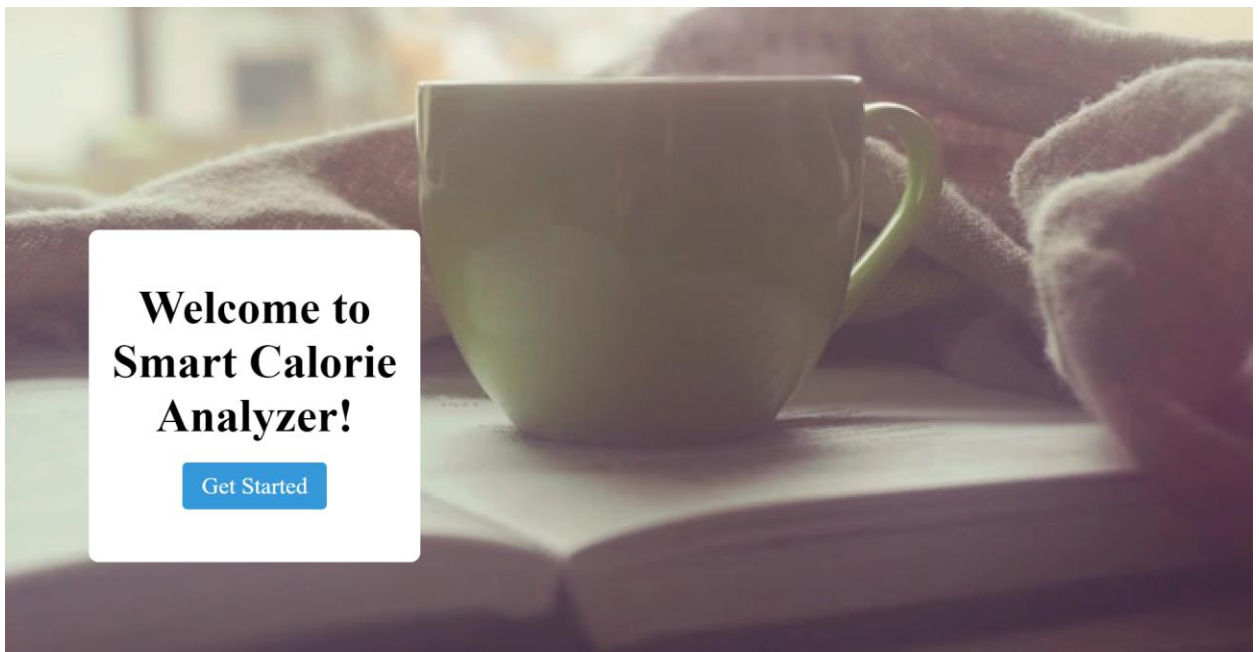


Screenshots and Instructions

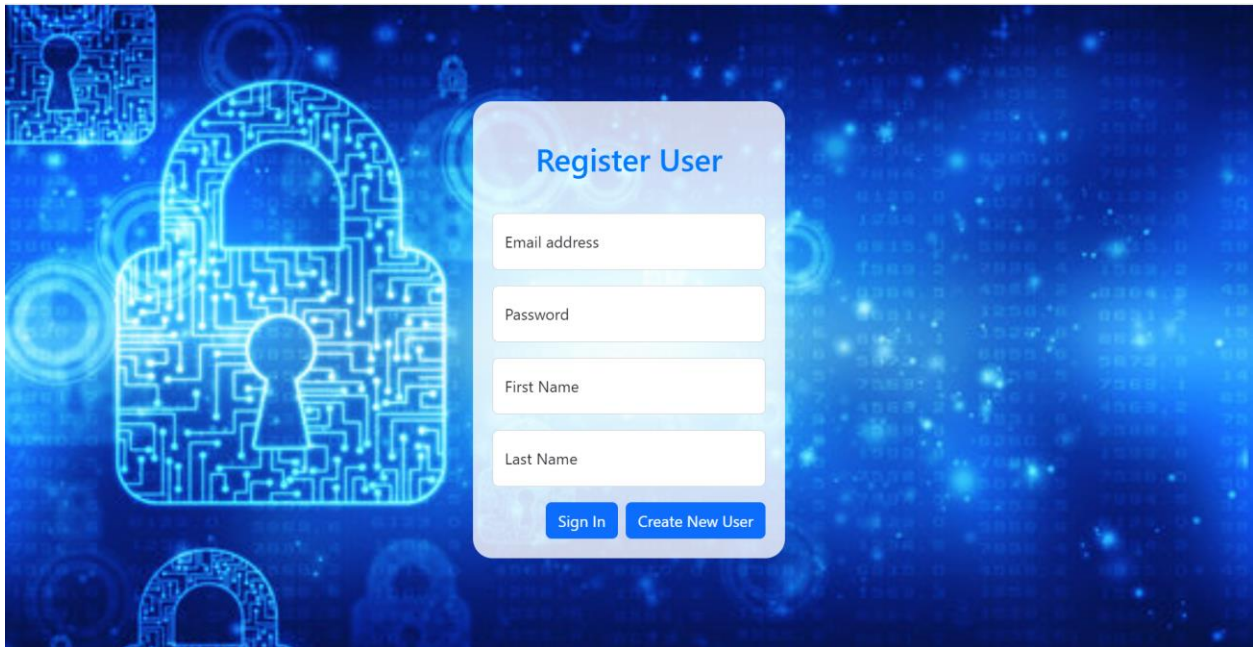
1. Access the Smart Calorie Analyzer page.

- Open your preferred web browser.
- Navigate to <http://127.0.0.1:5500/main.html>
