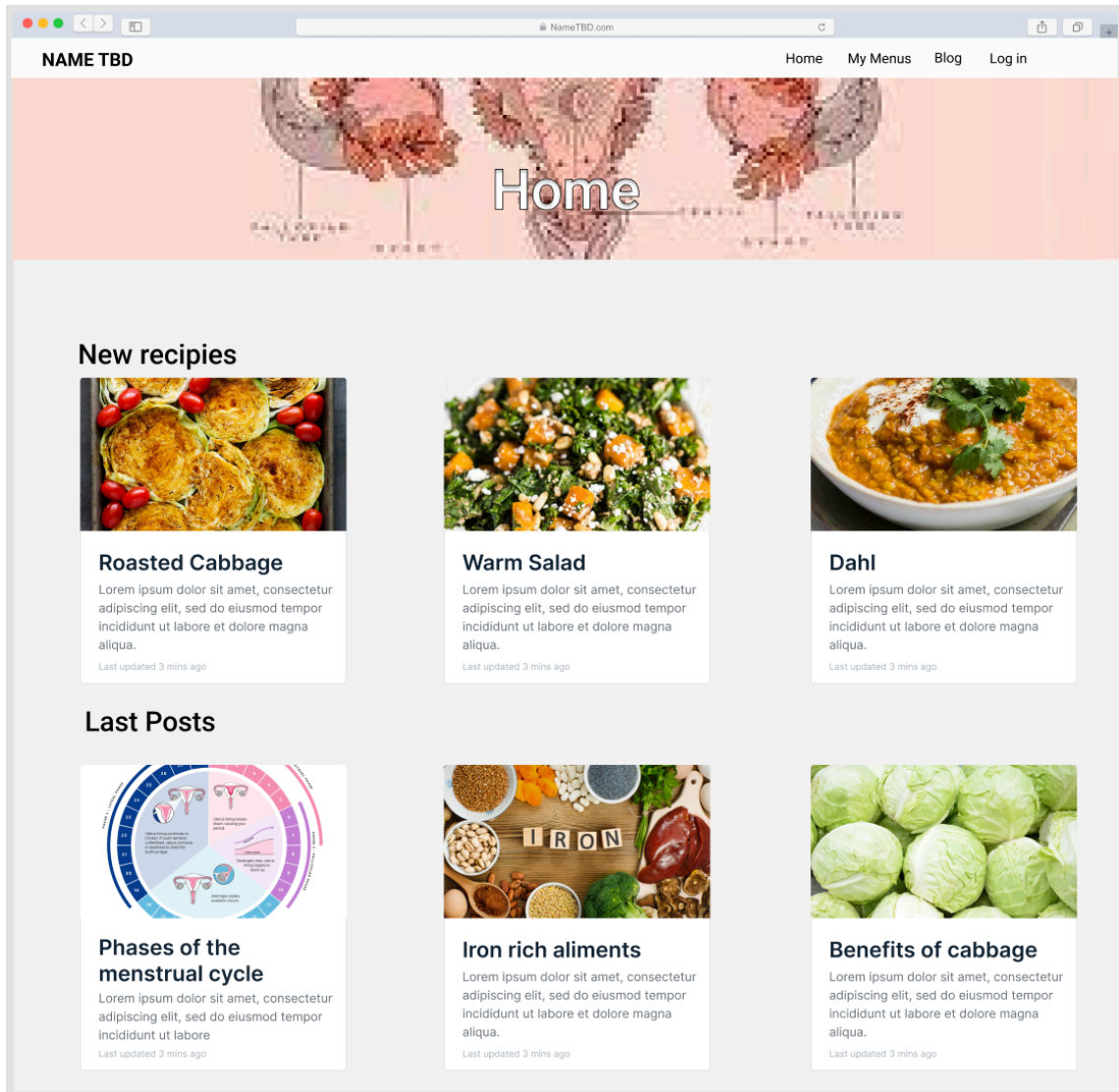☐ Vegan   ☐ Gluten intolerant
☐ Pescatarian   ☐ ...
☐ ...
☐ ...

