

Dear User,

This guide describes the main features of the Uniplate mobile application.

The guide is organized by section; below is the table of contents:

- Uniplate – Login Page
- Uniplate – Home Section
- Uniplate – Menu Section
- Uniplate – Shopping List Section
- Uniplate – Recipes Section
- Uniplate – Learn Section

- Uniplate – Profile Page

- Uniplate – Settings Page

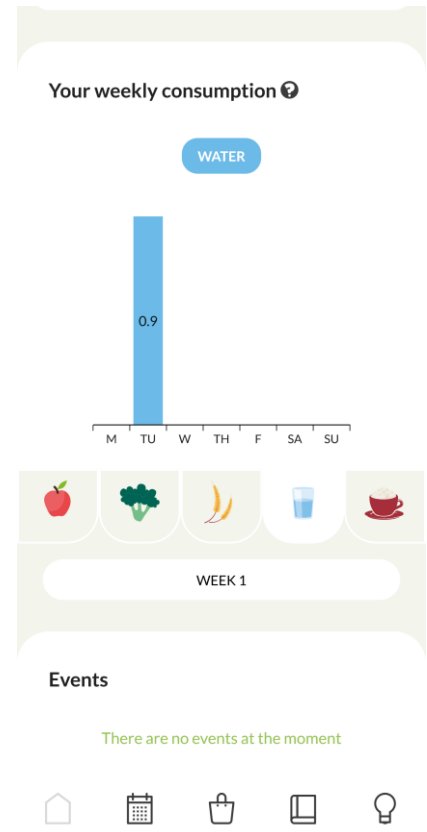
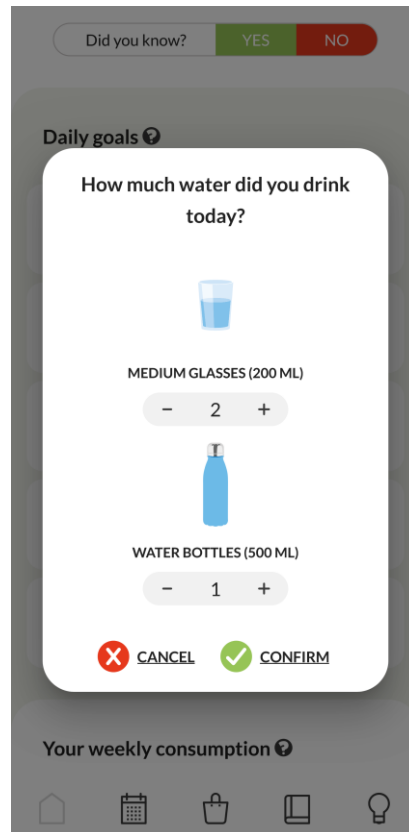
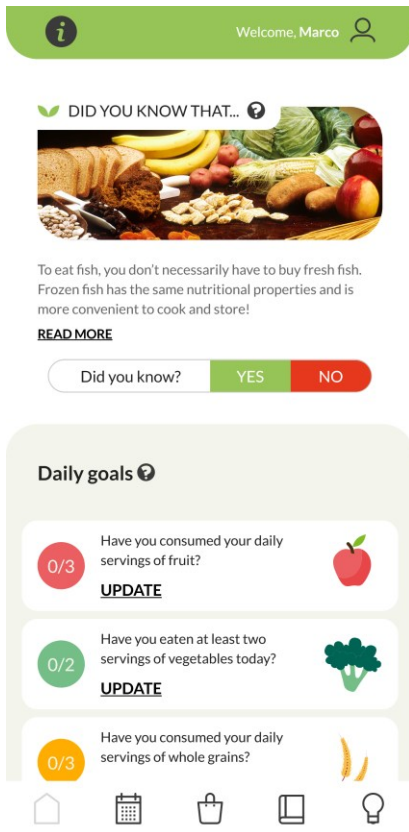
Uniplate – Login Page

When you first launch the app, you will be asked to log in using your University email and password.



