

I am a person who wants to better control what he eats. The control is needed to either maintain my weight, gain or loose the mass. With the application I want to set a specific goal on daily calorie and macronutrient intake; macronutrients are: protein, carbohydrates, fats. I want to add, edit and delete different food products and ingredients. I want to specify different recipes and be able to see nutrition of the meals. I want to specify foods that I ate and see a report on my consumption. Additionally, I want to prepare daily or weekly meal plans to better control what I eat and know what to purchase. In the meal plans I would specify the number of eating instances and what they would include. If I eat an unplanned product or meal, I want to record its consumption and see how it affected my nutrition goal.