**TITLE:** **THE CONSULTANT**

*Description:*

The consultant is an application software designed to provide people with a custom-tailored diet plan that fits their unique needs and goals. Whether they want to lose weight, build muscle, or simply eat healthier, our app can help to achieve all the desired results.

The app also features a powerful tracking system that helps people monitor their food intake and stay on track with their goals. People can log their meals, track their progress, and receive personalized feedback and recommendations from our expert nutritionists.

*Problem*

1. Some people are usually uncertainty about which foods to eat or avoid, and in what portion.
2. Other people usually have difficulty in staying motivated and accountable without a system of tracking and feedback.
3. There is limited access to expert nutritionists or dietitians for advice and support.
4. Difficulty in finding time to plan and prepare healthy meals.
5. Many people lack enough knowledge about proper portion sizes and balanced macronutrient intake.

In summary, the consultant app is of major importance in helping individuals achieve their health and wellness goals by providing personalized guidance, meal planning, tracking, and feedback. It is effective for improving dietary habits, managing weight, and promoting overall health and wellbeing.

