Calorie Tracker App - Project Summary

Project Name:

My Calories - Personal Calorie Tracker App (Offline)

Built With:

- React Native (Expo)

- AsyncStorage (local offline database)

- React Navigation (multi-screen app)

- DateTimePicker (for date filters)

- Reanimated + Animatable (animations)

- Git + GitHub for version control

Core Features:

- Add food items with quantity

- Select from Indian veg defaults or add custom foods

- Track calories, protein, carbs for each item

- View and filter logs by date

- See summary totals (kcal, protein, carbs) per day

- Save data permanently on device using AsyncStorage

- Add and delete individual logs and custom foods

- Log time of eating per item (auto)

- Beautiful multi-screen UI (Home, Add, History)

- Custom app icon and splash screen

- Built APK runs offline (no Expo needed)

Folder Structure:

E:/CalorieTrackerApp/calorie-tracker/

- App.js

- app.json

- assets/

  - icon.png

   - splash-icon.png

- screens/

   - HomeScreen.js

   - AddFoodScreen.js

   - HistoryScreen.js

To Run Project (Development):

- Navigate to project folder

- Run: npm install

- Start: npx expo start

To Build APK:

- Login: npx eas login

- Build: eas build -p android --profile preview

Data Storage:

- All data stored locally on the device

- Uses @food_log and @custom_foods via AsyncStorage

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