

Food Diet Nutrition Management

Introduction :

Food Diet is an advanced web-based Diet and Nutrition Management System designed to help individuals plan, track, and manage their dietary habits and exercise routines effectively. The system is structured to provide a seamless experience for three key user roles: Admin, Nutritionist, and User, ensuring a well-organized and efficient approach to diet management.

Project Description :

In this we have three Modules : **Admin , Nutritionist and User**

The **Admin** Module plays a crucial role in ensuring the accuracy and reliability of the Food Diet system. Administrators are responsible for managing the platform by securely logging in and overseeing all nutrition-related data. They verify and approve diet plans submitted by registered nutritionists to ensure that only authentic and well-structured meal plans are available to users. By maintaining data integrity and monitoring the system, admins help create a trustworthy platform where users can confidently follow diet recommendations for a healthier lifestyle.

The **Nutritionist Module** is designed to help nutritionists create and manage personalized diet plans tailored to users' health needs. Nutritionists can register and log in to the system to access its features. They have the ability to add, modify, and update diet plans, ensuring that each plan includes well-balanced food items along with their nutritional values. Additionally, they can define meal schedules and recommended diet timings to help users maintain a structured eating routine. To promote a holistic approach to health, nutritionists can also integrate exercise recommendations into diet plans, ensuring a balance between nutrition and physical activity. Furthermore, they can maintain food and exercise logs, linking meal plans with relevant workouts to enhance users' overall well-being.

The **User Module** is the core of the **Food Diet** system, providing users with a personalized platform for diet tracking and health monitoring. Users begin by securely registering and logging into the system, where they can browse and select diet plans based on their individual health goals and preferences. Once a diet plan is chosen, they can follow structured meal programs designed by expert nutritionists.

To maintain consistency, users can track their **daily diet intake** by recording meals and updating their **exercise activities**, ensuring a balanced approach to nutrition and fitness. The **Diet Dashboard** provides a visual representation of their progress, including meal tracking and calorie consumption, helping them stay on track with their health objectives.

Additionally, users can engage with the platform by providing **feedback and ratings** on diet plans, allowing others to benefit from their experiences. They can also participate in **discussion forums**, sharing insights, asking questions, and gaining knowledge from the community. This interactive and structured approach ensures that users receive guidance, motivation, and the necessary tools to achieve their dietary and fitness goals effectively.

Nutritionists can upload their food plans on the website and set a price for each plan. Users must make a payment to access these diet plans. From each transaction, the admin will receive a **15% commission** before transferring the remaining amount to the nutritionist. In addition to choosing pre-set plans, users have the option to connect with nutritionists for customized diet plans based on their specific needs. Nutritionists are responsible for keeping track of all users who enroll in their plans and ensuring they receive proper guidance. They must also monitor user ratings, reviews, and comments to improve their services. Engaging with user feedback helps nutritionists enhance the quality of their plans and build trust with their clients. This structured approach ensures a seamless experience for both users and nutritionists while maintaining the platform's credibility.

Database Description:

The Food Diet Nutrition Management database is comprised of 13 distinct collections, Admin, Nutritionist, Food Timings, Food in Diet, User, User Food, Diet_Plan, User Diet, User Exercise, Exercise in Diet, Exercise Timings, Payments, and Reviews, which collectively facilitate comprehensive management of nutritional data.

ADMIN:

The administrator can access the system using default login credentials, consisting of a username and password, which are securely stored in the Admin collection, comprising the fields admin_id, user_name, and password.

NUTRITIONIST:

Upon successful login, the administrator can view and verify the registration details of nutritionists, whose information is stored in the Nutritionist collection, comprising fields such as nutritionist_id, name, email, phone, password, address, about, picture, and status. Notably, a nutritionist's status must be verified by the administrator to enable login access to the website, ensuring secure and authorized access.

DIET:

Upon successful login with their valid email and password credentials, nutritionists can access the system to create and manage diet plans. Specifically, they can add and view food diet details, which are stored in the Diet collection. This collection comprises comprehensive fields, including diet_plan_id, diet_title, diet_price, age_range (age_from and age_to), instructions, image, about_diet, diet_for, calories_to_be_burned, calories_to_be_consumed, status, and nutritionist_id (a reference key linked to the Nutritionist collection), enabling the secure storage and organization of food diet data.

