Daily Meal Calculator

Meal Structure

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

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, indicating the appropriate ounces for each selected food item based on the three food groups chosen.

Step 1: Calculate the carbohydrate quantities in ounces to match the allowed grams for the chosen carbohydrate sources.

Step 2: First, determine the grams of protein in the carbohydrates selected in Step 1. Then, calculate the protein quantities in ounces that equal the remaining grams after subtracting the grams of protein from the carbohydrates selected in Step 1.

Step 3: First, calculate the grams of fat in both the carbohydrates and proteins selected in Steps 1 and 2. Then, calculate the fat quantities in ounces that correspond to the remaining grams after subtracting the grams of fat from the carbohydrates and proteins in Steps 1 and 2. \*\*Output:\*\* Display the allowed amounts for each macronutrient in ounces for each group for that specific meal.