- Click on Get started button



2. Register User

- If the user is new to the page, they can create an account using Register user page



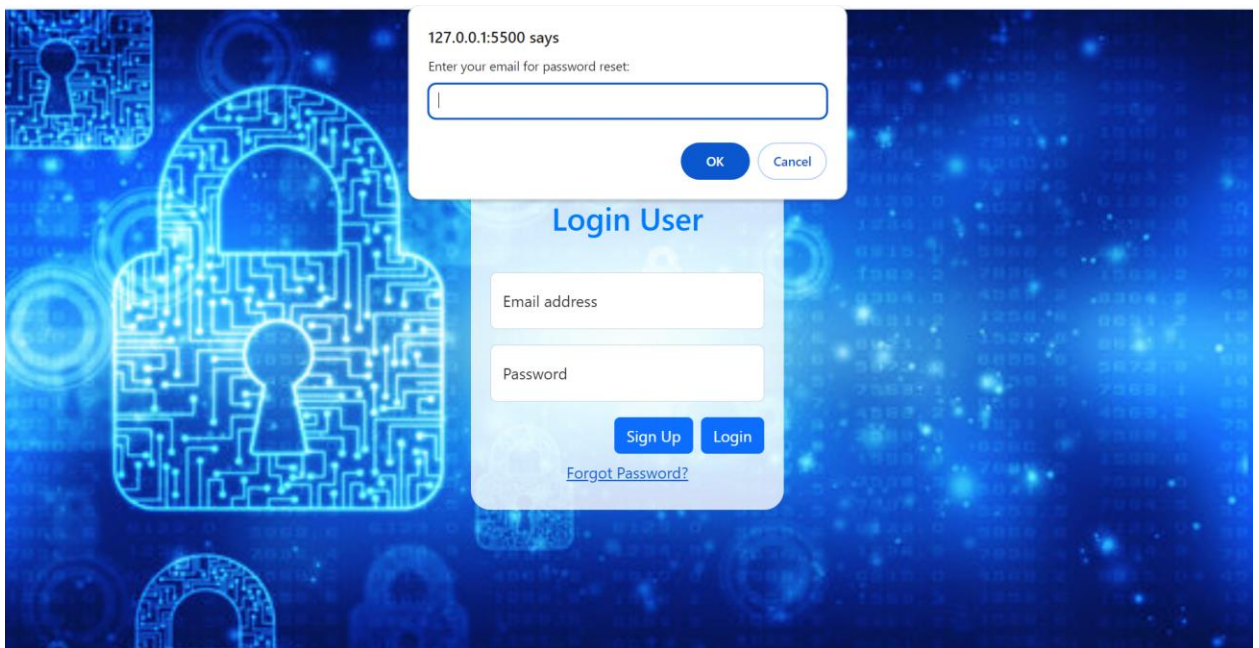
3.Login page:

- User can be able to login with their credentials



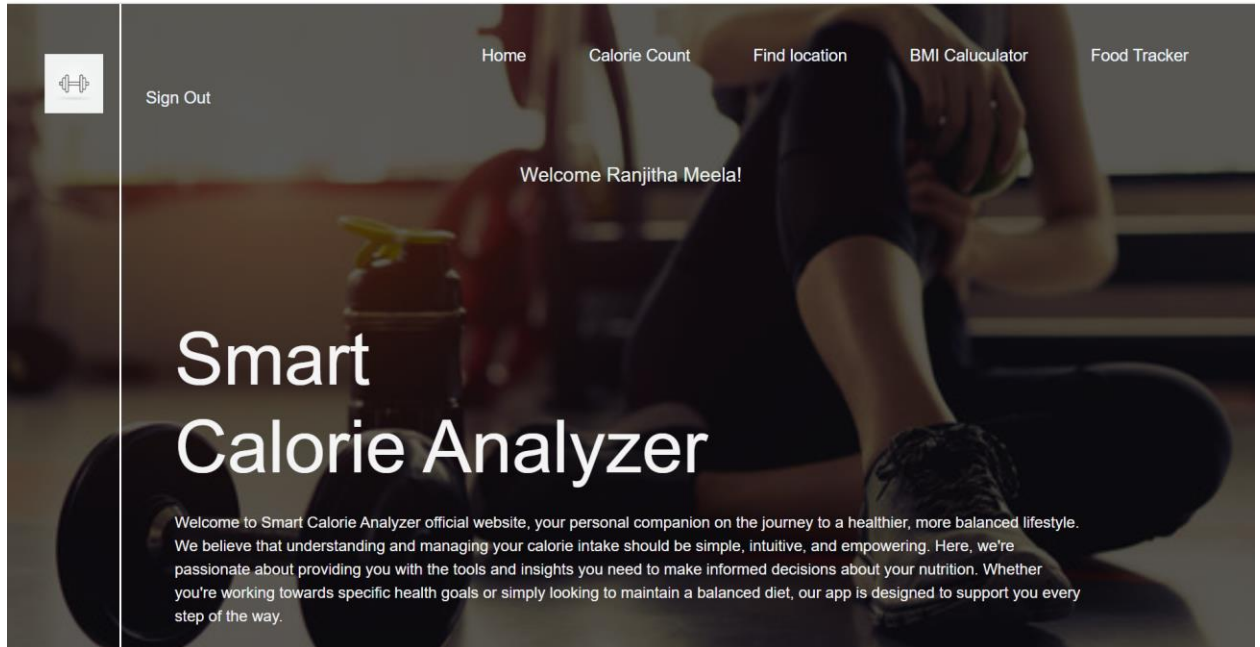
4. Forgot Password

- If the user forgot the password, they could click on the forgot password link, which allows users to enter their email address. And email will be sent to the user for a password reset.



