

Recipe Curation for ADHD — Design System + UX Spec (Option C)

Concept

A web app that lets users paste a recipe into an “inbox,” uses OpenAI to recreate **clear step-by-step instructions + structured ingredient lists**, then presents everything as a **presentation-style cooking guide** optimized for people with attention problems.

Option C: High-Contrast “Game Mode” (ADHD-friendly)

Why this direction

- Low-glare dark base for kitchen use
 - High-contrast text and controls
 - Clear semantic colors (success/warn/danger)
 - Chunked steps: **one step per screen**
 - Momentum: progress, timers, satisfying completion
-

A) Tailwind Theme Token Set (Option C)

Design goals baked into tokens

- Dark, low-glare base
- High contrast text
- Clear semantic colors (success/warn/danger)
- Big tap targets + thick focus rings
- “Game mode” motion (snappy, not flashy)

Tokens

Palette - `bg : #0B1220` - `surface : #111827` - `surface-2 : #0F172A` - `border : #1F2937` - `text : #F8FAFC` - `muted : #94A3B8`

Brand - `primary : #2563EB` (electric blue) - `accent : #A3E635` (neon lime) - `violet : #7C3AED` (secondary accent)

Semantics - `success : #22C55E` - `warning : #FBBF24` - `danger : #F43F5E` - `info : #38BDF8`

Tailwind config (tokens + fonts)

```
// tailwind.config.ts
import type { Config } from "tailwindcss";

export default {
  darkMode: ["class"],
  theme: {
    extend: {
      fontFamily: {
        display: ["Manrope", "ui-sans-serif", "system-ui"],
        body: ["Inter", "ui-sans-serif", "system-ui"],
        mono: ["ui-monospace", "SFMono-Regular", "Menlo", "monospace"],
      },
      colors: {
        bg: "#0B1220",
        surface: "#111827",
        "surface-2": "#0F172A",
        border: "#1F2937",
        text: "#F8FAFC",
        muted: "#94A3B8",

        primary: "#2563EB",
        accent: "#A3E635",
        violet: "#7C3AED",

        success: "#22C55E",
        warning: "#FBBF24",
        danger: "#F43F5E",
        info: "#38BDF8",
      },
      borderRadius: {
        xl: "14px",
        "2xl": "18px",
        "3xl": "24px",
      },
      boxShadow: {
        // crisp, game-like depth on dark
        panel: "0 12px 30px rgba(0,0,0,0.45)",
        inset: "inset 0 1px 0 rgba(255,255,255,0.06)",
        focus: "0 0 0 3px rgba(37,99,235,0.55)", // primary ring
        glow: "0 0 24px rgba(163,230,53,0.25)", // accent glow
      },
      spacing: {
        tap: "44px", // minimum touch target height
      },
      transitionTimingFunction: {
    }
  }
}
```

```

        snappy: "cubic-bezier(0.2, 0.8, 0.2, 1)",
    },
    transitionDuration: {
        quick: "140ms",
        normal: "220ms",
    },
},
},
plugins: [],
} satisfies Config;

```

Global CSS defaults (focus + reading)

```

/* globals.css */
:root {
    color-scheme: dark;
}

body {
    font-family: Inter, system-ui, -apple-system, Segoe UI, Roboto, sans-serif;
    background: #0B1220;
    color: #F8FAFC;
}

:focus-visible {
    outline: none;
    box-shadow: 0 0 0 3px rgba(37, 99, 235, 0.55);
    border-radius: 12px;
}

/* readability */
.recipe-prose {
    line-height: 1.6;
    letter-spacing: 0.01em;
}

```

B) Component Spec (Option C)

Think in 3 layers: **Input** → **Transform** → **Cook Player**.

