

Personalized Meal Planning Website “NutriFit”

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Abstract: *The NutriFit website is an online platform designed to simplify meal planning by offering personalized meal plans and healthy recipes tailored to user preferences and dietary needs. Built using HTML, CSS, Bootstrap, and JavaScript, the website features an intuitive and user-friendly interface. Key functionalities include a meal plan generator, recipe exploration, and support for various diets such as Indian, Vegan, Vegetarian, Keto, Paleo, and Gluten-Free. Users can input personal details, select their desired diet type, and specify the number of meals per day to generate customized meal plans. The website also provides educational content on the benefits of different diets. While the current implementation uses static data, future enhancements aim to integrate APIs for dynamic meal options, nutritional breakdowns, allergen filters, and health app integration. NutriFit strives to be a comprehensive tool for promoting healthy eating habits through modern, accessible, and interactive meal planning solutions..*

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