Related Web App: Automatic Diet Recommendation

Our Project's Requirements:

Frontend:

1. Welcome page: Here, there will be an option for **login** and **sign up**
2. Sign up: The user will give his first and last name, age, height in meters, weight in kg, sex, vegan or not, and goal (maintain weight, gain weight, lose weight). After that, he will create a unique username by giving his email id and creating and confirming a password for future login
3. Log In: In login, the user will enter his email and password to log into the app
4. Dashboard: After login, the user will navigate the dashboard app where his given information during sign-up will be shown, including his necessary calories to meet his goal (this will be calculated by using a function, for example, BMR)
5. Select Meal: after the dashboard, there will be meal options: Breakfast, Lunch, Snacks, and Dinner. User will choose one type
6. Select a recipe: After choosing the meal type, the user will enter the name of the recipe that is stored in the CSV file(which will be used as the recipe database) and click proceed
7. Recipe Info: On this page, the user will see the related info of that selected recipe(protein, fat, carb, fiber, energy, vegan), and this will be shown by the meal type the user has chosen (Breakfast, Lunch, Snacks, Dinner) and the recipe name. If the user selects the recipe, then the calorie value of that recipe will be subtracted from the required calorie, which is displayed in the dashboard.

8. Congratulation: After completing the required calories of that day, a congratulation should be displayed, and every day after midnight, the calorie should be readjusted

Backend:

1. Recipe Database: It has all the information of a recipe. I have provided both .xlsx and .csv file
2. User Database: After signing up, the user data should be stored
3. Functions: Necessary functions should be made to calculate all the values
4. Future Addition: We will add a ML based recommendation system in the future in the backend

NB: Please use Flask as the backend and other front-end and database tools. Finally, the web app should be published online, and we can use it over the internet. Make it a cross-platform web app for PCs and mobile phones.