Core layout components

AppShell - Slots: `TopBar`, `Main`, `RightRail` (desktop), `BottomNav` (mobile) - States: `default`, `focusMode`

TopBar - Left: logo + current guide title (truncate) - Center: progress chip (in Cook Mode) - Right: Focus toggle, Settings, Save/Share

Panel (Card) - Variants: `surface`, `surface-2` - Props: `title?`, `icon?`, `actions?`, `padded?`

Recipe ingestion components

PasteInbox - Elements: - Large textarea (monospace optional) - CTA: "Turn into Cooking Guide" - Secondary: "Paste URL", "Upload" - States: - `idle` - `validating` (light checks) - `processing` (OpenAI) - `error` (inline)

ProcessingStepper - Steps: "Parsing" → "Structuring" → "Simplifying" → "Building guide" - Should show *what's happening* without being verbose.

Review & edit components (quick, low-friction)

RecipeOutlineEditor - Sections: Title, Yield, Time, Ingredients, Steps - Each section has: - `Edit` inline - "Auto-fix" actions: Split steps, Convert to bullets, Normalize units - Minimal controls; avoid rich text overload.

IngredientList - Grouping modes: - `none` - `byPhase` (Prep/Cook/Finish) - `byStep` - Item fields: `qty`, `unit`, `name`, `prepNote?` - Actions: checkbox, "Add to shopping", "Pin to step"

StepList - Each step displays: - Step number - Short headline (auto-generated verb phrase) - Up to 3 bullets - Detected: time/temp/tools chips - Actions: "Simplify", "Split", "Add timer", "Mark as critical"

Cook Mode components (the star)

CookPlayer - Regions: - `StepStage` (main) - `NeedNowPanel` (ingredients/tools for this step) - `ProgressBar` - `Controls` (Back/Next/Done/Pass) - Modes: - `standard` - `focus` (only StepStage + controls + timer badge)

StepStage - Shows: - Step title (big) - 1-3 bullets - Chips: time/temp/tools - "More detail" accordion for extra notes - Actions: - "Repeat" - "Simplify wording" - "Show only verbs" - "I got distracted" (see below)

NeedNowPanel - "This step needs" (3-6 items max) - "Next step preview" (2-4 items) - Checkbox persists across steps

TimerSystem - `TimerButton` on steps with time - `TimerBadge` persistent (top-right) - `TimerDrawer` list of active timers (multiple allowed) - Alert behavior: subtle flash + vibration (mobile) + sound toggle

DistractedRescue - One tap: "Where was I?" - Shows: - Current step # - One-sentence summary - Current active timer(s) - Next action verb - This is *hugely* attention-friendly.

Buttons & inputs (accessibility-first)

Button - Sizes: `lg` (default), `xl` (Cook mode) - Variants: - `primary` (blue) - `accent` (lime for "Next" or "Done" in Cook Mode) - `ghost` - `danger` - Minimum height: `h-[44px]`

Toggle - Focus Mode - Reduce motion - Large text - Sound

C) Screen-by-Screen Wireframe Outline (Desktop + Mobile)

Information architecture

1) **Inbox** (paste) 2) **Processing** (brief) 3) **Review & Edit** (fast fixes) 4) **Cook Mode** (presentation player) 5) **Saved Guides** (library) 6) **Settings / Accessibility**

1) Inbox screen

Desktop layout - TopBar - Centered Panel (max-w ~ 760) - Title + short helper line - Big textarea - Primary CTA (full width) - Secondary actions row (URL / Upload / Example recipe) - Right side: small "Why this helps" panel (optional)

Mobile layout - TopBar condensed - Full-width textarea - Sticky bottom CTA bar: - [Turn into Guide] (primary) - small: Example / Paste URL

2) Processing screen

Desktop - Panel with stepper + playful status line - Show: "We'll keep steps short, one screen at a time."

