When the user clicks "Calculate Recommended Portions," the calculations for grams of carbohydrates, protein, and fats are incorrect. I will add the step one more time to ensure you can fit it.

**Meal Composition & Calculation System**

**Meal Structure**

Each meal requires the selection of one or more items from each category:

1. carbohydrate source
2. protein source
3. fat source

**Calculation Process**

After the user clicks the "Enter" button, the system will calculate and present the recommended amounts in ounces for each food group. The displayed measurements represent the final amounts selected by the calculator after considering all three food groups chosen, indicating the appropriate ounces for each selected food item.

**Step 1:** Calculate the carbohydrate quantities in ounces that will equal the number of grams allowed for this meal from the carbohydrate source that was selected.

**Step 2:** First, calculate the grams of protein in the carbohydrate that was selected in step one. Then calculate the protein quantities in ounces that will equal the number of grams left after subtracting the grams of protein from the carbohydrates selected in step one.

**Step 3:** First, calculate the grams of fat in both the carbohydrate and protein that were selected in steps one and two. Then calculate the fat quantities in ounces that will equal the number of grams left after subtracting the grams of fat from the carbohydrates and protein in steps one and two.

**Output:** Display allowed amounts for each macronutrient for each group in ounces for that specific meal.

**Safety and Limits**

**Minimum Calorie Thresholds:**

* Men: Cannot go below 1,500 calories/day
* Women: Cannot go below 1,200 calories/day
* Display warning if user approaches these minimums
* Note: Most users will require significantly more than these minimums

**Water Intake Tracking**

* Allow users to track water consumption
* Provide selection for up to 20 glasses per day
* Visual indicator or counter for daily water goal