

06-mealie.md

kstack: book: Centerpoint Home
Lab chapter: Documents &
Organization page: Mealie tags:
[mealie, recipes, meal-planning,
oidc, authentik]

Overview

Mealie is a self-hosted recipe manager and meal planner. It imports recipes from URLs, supports manual entry, and provides a weekly meal plan interface. OIDC authentication is via Authentik, with auto-redirect enabled. The `mealieaddons` sidecar (Mealie Addons by razziel89) provides enhanced recipe retrieval, PDF export via Pandoc, and image embedding.

Access

Type	URL	Auth
External	<code>https://recipe.jeevesconsults.ca</code>	Authentik OIDC + GeoBlock + CrowdSec
Internal	<code>https://mealie.home.local</code>	Authentik OIDC (Step-CA TLS)

OIDC auto-redirect is enabled (`OIDC_AUTO_REDIRECT: true`) — the Mealie login form is bypassed and Authentik is shown directly.

Containers

Container	Image	Role
mealie	ghcr.io/mealie-recipes/mealie:latest	Core application
mealieaddons	ghcr.io/razziel89/mealie-addons:latest	Enhanced retrieval and export

mealie (application)

Key environment variables:

Variable	Value / Notes
BASE_URL	https://recipe.jeevesconsults.ca
OIDC_AUTH_ENABLED	true
OIDC_AUTO_REDIRECT	true
OIDC_PROVIDER_NAME	Authentik
OIDC_CONFIGURATION_URL	https://auth.jeevesconsults.ca/application/o/mealie/.well-known/openid-configuration
OIDC_CLIENT_ID	cjTjv6CLnu0pT7qkkthDTjXmaVPYdxMf0KW9d5Wy
OIDC_CLIENT_SECRET	REDACTED
OIDC_USER_GROUP	family-friends
OIDC_ADMIN_GROUP	admins
OIDC_SIGNUP_ENABLED	false
OIDC_REMEMBER_ME	true
ALLOW_SIGNUP	false
SMTP_HOST	smtp.gmail.com
SMTP_PORT	587
SMTP_AUTH_STRATEGY	TLS
SMTP_USER	jeeves5454@gmail.com
SMTP_PASSWORD	REDACTED
SMTP_FROM_EMAIL	jeeves5454@gmail.com
PUID / PGID	1000
TZ	America/Toronto

Bind mounts:

Host Path	Container Path	Purpose
/home/jeeves/docker/mealie/data	/app/data	Database and assets

mealieaddons

Mealie Addons provides enhanced recipe scraping, Pandoc-based PDF/EPUB export, and image embedding for recipes.

Key environment variables:

Variable	Value / Notes
MEALIE_BASE_URL	https://recipe.jeevesconsults.ca
MEALIE_RETRIEVAL_URL	http://mealie:9000
MA_SELF_URL	http://localhost:9000
MA_LISTEN_INTERFACE	:9000
MA_IMAGE_ACTION	embed
MA_TIMEOUT_SECS	60
MA_RETRIEVAL_LIMIT	5
GIN_MODE	release
PANDOC_FLAGS	--epub-title-page=false

No bind mounts — stateless.

Traefik route:

```
traefik.http.routers.mealieaddons.rule: Host(`mealieaddons.home.local`)
traefik.http.routers.mealieaddons.entrypoints: websecure
traefik.http.routers.mealieaddons.tls.certresolver: step-ca
traefik.http.services.mealieaddons.loadbalancer.server.port: 9000
```

Traefik Labels (mealie)

```
traefik.http.routers.mealie-ext.rule: Host(`recipe.jeevesconsults.ca`)
traefik.http.routers.mealie-ext.entrypoints: websecure
traefik.http.routers.mealie-ext.tls.certresolver: letsencrypt
traefik.http.routers.mealie-ext.middlewares: plex-geoblock@file,crowdsec-bouncer@file,mealie-
```

headers

```
traefik.http.routers.mealie-ext.service: mealie-svc
```

```
traefik.http.routers.mealie-int.rule: Host(`mealie.home.local`)
```

```
traefik.http.routers.mealie-int.entrypoints: websecure
```

```
traefik.http.routers.mealie-int.tls.certresolver: step-ca
```

```
traefik.http.routers.mealie-int.service: mealie-svc
```

```
traefik.http.middlewares.mealie-headers.headers.customrequestheaders.X-Forwarded-Proto: https
```

```
traefik.http.services.mealie-svc.loadbalancer.server.port: 9000
```

Notes / Gotchas

- `OIDC_USER_GROUP: family-friends` limits OIDC login to members of that Authentik group. Users not in this group can be denied access even with valid Authentik credentials. Manage group membership in Authentik admin.
- The `X-Forwarded-Proto: https` header middleware is required for Mealie to generate correct OIDC redirect URLs. Without it, HTTPS URLs will not form correctly and the OIDC flow will fail.
- Mealie uses SQLite by default when no external database is configured. The database file lives in `/app/data`. Back up this directory before upgrades.
- `mealieaddons` is accessible at `mealieaddons.home.local` — this is the URL to configure in Mealie settings for the enhanced importer.

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