Mobile - Same, centered - Optional: cancel button

3) Review & Edit screen

Desktop (two-column) - Left (main): StepList editor - Right rail: - Ingredients (group toggle) - Summary chips (yield, time) - "Generate Cook Mode" CTA

Key behaviors: - Inline "Auto-fix" bar at top: - Split long steps - Convert to bullets - Normalize units - Highlight times/temp

Mobile (tabbed) - Tabs: **Steps | Ingredients | Summary** - Sticky bottom bar: - Back - "Start Cook Mode"

4) Cook Mode (presentation guide)

Desktop - Left rail (optional): Step thumbnails (collapsed by default) - Center Stage (large): - Step number + title - 1-3 bullets - Chips row (time/temp/tools) - Controls row: Back / Start Timer / Next (XL buttons) - Right rail: NeedNowPanel + Active timers

Mobile (single-focus) - Full-screen StepStage - Top: progress chip + timer badge - Bottom: big controls (Back / Timer / Next) - Swipe left/right optional (with toggle) - Focus Mode default ON for first-time users

Special attention features: - "I got distracted" button always visible - "More detail" collapsed by default - "Need now" opens as a bottom sheet

5) Saved Guides (Library)

Desktop - Grid of cards (title, tags, last cooked, time) - Search + filters (diet, quick, favorites) - Quick action: "Cook" or "Edit"

Mobile - List of cards - Search at top - Floating "New paste" button

6) Settings / Accessibility

Must-have toggles: - Focus Mode default - Reduce motion - Large text - Line spacing (normal / roomy) - Sound on timer - Color intensity (standard / extra-contrast)

Earlier Recipe App Direction Set (for reference)

Three visual directions (palette + fonts + UI ideas)

Direction A: Calm Focus (clinical-clear, soothing, no clutter)

Palette - Background #F7FAFC, Surface #FFFFFF, Primary #0F766E, Accent #38BDF8 - Success #22C55E, Warning #F59E0B, Danger #F43F5E - Text #0F172A, Muted #64748B, Borders #E2E8F0

Fonts - Headings/UI: Inter - Body: Atkinson Hyperlegible

UI ideas - Paste inbox home, step player slideshow, ingredient side panel, Focus Mode toggle.

Direction B: Warm Kitchen (friendly, cozy, non-medical)

Palette - Background #FFF7ED, Surface #FFFCF7, Primary #C2410C, Secondary #7C2D12 - Accent/Sage #22C55E (or #16A34A) - Info #60A5FA, Text #1C1917, Muted #78716C, Borders #E7E5E4

Fonts - Headings/UI: Poppins - Body: Source Serif 4

UI ideas - Recipe card deck, "What you'll need next," gentle animations, encouraging microcopy.

Direction C: High-Contrast Game Mode (selected)

Palette - Background #0B1220 , Surface #111827 - Primary #2563EB , Accent #A3E635 , Violet #7C3AED - Success #22C55E , Warning #FBBF24 , Text #F8FAFC , Muted #94A3B8 , Border #1F2937

Fonts - Headings/UI: Manrope - Body: Inter

UI ideas - Big mode buttons, satisfying completion, timers per step, quick actions.

Core UX patterns for attention-friendly cooking (applies to all)

"Inbox → Guide" flow

1) Inbox: paste + CTA 2) Review: quick edits + auto-fixes 3) Cook Mode: step player + ingredients + timers

Chunking rules

- 1 step = 1 screen
- Max 3 bullets per step
- Highlight time/temp/quantity
- Details behind "More detail" expansion

Ingredients tied to steps

- All ingredients (collapsible)
- This step needs (short list)
- Next step preview

ADHD-friendly affordances

- Progress bar always visible
- "I got distracted" rescue button
- Resume chip
- Large tap targets
- No text walls in Cook Mode

UI components checklist

- Paste Inbox
- Recipe Summary Card
- Ingredient Checklist + shopping list
- Step Player
- Step Timer + badge
- Focus Mode
- Accessibility controls

Copy/labels that reduce friction

- CTA: "Turn this into a cooking guide"
- Buttons: Back / Next / Start timer / Mark done
- Reassurance: "You can edit anything."