Uniplate – Home Section

The Home section allows you to monitor your consumption and track daily goals throughout the week. These include: 3 servings of fruit, 2 servings of vegetables, 3 servings of whole grains, 2 liters of water, and the habit of having breakfast. Additionally, this page provides a daily tip about the nutrition aspect and the environmental impact of food.



Uniplate – Menu Section

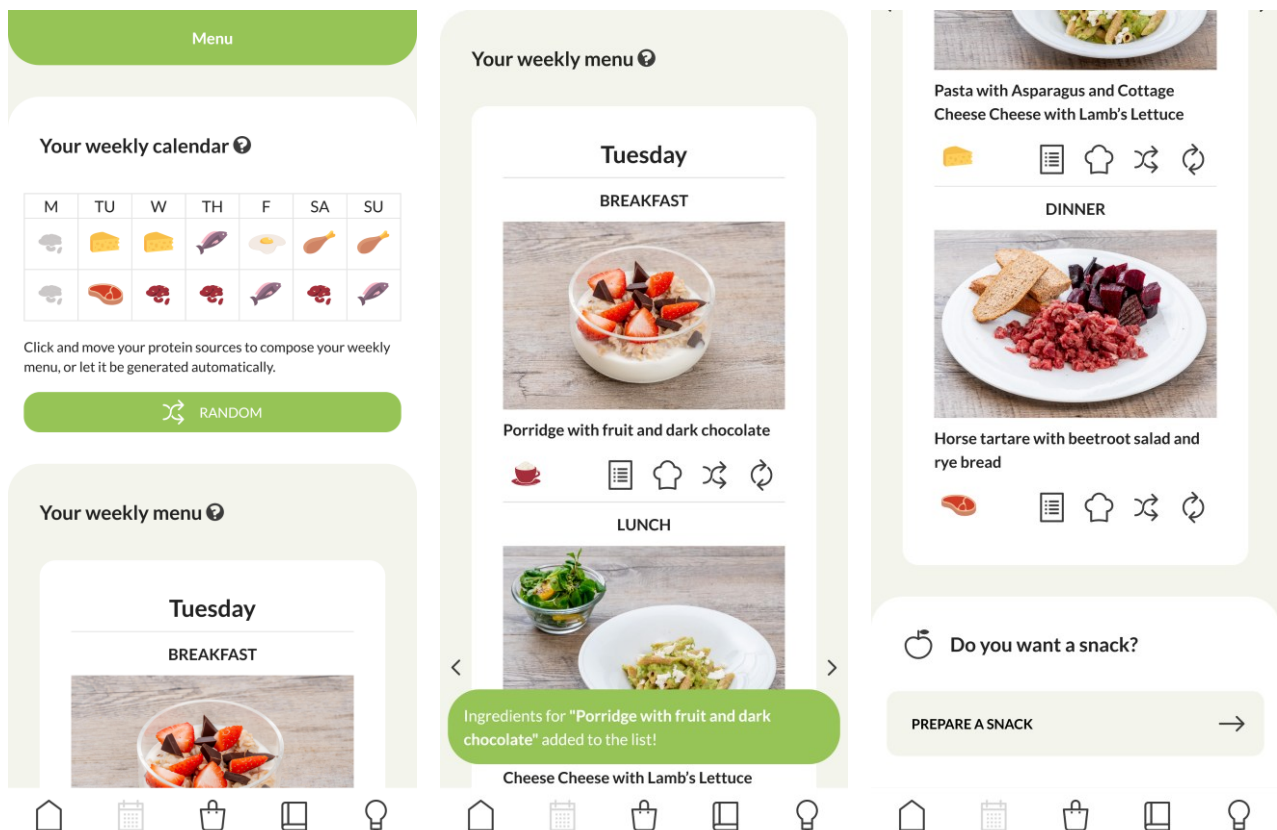
The Menu section allows you to plan your weekly meals. The system provides recipe suggestions for lunch and dinner that follow the Italian Dietary Guidelines for Healthy Eating, prioritizing variety and the correct rotation of protein sources throughout the day and week.