5. This is our Home page.

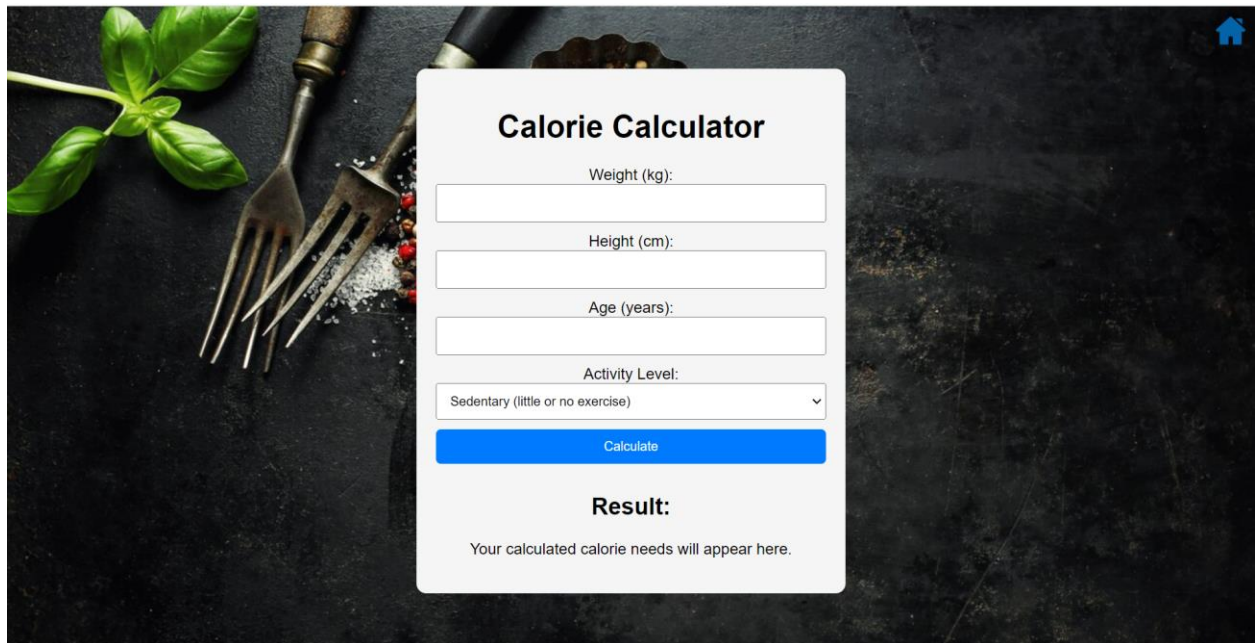
- Users can be redirected to all the pages by clicking on the links displayed on the top right of the page.



6. This is the Calorie Calculator page.

- Users can calculate their calories by entering their height, weight, age, and activity level.

- Calorie count will be displayed here.



Calorie Calculator

Weight (kg):

Height (cm):

Age (years):

Activity Level:

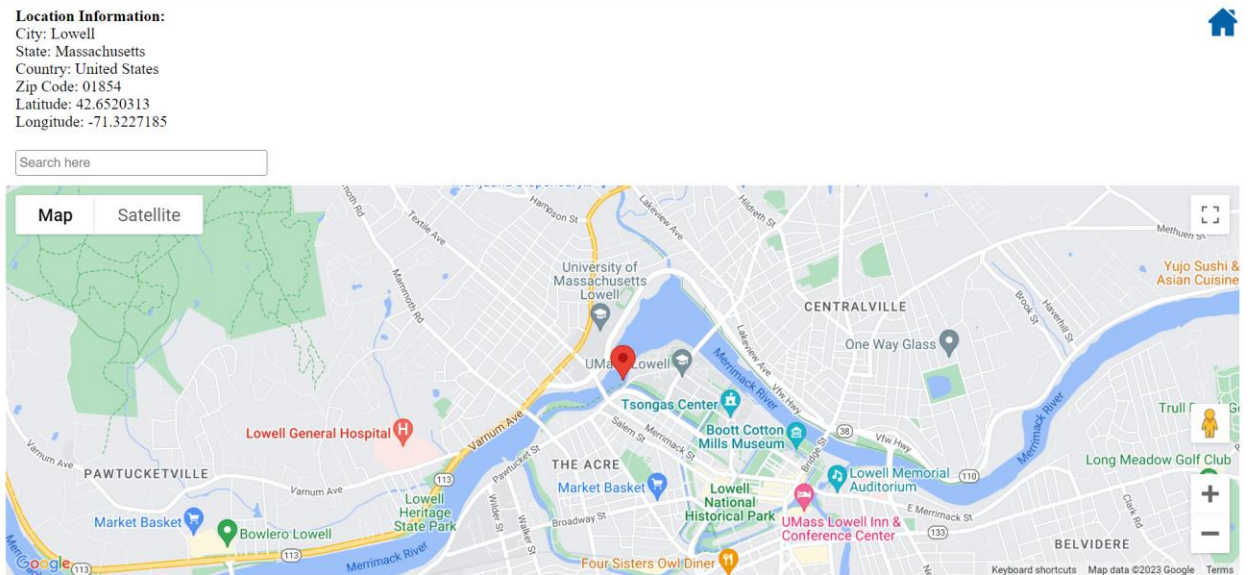
Calculate

Result:

Your calculated calorie needs will appear here.

7. Find location

- User's location info will be detected and displayed.
- And user can be able to search the location like near by gyms or restaurants.



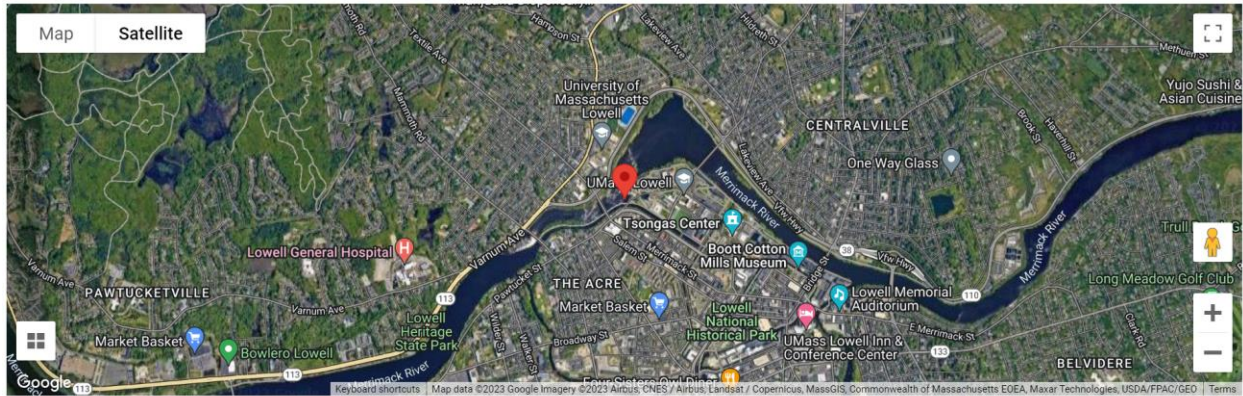
8. Satellite view of the map

Location Information:

City: Lowell
State: Massachusetts
Country: United States
Zip Code: 01854
Latitude: 42.6520313
Longitude: -71.3227185



