

Routines []:

GoalType String

dailyExercises []:

Date String (Monday, tues)

complete bool

Exercises []:

Calores int

Reps int

Sets int

Description String

Name String

Food[]:

Name

Picture

Calories

Macros []:

Carbs int

Protein int

Fat int

Meals[]:

Name:

Picture:

MealIngredients []:

Food Food

Quantity float

Instructions String[]

Drinks[]: (cannot add new ones)

Name String

Picture Bytes

Calorie

Instructions String[]

DrinkIngredients []:

Quantity

Name

isAlcoholic

isAlcoholReplacement