You can modify the scheduled protein source in the weekly calendar in two ways: by using the RANDOM button or manually moving individual icons using the drag-and-drop function.

If a manual change does not comply with the recommended daily frequencies, the app will send an alert, which you can choose to follow or ignore.

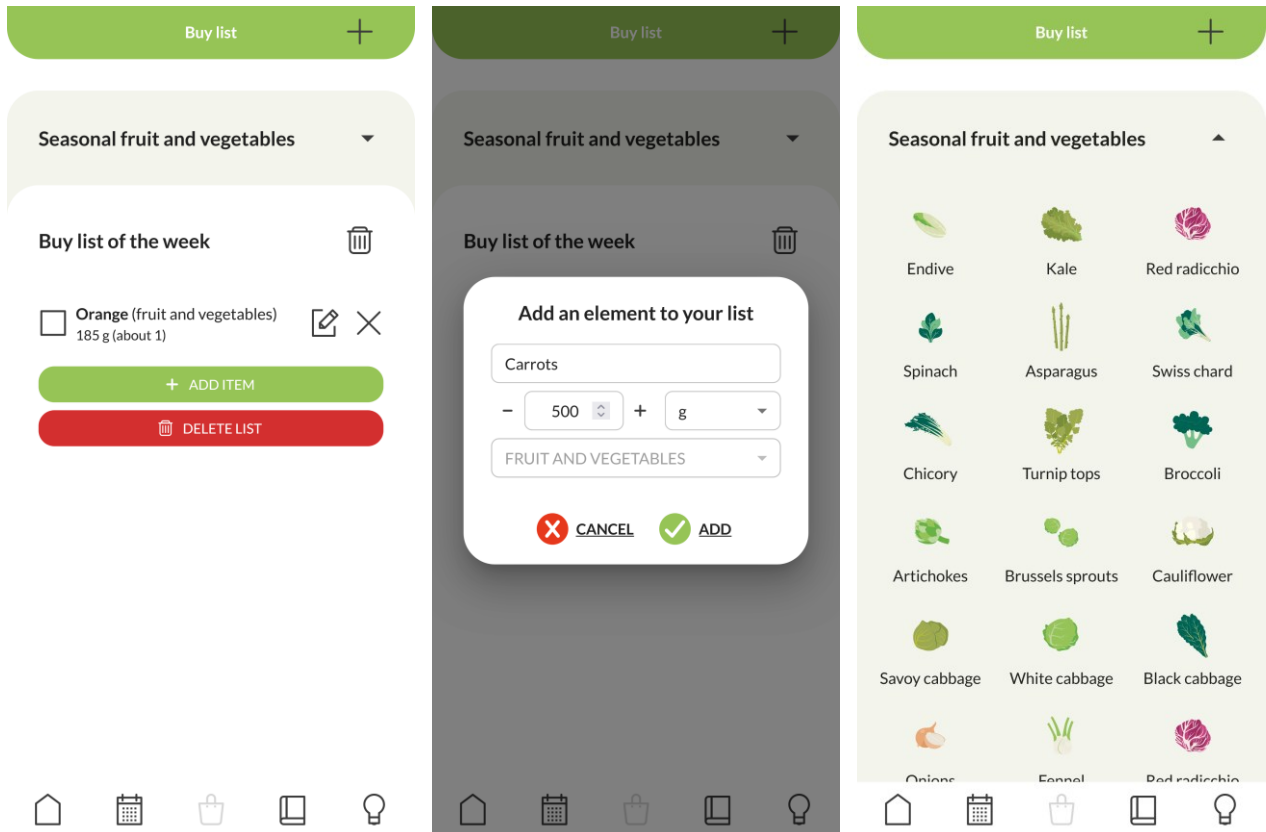
In addition to lunch and dinner suggestions, the "Your Weekly Menu" section offers several tasty and balanced breakfast ideas. Healthy snack suggestions are also provided at the end of the section.