Search here

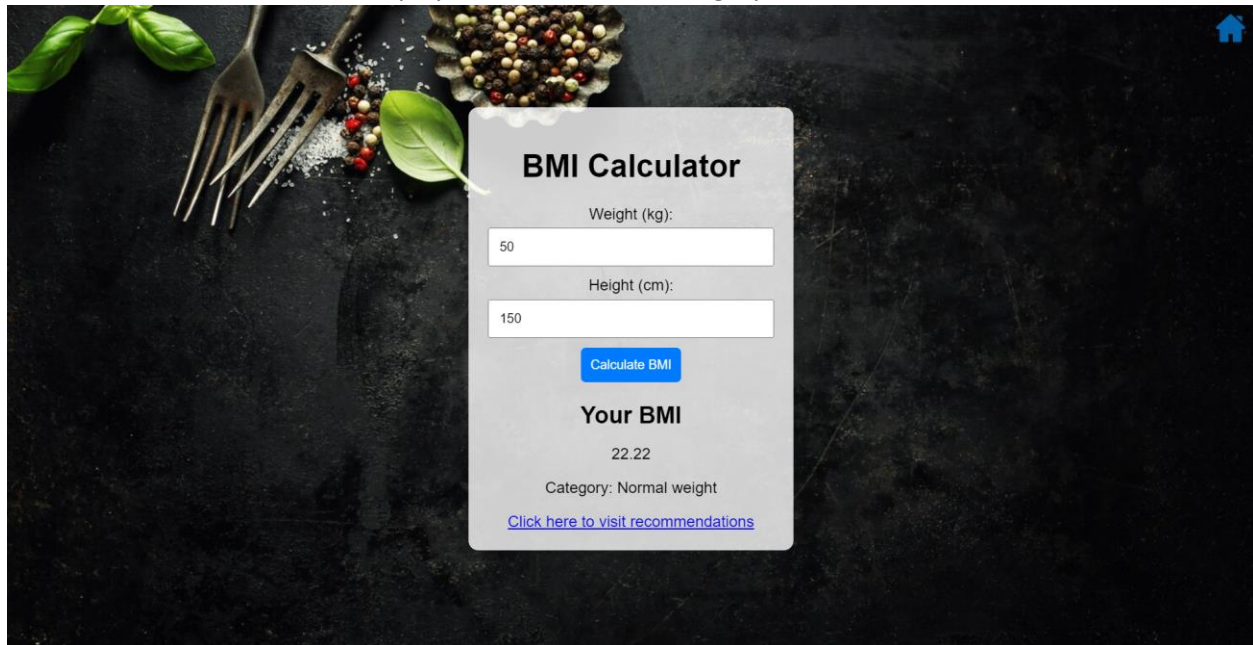


9. BMI Calculator page.

- User's BMI will be calculated by taking their weight and height.
- It will display whether the user is normal weight, Obese or Underweight.

The BMI Calculator form is a white rectangular box with a light gray border, centered on a dark background. It features a title 'BMI Calculator' in bold black text. Below the title are two input fields: 'Weight (kg):' and 'Height (cm):', each with a placeholder 'Enter weight' and 'Enter height' respectively. A blue button labeled 'Calculate BMI' is positioned below the input fields. Below the button, the text 'Your BMI' is displayed in bold black text, followed by a large, faint, light gray watermark that reads 'BMI Calculator' diagonally across the form.

10. Recommendations will be displayed based on their category.

A BMI Calculator interface overlaid on a dark background with kitchen items like basil, forks, and a pepper grinder. The calculator has input fields for weight (50 kg) and height (150 cm), a 'Calculate BMI' button, and displays a BMI of 22.22, categorized as 'Normal weight'. A link to visit recommendations is provided at the bottom.

BMI Calculator

Weight (kg):
50

Height (cm):
150

Calculate BMI

Your BMI
22.22




Category: Normal weight

[Click here to visit recommendations](#)

11. Recommendations page

[Back to BMI](#)

Weekly Diet Recommendations


Monday	Tuesday	Wednesday
		
Breakfast: Healthy Salad, Grilled Chicken, Quinoa Bowl Lunch: Shrimp Tacos, Avocado Salsa, Black Beans Dinner: Veggie Omelette, Whole Grain Toast, Fresh Fruit	Breakfast: Mediterranean Wrap, Hummus, Whole Wheat Pita Lunch: Vegetarian Stir-Fry, Brown Rice, Mixed Vegetables Dinner: Oven-Baked Fish, Couscous, Roasted Vegetables	Breakfast: Salmon, Sweet Potato, Steamed Broccoli Lunch: Mediterranean Wrap, Hummus, Whole Wheat Pita Dinner: Shrimp Tacos, Avocado Salsa, Black Beans

12. Nutritional values


- Nutritional values of the food will be displayed.

Browse all Food


Search...




