

# Meal Or No Meal

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## INTRODUCTION

Meal planning is the best way to create healthier meals on an ongoing basis. It can also help to save money and reduce food waste. The trade-offs are often the time it takes to create shopping lists, frequent trips to the store, or eating the same meals over and over. Meal Or No Meal helps make the process of meal planning easier and, dare we say it, fun! The application allows users to choose from a wide variety of meals, share meals they've created, and add them to a calendar. For the indecisive eaters, Meal Or No Meal can also randomly populate the user's calendar with meals. Say "So long!" to that pesky task of creating a shopping list by using our Generate Shopping List feature based on the user's planned meals. Users can welcome food-planning back into their life and take it to the next level with Meal Or No Meal.

## INSPIRATION

The base motive behind the want or need for a meal planning application is universally human. We don't believe there's a single person out there who hasn't at some point in their life wondered what they were going to eat for their next meal. Beyond that, this application has the potential to expand to a robust suite of features that can help improve many different aspects of life such as physical health, financial health, and even emotional health,

all of which are in some way connected to the meals we eat. Spending too much money on eating out? Spending too much time meal-planning? Eating too many unhealthy options because of last-minute decisions when you were already hungry? This app (and what it aims to be) can help with all of that.

## FUNCTIONAL ASPECTS

There are 3 Key Functional Aspects to Meal or No Meal

First - there's the ability to create/edit/delete a meal and store/retrieve that information from the database. This will include details such as the Name, Recipe, Ingredients, and Equipment needed to prepare the meal (e.g. a blender, a large pot, etc.)

Next there's the ability to save a meal to a Breakfast, Lunch, or Dinner slot on the calendar. You can select a day on the calendar and view the meals scheduled for that day. Then you can select one of those scheduled meals and view the details (recipe, ingredients, etc.) of that meal.

And lastly there's the shopping list generator which does - well - exactly what it sounds like it does. It will generate a list of ingredients based on the meals you currently have scheduled in a certain date range. This list display will allow the user to check/uncheck ingredients as a visual cue for whether or not they need to acquire that ingredient.

## Contact Information

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