How to interact with recipes in this section? Chef's Hat Icon to view the recipe details, shuffle icons to change the recipe specifically or randomly, shopping list icon to add the recipe ingredients directly to your shopping list section.



Uniplate – Shopping List Section

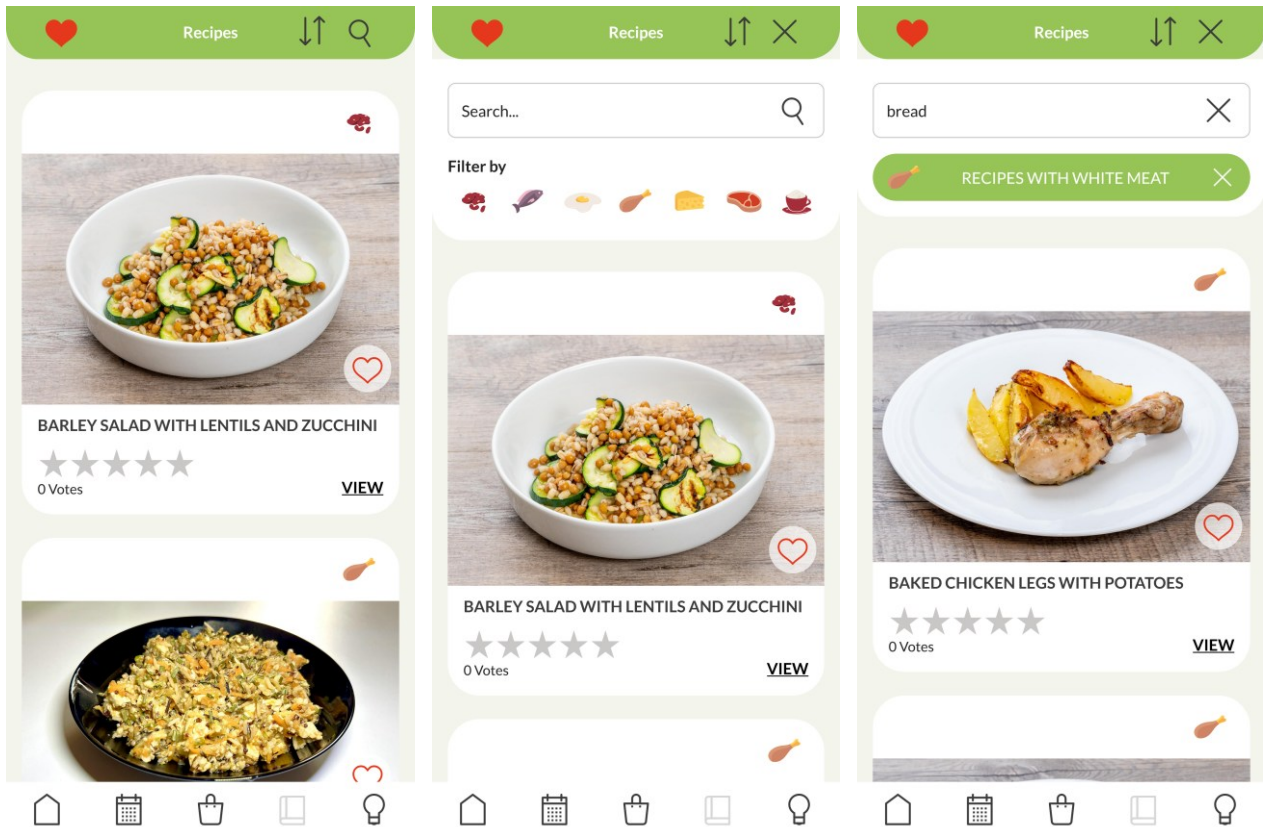
The Shopping List section helps you plan your grocery trips based on the raw materials needed for your chosen recipes. In this section, you can also modify quantities, add other items you wish to buy, and consult a seasonal calendar for fruits and vegetables for the current month.