Almonds
Serving Size: 28g
Calories: 160
Fat: 14
Carbohydrates: 6
Protein: 6





Apples
Serving Size: 100mg
Calories: 52
Fat: 0.17
Carbohydrates: 13.81
Protein: 0.26




Apricots
Serving Size: 100mg
Calories: 48
Fat: 0.39
Carbohydrates: 11.12
Protein: 1.4







13. This is our Firebase database.

**Firebase**

[Project Overview](#)[Firestore Database](#)[Authentication](#)[Analytics Dashboard](#)

Build

Release & Monitor

Analytics

Engage

All products

Customize your nav!
You can now focus your console experience by customizing your navigation
[Learn more](#)[Got it](#)

Spark

No-cost \$0/month

Upgrade

Firestore Database

Run

Clear

Query scope

Collection

Path

/NutritionalValues

Add to query

Query results

Document ID	Calories	Carbohydrates	Crabohydrates	Fat	Food	ImageURL
Almonds	"160"	"6"		"14"	"Almonds"	"https://images.immediate.co.uk/production/volatile/sites/30/2021/02/almonds-9e25ce7.jpg?qu"
Apples	52	"13.81"		"0.17"	"Apples"	"https://as1.ftcdn.net/v2/jpg/01/39/57/98/1000_F_139579875_x5JjXQ0BhjzDjB9abyHK6kDxd"
Apricots	48	"11.12"		"0.39"	"Apricots"	"https://as1.ftcdn.net/v2/jpg/00/66/92/82/1000_F_66928217_udroX6DkL6MrE5vE7C7KpCG6lKt"
Bananas	346	"88.28"		"1.81"	"Bananas"	"https://thumbs.dreamstime.com/z/banana-fruits-over-white-background-41123052.jpg?w=768"
Basmati Rice	"130"	"28g"		"0.00g"	"Basmati Rice"	"data:image/jpeg;base64:/9j/4AAQSkZJRgABAQAAQABAAIDwCEAAoHCBYWFrgWfHYZGBgal"
Black Beans	"218"	"41"		"1.1"	"Black Beans"	"https://kristineskitchenblog.com/wp-content/uploads/2023/01/how-to-cook-black-beans-recipe"
Blackberries	92	"23.1"		"0.14"	"Blackberries"	"https://images.unsplash.com/photo-1615218370629-da07db3571a4?q=80&w=2340&auto=format"
Blueberries	88	"22.06"		"0.33"	"Blueberries"	"https://d2x2err6gh3.cloudfront.net/image-handler/ts/20200414055239/1/673/picture/2020/4"
Broccoli	"55"	"6"		"0.3"	"Broccoli"	"https://images.immediate.co.uk/production/volatile/sites/30/2022/07/Broccoli-78ec54e.jpg?qu"

14. Firebase database of user’s authentication

Project Overview

Project shortcuts

Firestore Database

Authentication

Analytics Dashboard

Product categories

Build

Release & Monitor

Analytics

Engage

All products

Spark

No-cost \$0/month

Upgrade

Firestore Auth

Authentication

Users

Sign-in method

Templates

Usage

Settings

Extensions

Search by email address, phone number, or user UID

Add user

Identifier	Providers	Created	Signed In	User UID
ranjithaswec@gmail.com		Dec 4, 2023	Dec 11, 2023	VVo5MhVL8MbG5VXI.XJFjiwKHEY...
ranjitha_meela@student.u...		Dec 4, 2023	Dec 4, 2023	22DaGPT2v8WNmR6IgUyijVil3ji1
jashi9606@gmail.com		Dec 4, 2023	Dec 11, 2023	S07a6BnGPZh1RkX9bmPOjuZJR...
shivakumar2703@gmail.c...		Dec 4, 2023	Dec 10, 2023	8kGXlvqw5MbgYxy8O.JlnEQlxlPH2
123456ec@gmail.com		Dec 2, 2023	Dec 2, 2023	3c2tIW1Vm5GWvSlbozpRU6hQ1Z...
123456@gmail.com		Dec 2, 2023	Dec 2, 2023	EWi3fcEROFSEA843A0STJbJfJINt1
sunny314@gmail.com		Nov 27, 2023	Nov 27, 2023	3stI3PoMVLN4Q8uFhBSq8aCbDlG2
test0@gmail.com		Nov 27, 2023	Nov 27, 2023	Tv0ZD01hefOMZevOFkUi9wjJBDr1