Plan:

* Create a Data Encapsulation class which would read the data based on the file format.
* It would also set, get, search data from the file.
* Create data manager class which is a singleton class it would call the methods of data encapsulation class to manipulate the data.
* Finally the application class would help in displaying options on the command prompt. Add options. Select an option and perform the operations

Class Diagram

A screenshot of a computer

Description automatically generated

* The application is going to track calorie intake on daily basis