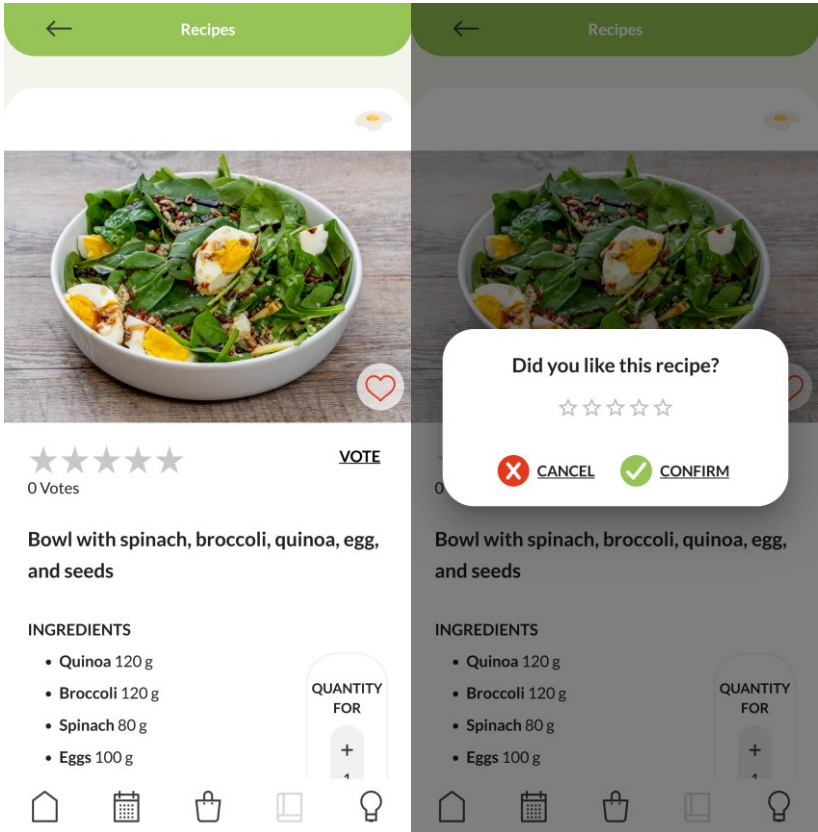


Uniplate – Recipes Section

The Recipes section includes a collection of simple, nutritionally balanced dishes. You can easily browse them using a search system that allows you to filter by protein source, meal type (e.g., breakfast), or keywords, and sort by name or other criteria.

