File: index.jsp

```jsp
<%@ page language="java" %>
<html>
<head><title>Welcome</title></head>
<body>
    <h1>Welcome to Diet Tracker</h1>
    <a href="register.jsp">Register</a> | <a href="login.jsp">Login</a>
</body>
</html>
```

File: register.jsp

```jsp
<form action="RegisterServlet" method="post">
    Username: <input type="text" name="username" required><br>
    Password: <input type="password" name="password" required><br>
    <input type="submit" value="Register">
</form>
```

File: login.jsp

```jsp
<form action="LoginServlet" method="post">
    Username: <input type="text" name="username"><br>
    Password: <input type="password" name="password"><br>
    <input type="submit" value="Login">
</form>
```

File: dashboard.jsp

```jsp
<%@ page import="java.sql.*, javax.servlet.http.*, javax.servlet.*" %>
<%
    HttpSession session = request.getSession(false);
    if (session == null || session.getAttribute("username") == null) {
        response.sendRedirect("login.jsp");
        return;
    }
%>
<html>
<body>
<h2>Hello, <%= session.getAttribute("username") %>!</h2>
<form action="AddEntryServlet" method="post">
    Date: <input type="date" name="date"><br>
    Food: <input type="text" name="food"><br>
    Calories: <input type="number" name="calories"><br>
    <input type="submit" value="Add Entry">
</form>
<a href="logout.jsp">Logout</a>
</body>
</html>
```

File: logout.jsp

```jsp
<%
    session.invalidate();
```

```
        response.sendRedirect("login.jsp");
%>
```

File: RegisterServlet.java

```java
package com.diettracker;
import java.io.*;
import javax.servlet.*;
import javax.servlet.http.*;
import java.sql.*;

public class RegisterServlet extends HttpServlet {
        protected void doPost(HttpServletRequest req, HttpServletResponse res) throws
ServletException, IOException {
          String user = req.getParameter("username");
          String pass = req.getParameter("password");
          try {
             Class.forName("com.mysql.cj.jdbc.Driver");
                                                    Connection    con    =
DriverManager.getConnection("jdbc:mysql://localhost/diet_tracker", "root", "");
                PreparedStatement ps = con.prepareStatement("INSERT INTO users(username,
password) VALUES(?, ?)");
             ps.setString(1, user);
             ps.setString(2, pass);
             ps.executeUpdate();
             res.sendRedirect("login.jsp");
          } catch (Exception e) {
             e.printStackTrace();
          }
      }
}
```

File: LoginServlet.java

```java
package com.diettracker;
import java.io.*;
import javax.servlet.*;
import javax.servlet.http.*;
import java.sql.*;

public class LoginServlet extends HttpServlet {
        protected void doPost(HttpServletRequest req, HttpServletResponse res) throws
ServletException, IOException {
          String user = req.getParameter("username");
          String pass = req.getParameter("password");
          try {
             Class.forName("com.mysql.cj.jdbc.Driver");
                                                    Connection    con    =
DriverManager.getConnection("jdbc:mysql://localhost/diet_tracker", "root", "");
                PreparedStatement ps = con.prepareStatement("SELECT * FROM users WHERE
username=? AND password=?");
             ps.setString(1, user);
             ps.setString(2, pass);
             ResultSet rs = ps.executeQuery();
```

```java
            if (rs.next()) {
                HttpSession session = req.getSession();
                session.setAttribute("username", user);
                session.setAttribute("userId", rs.getInt("id"));
                res.sendRedirect("dashboard.jsp");
            } else {
                res.sendRedirect("login.jsp");
            }
        } catch (Exception e) {
            e.printStackTrace();
        }
    }
}
```

File: AddEntryServlet.java

```java
package com.diettracker;
import java.io.*;
import javax.servlet.*;
import javax.servlet.http.*;
import java.sql.*;

public class AddEntryServlet extends HttpServlet {
        protected void doPost(HttpServletRequest req, HttpServletResponse res) throws
ServletException, IOException {
        HttpSession session = req.getSession(false);
        if (session == null || session.getAttribute("userId") == null) {
            res.sendRedirect("login.jsp");
            return;
        }

        int userId = (int) session.getAttribute("userId");
        String date = req.getParameter("date");
        String food = req.getParameter("food");
        int calories = Integer.parseInt(req.getParameter("calories"));

        try {
            Class.forName("com.mysql.cj.jdbc.Driver");
                                                    Connection     con     =
DriverManager.getConnection("jdbc:mysql://localhost/diet_tracker", "root", "");
                PreparedStatement ps = con.prepareStatement("INSERT INTO entries(user_id,
date, food, calories) VALUES(?, ?, ?, ?)");
            ps.setInt(1, userId);
            ps.setString(2, date);
            ps.setString(3, food);
            ps.setInt(4, calories);
            ps.executeUpdate();
            res.sendRedirect("dashboard.jsp");
        } catch (Exception e) {
            e.printStackTrace();
        }
    }
}
```

File: db.sql

```sql
CREATE DATABASE diet_tracker;
USE diet_tracker;

CREATE TABLE users (
    id INT AUTO_INCREMENT PRIMARY KEY,
    username VARCHAR(50) NOT NULL UNIQUE,
    password VARCHAR(100) NOT NULL
);

CREATE TABLE entries (
    id INT AUTO_INCREMENT PRIMARY KEY,
    user_id INT,
    date DATE,
    food VARCHAR(100),
    calories INT,
    FOREIGN KEY (user_id) REFERENCES users(id)
);
```