FOOD TIMING:

The diet plans refer to the personalized nutrition programs uploaded by nutritionists on the website, each with a corresponding price. To access these plans, users must make a payment.

Once a user purchases a diet plan, the nutritionist is responsible for monitoring the user's progress and providing ongoing guidance.

For users enrolled in their diet plans, nutritionists can update the following information:

- User foods: the specific foods and meals recommended for the user
- Food timings: the scheduled times for the user to eat, ensuring they stay on track with their personalized diet plan.
- Exercise: the physical activities and workouts recommended for the user
- Exercise in diet: the integration of exercise routines into the user's personalized diet plan, ensuring a comprehensive approach to their health and wellness.

FOOD IN DIET:

Once a food diet is created, the nutritionist can proceed to add and schedule food timings, tailoring the food diet to include specific meal schedules. The food_timings collection comprises comprehensive fields, including food_timing_id, food_timing_title, food_time, calories_can_taken, and diet_plan_id (a reference key linked to the Diet collection). This data can be stored in the admin food_timings collection.

FOOD TIMINGS:

With the food timings scheduled, the nutritionist can then add specific foods to the diet plan, creating a comprehensive and personalized meal plan for users. The food_in_diet collection contains the fields food_in_diet_id, food_name, quantity, units, preparation, process, facts[] array can stores, calories, carbohydrates, fats, proteins, and food_timing_id. Here, food_timing_id is the reference key from the food timings collection; this data can be stored in the Food_in_diet collection.

USERS:

Users can create an account by registering with their personal information. The user collection contains the following fields: name, email, phone, password, address, age, and gender. After a successful login, the user can browse the nutritionist's uploaded food_diet

plans. However, to access these diet plans, the user must make a payment. Once registered, users can follow the personalized guidance provided by their assigned nutritionist, including customized recommendations for food intake (user_food), exercise routines (user_exercise), exercise schedules (exercise_timings), and tailored diet plans (exercise_diet), empowering them to achieve their health and wellness goals.

USER DIET:

The user diet collection consists of the following fields: user_diet_id, status, and discussion_on_diet contains the array that can store the comments, date_time, user_id, and diet_plan_id. Here, user_id and diet_plan_id act as reference keys; this data can be stored in the user_diet collection. The user_food collection contains the user_food_id, quantity, date, user_diet_id, and food_in_diet_id's reference keys; these data can be stored in the user_food collection.

EXERCISE TIMINGS:

The exercise_timings collection contains the exercise_timing_id, exercise_title, exercise_time, calories_should_be_burn, and diet_plan_id. The diet_plan_id is a reference key. From the diet collection, these data can be stored in the exercise_timings collection.

EXERCISE IN DIET:

The exercise_in_diet collection contains the exercise_in_diet_id, exercise_type, exercise_name, duration, calories_burn, and exercise_timing_id reference key. These data can be stored in the exercise_in_diet collection.

USER EXERCISE:

The user_exercise collection contains the user_exercise ID, number of sets, date, exercise_in_diet_id, and user_diet_id's reference keys. These data can be stored in the user_exercise collection.