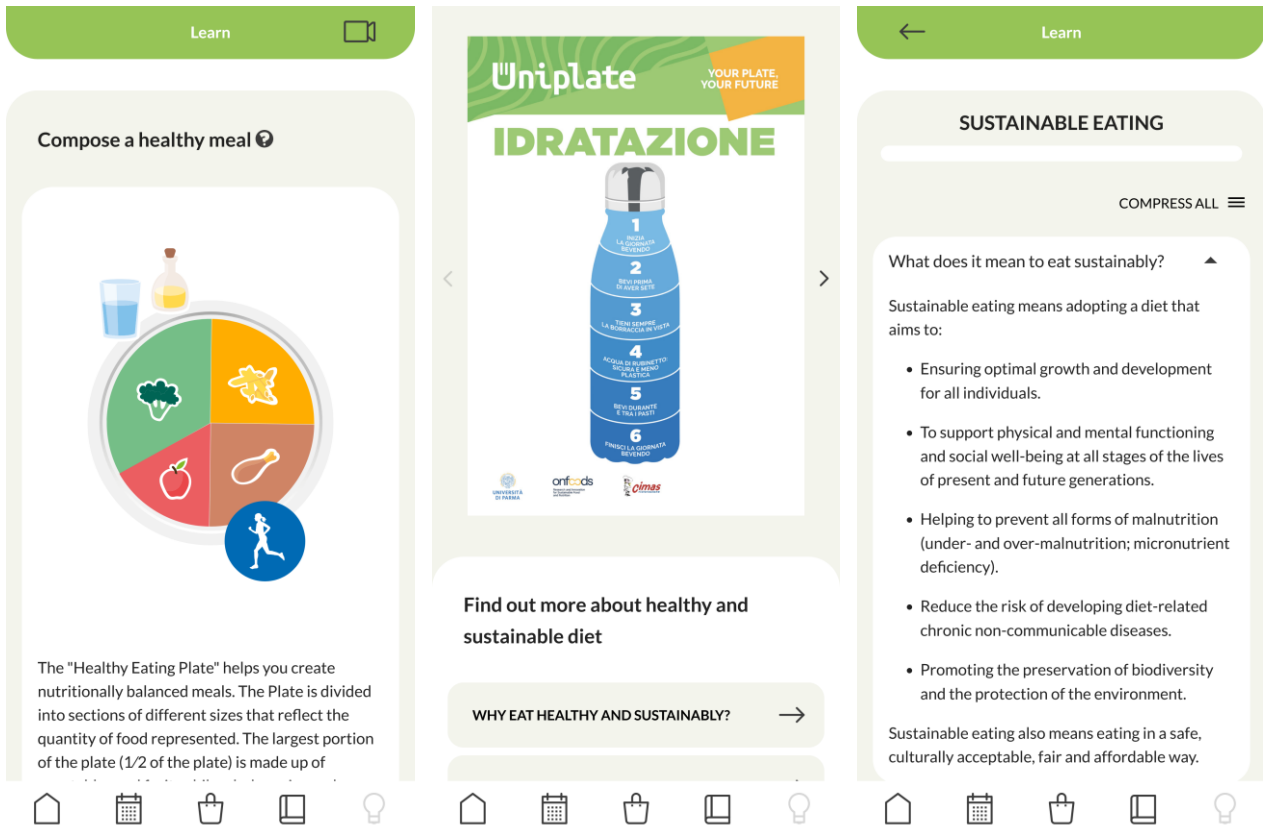
To promote healthy and sustainable eating, all recipes have been evaluated for their macronutrient balance and their water and carbon footprint. You can rate recipes and see the average rating from other users. You can also save your favorites by tapping the heart icon.





Uniplate – Learn Section

The Discover section offers various educational content to help you learn more about healthy and sustainable nutrition. It uses a Q&A format to make browsing quick and tailored to your interests. Additionally, the app includes an image carousel with easy-to-read infographics and 18 short educational videos to improve your knowledge of food preparation and preservation.





Learn

Uniplate

Ep.1

Come fare la lista della spesa perfetta in 5 passi

EP.1: HOW TO MAKE THE PERFECT SHOPPING LIST IN 5 STEPS

In this video, five simple steps for doing the grocery shopping in an organized way will be explained, to help plan the week and avoid waste. The steps are:

[READ MORE](#)

