

The Meal Planner project

Thu Nguyen
Biological Database Course

ISSUE

Overwhelming information

Recipe
???

Calories
???

Want to quickly find a
tailored recipe fit
dietary needs.

GOAL OF PROJECT

A solution for anyone can
discover delicious recipes that
align with their dietary
preferences and nutritional
goals.

DATA SOURCES



Ingredient data

Ingredient name
Calories
Nutrition information
(fat, protein, cholesterol,...)

Food.



Recipe data

Recipe name
Measure & ingredient
Instruction
Rating
Cooking time



API

Recipe data

Recipe name
Measure & ingredient
Instruction
Country's cuisine
Category (breakfast, desert,...)

Search Food Database

Ingredient name

Greek Yogurt

Nutrition Facts

Serving Size: 6 oz (170g)

Calories 100

Amount Per Serving

| | | |
|---------------------|---------|-----|
| Total Fat | 0.7g | 1% |
| Saturated Fat | 0.2g | 1% |
| Trans Fat | 0g | |
| Polyunsaturated Fat | 0g | |
| Monounsaturated Fat | 0.1g | |
| Cholesterol | 8.5mg | 3% |
| Sodium | 61mg | 3% |
| Total Carbohydrates | 6.1g | 2% |
| Dietary Fiber | 0g | 0% |
| Sugars | 5.5g | |
| Protein | 17g | |
| Vitamin D | 0mcg | 0% |
| Calcium | 187mg | 14% |
| Iron | 0.1mg | 1% |
| Potassium | 239.7mg | 5% |
| Caffeine | 0mg | |

RECIPES POPULAR MEAT & SEAFOOD HEALTHY & DIET HOLIDAYS

Recipe name

BOURBON CHICKEN

Rating

Submitted by LinMarie

Ready in: 35mins

Instruction

Measure & ingredients

2 lbs boneless chicken breasts, cut into bite-size pieces

1-2 tablespoons olive oil

1 garlic clove, crushed

1/4 teaspoon ginger

3/4 teaspoon crushed red pepper flakes

1/4 cup apple juice

1/3 cup light brown sugar

2 tablespoons ketchup

1 tablespoon cider vinegar

1/2 cup water

1/3 cup soy sauce

Data Flow

Sources



Get API key

Scrape data

Raw data

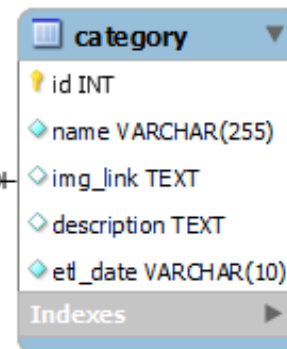
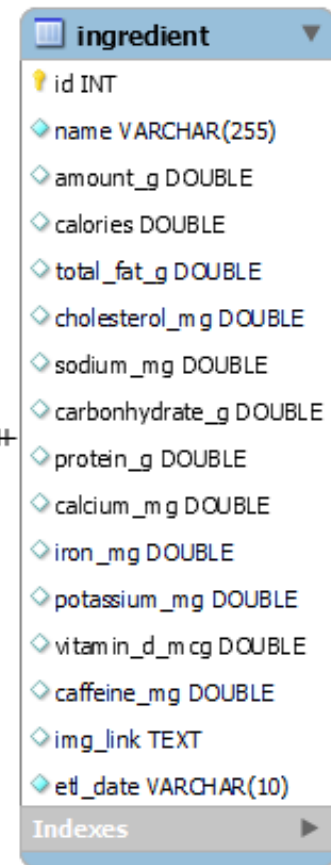
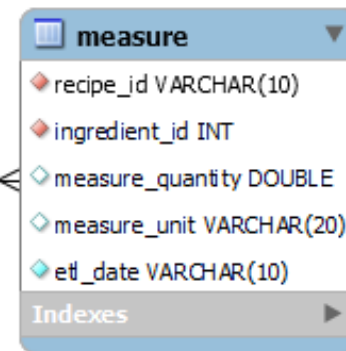
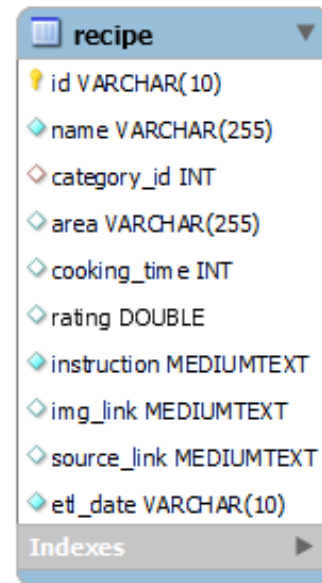


ETL

RDBMS



ENTITY RELATIONSHIP DIAGRAM



SEARCH PLATFORM'S INTERFACE

MEAL PLANNER WEB