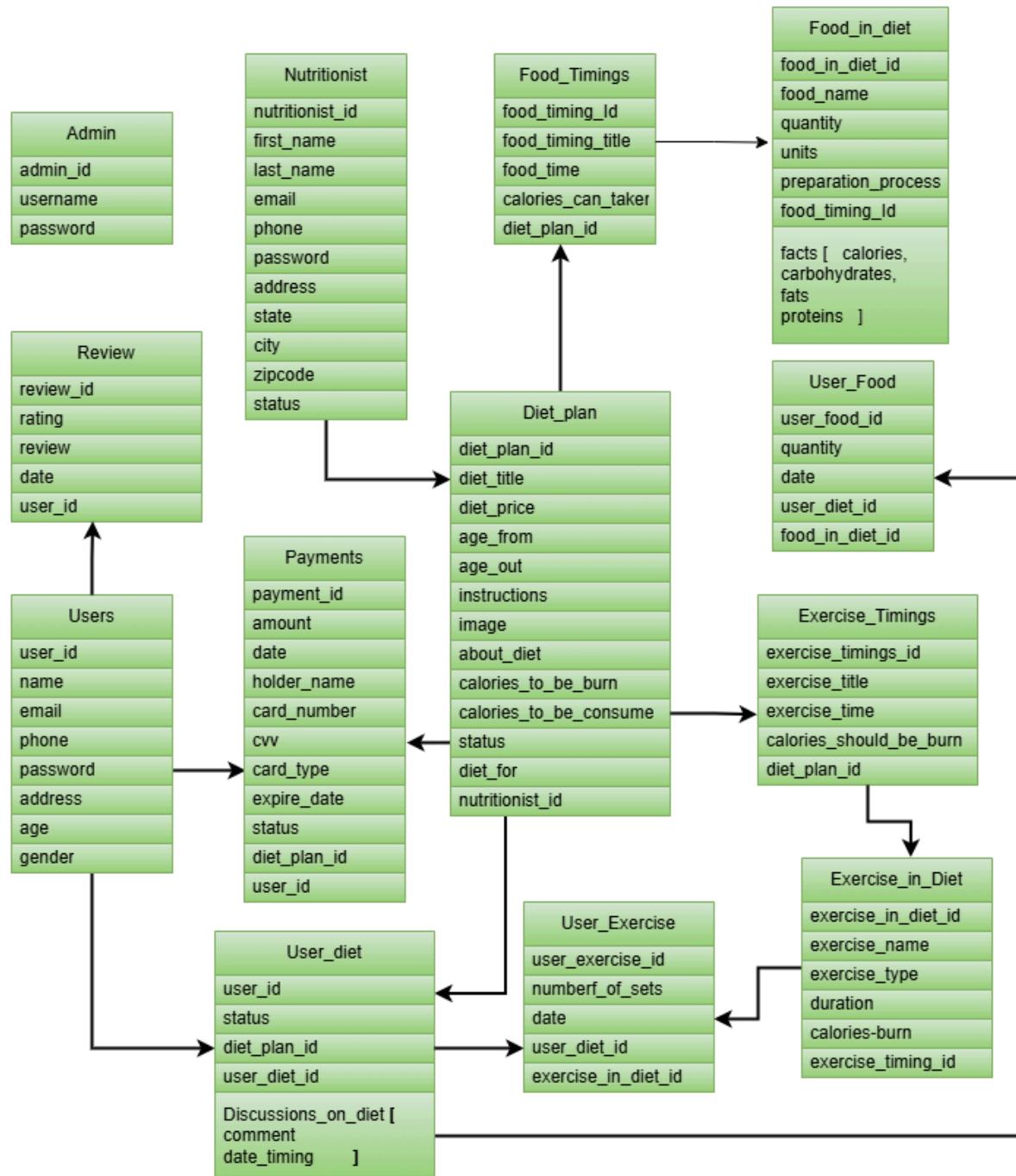
REVIEW:

Users have the opportunity to provide valuable feedback by leaving reviews and assigning ratings to specific diets, helping others make informed decisions and enabling nutritionists to refine and improve their diet plans. The review collection stores the following fields: review_id, rating, review, date, and user_id. Here, user_id acts as a reference key from the user collection; this data can be stored in the review collection.

PAYMENTS:

The payment collection stores the following fields: payment_id, amount, date, card_type, card_number, holder_name, status, cvv, expire_date, user_id, and user_diet_id. Here, user_id and diet_id act as reference keys; this data can be stored in the payment collection.

Database Diagram:



Database collections:

admin	diet_plan	exercise_in_diet	exercise_timings
Storage size: 20.48 kB Documents: 1 Avg. document size: 62.00 B Indexes: 1 Total index size: 20.48 kB	Storage size: 20.48 kB Documents: 1 Avg. document size: 416.00 B Indexes: 1 Total index size: 20.48 kB	Storage size: 20.48 kB Documents: 1 Avg. document size: 129.00 B Indexes: 1 Total index size: 20.48 kB	Storage size: 20.48 kB Documents: 1 Avg. document size: 135.00 B Indexes: 1 Total index size: 20.48 kB
food_in_diet	food_timings	nutritionist	payments
Storage size: 20.48 kB Documents: 1 Avg. document size: 200.00 B Indexes: 1 Total index size: 20.48 kB	Storage size: 20.48 kB Documents: 1 Avg. document size: 134.00 B Indexes: 1 Total index size: 20.48 kB	Storage size: 20.48 kB Documents: 1 Avg. document size: 278.00 B Indexes: 1 Total index size: 20.48 kB	Storage size: 20.48 kB Documents: 1 Avg. document size: 250.00 B Indexes: 1 Total index size: 20.48 kB
review	user	user_diet	user_exercise
Storage size: 4.10 kB Documents: 1 Avg. document size: 95.00 B Indexes: 1 Total index size: 4.10 kB	Storage size: 4.10 kB Documents: 1 Avg. document size: 178.00 B Indexes: 1 Total index size: 4.10 kB	Storage size: 4.10 kB Documents: 1 Avg. document size: 153.00 B Indexes: 1 Total index size: 4.10 kB	Storage size: 4.10 kB Documents: 1 Avg. document size: 122.00 B Indexes: 1 Total index size: 4.10 kB
user_food			
Storage size: 4.10 kB Documents: 1 Avg. document size: 111.00 B Indexes: 1 Total index size: 4.10 kB			

Sample snippets:

Admin:

```
_id: ObjectId('67c82ac29fe5a31da1bddb0c')
username: "admin"
password: "admin"
```

Nutritionist:

```
_id: ObjectId('67c82b3f9fe5a31da1bddb0e')
name: "Mathew L. Pitts"
email: "MathewLPitts@gmail.com"
phone: "309-451-0057"
password: "123VMathew "
address: "4897 Coburn Hollow Road
          Bloomington, IL 61701"
about: "I have 5 years of experience..."
picture: "profile.png"
status: "Verified"
```

Diet:

```
_id: ObjectId('67c82cca9fe5a31da1bddb10')
diet_title: "Weight Loss"
diet_price: "$400"
age_from: "30"
age_out: "65"
instructions: "A diet that includes a variety of foods from plants ...."
image: "BalancedDiet.jpg"
about_diet: "Balanced diet that includes a variety of foods from plants ...."
diet_for: "To Balanced body and food"
calories_to_be_burn: "150"
calories_to_be_consume: "80"
nutritionist_id: ObjectId('67c82b3f9fe5a31da1bddb0e')
```

Food Timings:

```
_id: ObjectId('67c82f249fe5a31da1bddb12')
food_timing_title: "lunch Before"
food_time: "11:00 Am"
calories_can_taken: "40cal"
diet_plan_id: ObjectId('67c82cca9fe5a31da1bddb10')
```

Food In Diet:

```
_id: ObjectId('67c830db9fe5a31da1bddb14')
food_name: "whole grains"
quantity: "2 tbs"
units: "200gms"
preparation_process: "Take one pan, and heat the water ...."
food_timing_id: ObjectId('67c82f249fe5a31da1bddb12')
▼ facts: Array (4)
  0: "calories"
  1: "carbohydrates"
  2: "fats"
  3: "proteins"
```

User:

```
_id: ObjectId('67c831f49fe5a31da1bddb16')
name: "Max adem"
email: "max@gmail.com"
phone: "534-345-9999"
password: "Max@324"
address: "4897 Coburn Hollow Road"
age: "32"
gender: "Male"
```

User Diet:

```
▶ _id: ObjectId('67c832a49fe5a31da1bddb18')
  status: "Diet Plan Purchased"
  ▼ disucssion_on_diet: Array (2)
    0: "comment"
    1: "date_time"
    user_id: ObjectId('67c831f49fe5a31da1bddb16')
    diet_plan_id: ObjectId('67c82cca9fe5a31da1bddb10')
```

User Food:

```
_id: ObjectId('67c833a89fe5a31da1bddb1a')
quantity: "1 cup"
date: "03-03-2025"
user_diet_id: ObjectId('67c832a49fe5a31da1bddb18')
food_in_diet_id: ObjectId('67c830db9fe5a31da1bddb14')
```

Exercise Timings:

```
_id: ObjectId('67c834809fe5a31da1bddb20')
exercise_title: "Core Crusher"
exercise_time: "06:00 Am"
calories_to_be_burn: "60cal"
diet_plan_id: ObjectId('67c82cca9fe5a31da1bddb10')
```

Exercise In Diet:

```
_id: ObjectId('67c835ac9fe5a31da1bddb22')
exercise_name: "Bodyweight exercises"
duration: "20min"
calories_burn: "30cal"
exercise_timing_id: ObjectId('67c834809fe5a31da1bddb20')
exercise_type: "Strength training"
```