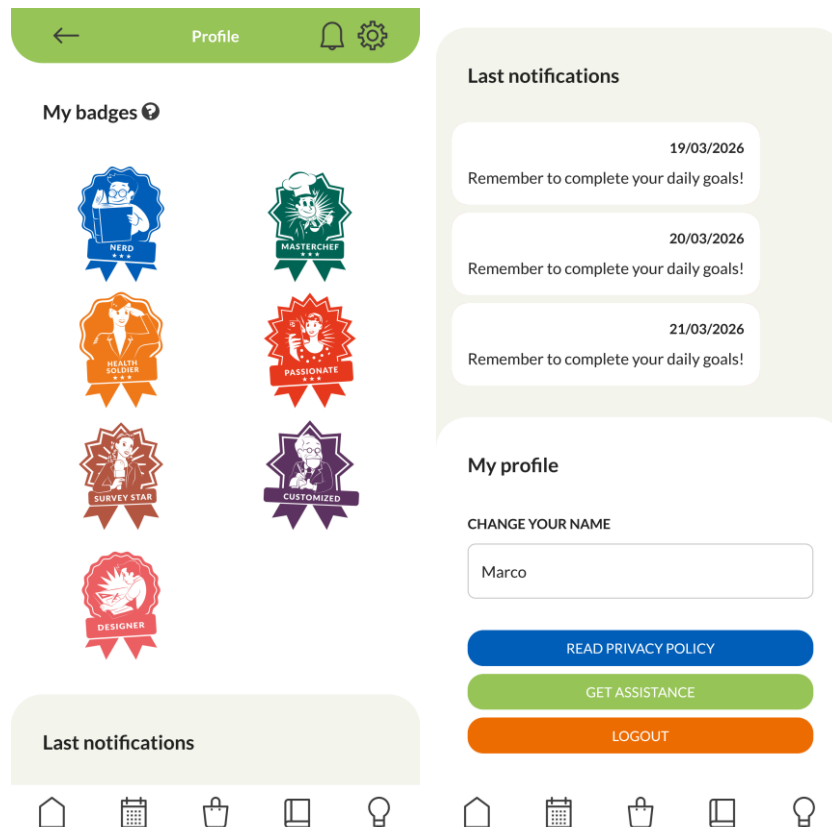
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Uniplate



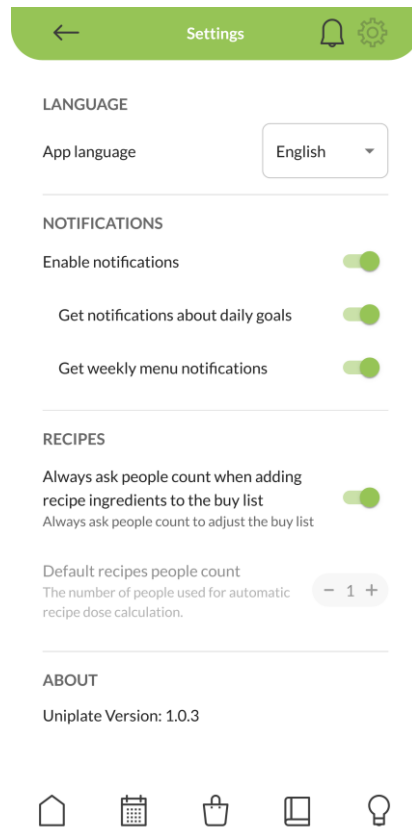
Uniplate – Profile Page

In the Profile section, you can view the badges earned, check your latest notifications, and edit your personal information. Badges are colored icons designed to motivate you to reach daily goals and try new recipes; each badge is linked to a different app function. From this page, you can also read received notifications, change your username, log out, or delete your account.



Uniplate – Settings Page

In this section, you can change the language between Italian and English, enable and manage notifications by type, set the default number of people to automatically adjust the ingredient quantities for the suggested recipes.



This initiative was developed as part of the ONFOODS project, funded under the National Recovery and Resilience Plan (NRRP), Mission 4 Component 2 Investment 1.3 - Call for proposals No. 341 of 15 March 2022 of Italian Ministry of University and Research funded by the European Union – NextGenerationEU. Project code PE00000003, Concession Decree No. 1550 of 11 October 2022 adopted by the Italian Ministry of University and Research, CUP D93C22000890001, Project title “ON Foods - Research and innovation network on food and nutrition Sustainability, Safety and Security – Working ON Foods”.