



## Login Page

Enter UserName:

Enter Password:

Login

## Signup Page



Username:

Email:

Password:

Confirm Password:

Sign in

OR

[Login with Google](#)

## Personalized Diet And WonderFul Hacks

Welcome chandni\_jaisinghani

[Get Your Customized Plan](#)

[View Your Plan](#)

# Hacks

## After Workout

Try this



Avoid this



Personalised Diet And Hacks

Food List

Healthy Recipes









Food Log

User Profile

Add New Food Item

Logout

## Food List

SrNo	Image	Food Name	Category	Carbs ( per 100 grams)	Protein ( per 100 grams)	Fats ( per 100 grams)
1		Banana	Fruits	23.0	1.1	0.3
2		Curd	Dairy	3.4	11.0	4.3
3		Lassi	Dairy	44.0	6.4	4.5
4		Rajma	Grains and Pulses	60.0	24.0	0.8
5		Eggs	Meat, Eggs, Fish	1.1	13.0	11.0
6		Pumpkin Seeds	Nuts and Seeds	54.0	19.0	19.0
7		Pancakes	Bread Items	28.0	6.0	10.0
8		Apple	Fruits	14.0	0.3	0.2

## Healthy Recipes

### Rice Based Dishes



Vegetable Briyani  
115.42 Cal



Sweet Corn Pulao  
110.66 Cal



Mint Rice  
108.86 Cal



Quinoa Brown Rice  
90.59 Cal

### Salads



Chana Salad  
222.22 Cal



Greek Salad With Tofu  
222.22 Cal



Soya Chunks Salad  
222.22 Cal

## Food Log

Select food to add to the Food Log

Banana

Add Food

Food consumed today  
Mon, 17th July 2023

Food Item	Calories	Fat (g) in 100g	Carbs (g) in 100g	Protein (g) in 100g	
Banana	89.0	0.3	23.0	1.1	
Pumpkin Seeds	446.0	19.0	54.0	19.0	
Tea	1.0	0.0	0.2	0.1	
Grapefruit	42.0	0.1	11.0	0.8	
Whole Grain Bread	247.0	3.4	41.0	13.0	
Dark Chocolate	170.0	12.0	10.0	2.0	
<b>Total</b>	<b>995</b>	<b>34</b>		<b>36</b>	

Daily Calorie Goal - 2,000 calories

49.75%

Macronutrients Breakdown



## User Profile

Welcome, chandni\_jaisinghani!

Username: chandni\_jaisinghani  
Email:  
Date joined: July 17, 2023, 8:57 p.m.  
Last login: July 17, 2023, 8:58 p.m.

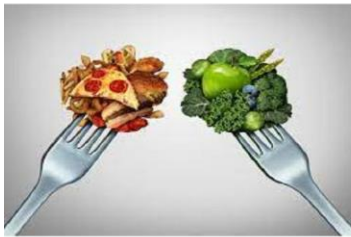
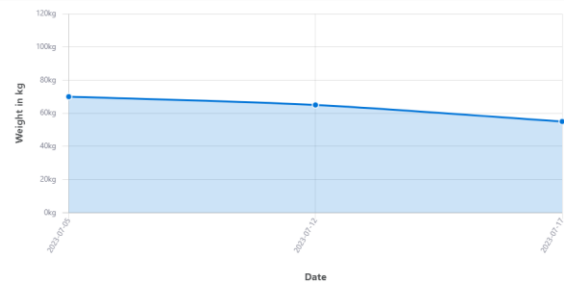
### Record Your Weight

Date  ☐ Weight in kg

### Weight Log

Weight in kg	Date	
70.00	2023-07-05	<input checked="" type="checkbox"/> <input type="checkbox"/>
65.00	2023-07-12	<input checked="" type="checkbox"/> <input type="checkbox"/>
55.00	2023-07-17	<input checked="" type="checkbox"/> <input type="checkbox"/>

### Weight History



## Add Food Item

Enter the details of a new food item

Food name:

Category:

Calories:

Fat:

Carbs:

Protein:

Image:  WhatsApp\_I...g-preview.png

[Back](#)