Create account

Home

New recipies

Roasted Cabbage

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Last updated 3 mins ago

Warm Salad

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Last updated 3 mins ago

Dahl

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Last updated 3 mins ago

Last Posts

Phases of the menstrual cycle

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore

Last updated 3 mins ago

Iron rich aliments

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Last updated 3 mins ago

Benefits of cabbage

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Last updated 3 mins ago

NAME TBD

Blog

Recipies

RECIPIES

Luteal Phase

Ovulation Pjase

Menstruation Phase

Follicular Phase

> More Recipies

INFORMATION

Menstrual Cycle

Food Beneffits

TBD

TBD

> More Authors

Warm Salad

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Last updated 3 mins ago

Dahl

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Last updated 3 mins ago

Roasted Cabbage

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Last updated 3 mins ago

Dahl

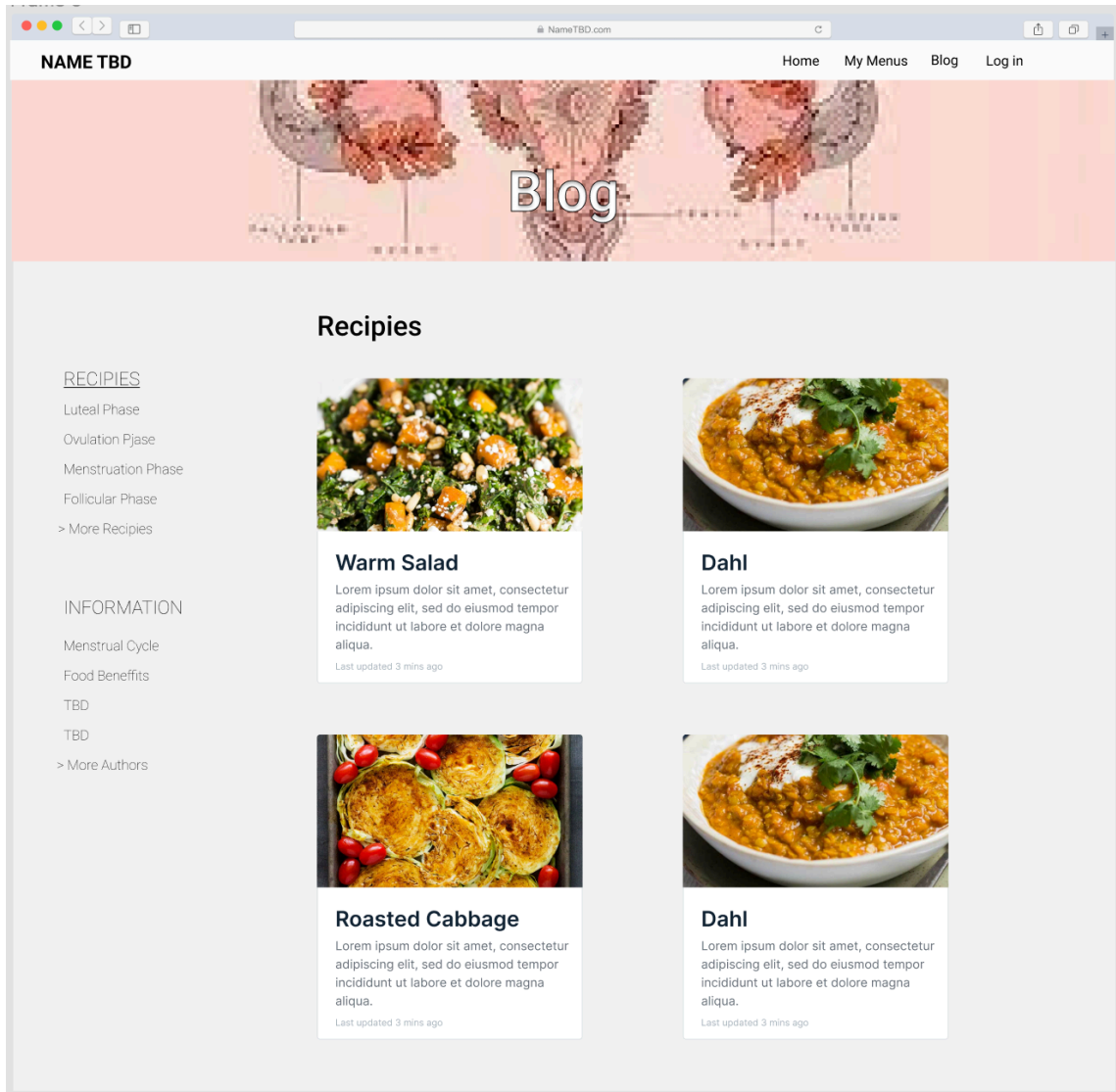Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.
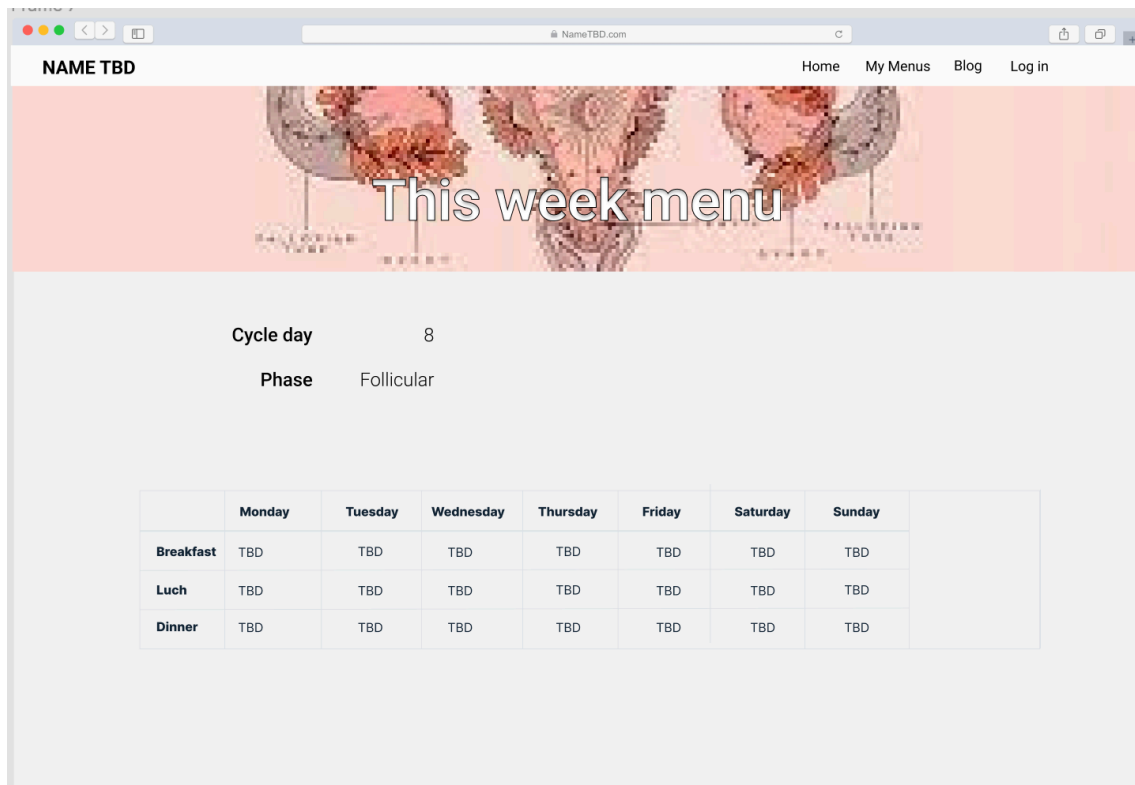
Last updated 3 mins ago

3. Navigation Structure

Very simple navigation structure: all pages are accessible through the navigation bar. The user can access the blog section even if not logged in.

Typical flow: user logs in and access the menu page.
Another option is they access the blog to obtain specific information about a topic.

4. References

NA