User Exercise:

```
_id: ObjectId('67c837409fe5a31da1bddb24')
number_of_sets: "20"
date: "08-05-2024"
user_diet_id: ObjectId('67c832a49fe5a31da1bddb18')
exercise_in_diet: ObjectId('67c835ac9fe5a31da1bddb22')
```

Review:

```
_id: ObjectId('67c837e29fe5a31da1bddb26')
rating: "4"
review: "Good"
date: "08-03-2024"
user_id: ObjectId('67c831f49fe5a31da1bddb16')
```

Payment:

```
_id: ObjectId('67c838a99fe5a31da1bddb28')
amount: "$400"
date: "03-03-2025"
holder_name: "max"
card_number: "987654321212"
cvv: "558"
card_type: "Debit Card"
expire_date: "09/2026"
status: "Payment Successfully"
user_id: ObjectId('67c831f49fe5a31da1bddb16')
diet_plan_id: ObjectId('67c82cca9fe5a31da1bddb10')
```

Index Page:

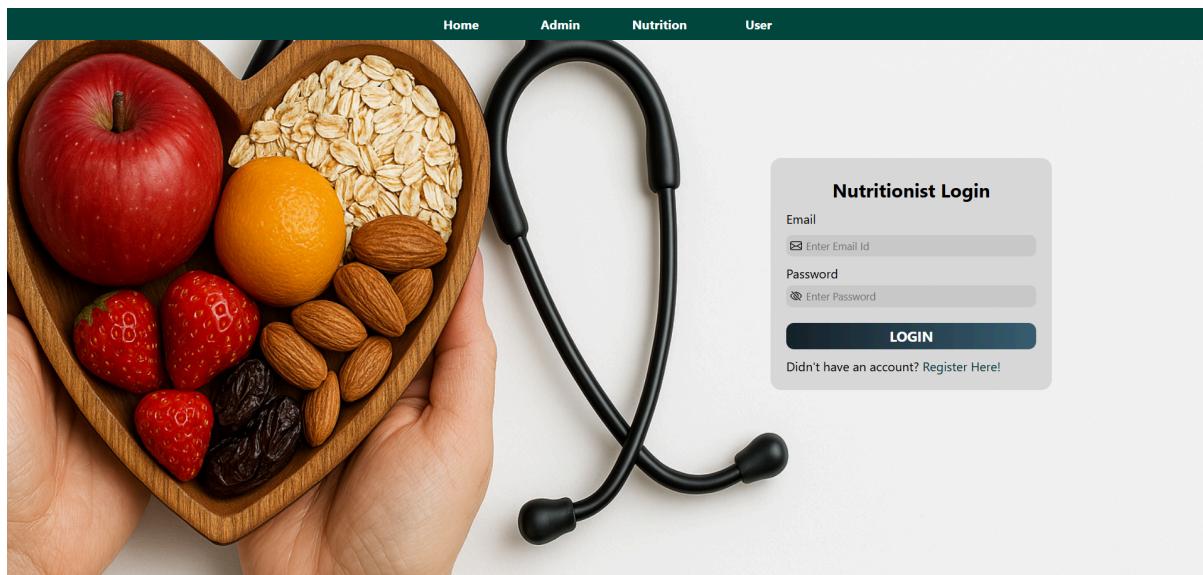


Welcome to Food Diet Nutrition Management

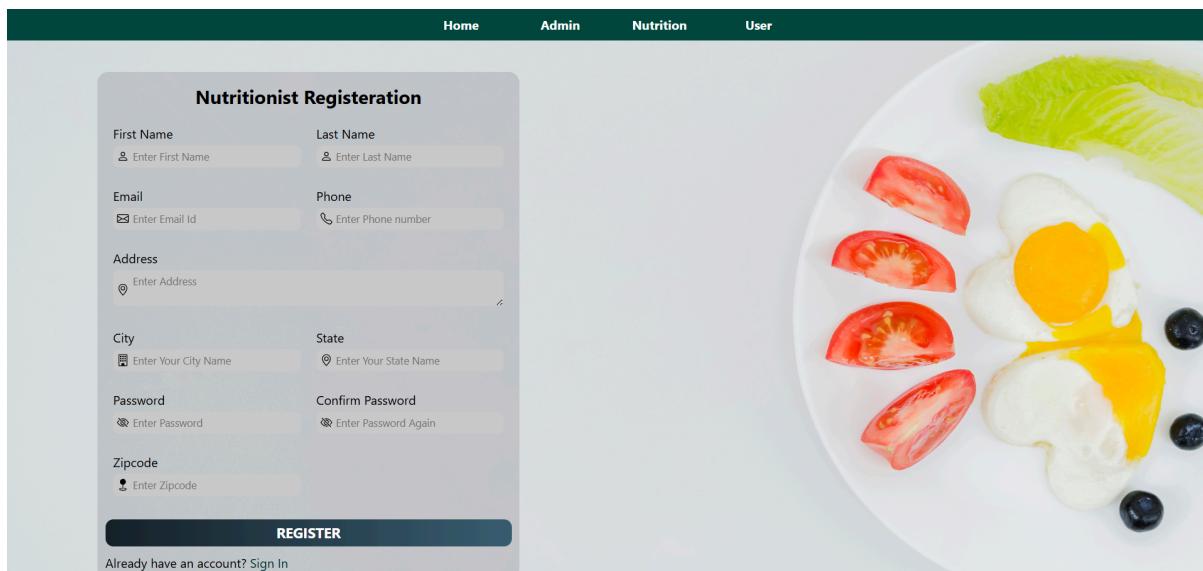
Website Main Page

The main page features a top navigation bar with "Home", "Admin", "Nutrition", and "User" links. Below the navigation is a collage of healthy foods including avocados, smoothies, yogurt with berries, spinach leaves, and bowls of fruit and nuts. To the left, a sidebar titled "Admin Login" contains fields for "Username" and "Password" with placeholder text, and a "LOGIN" button.

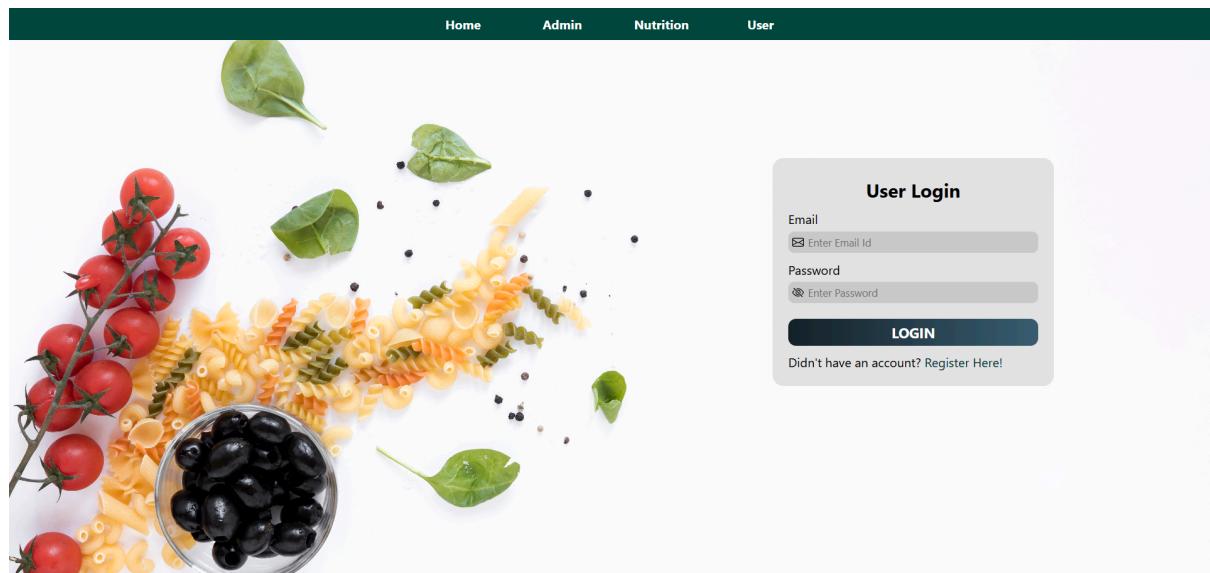
Admin Login Page Here admin can Login With Default Credentials Like Admin Username and Password.



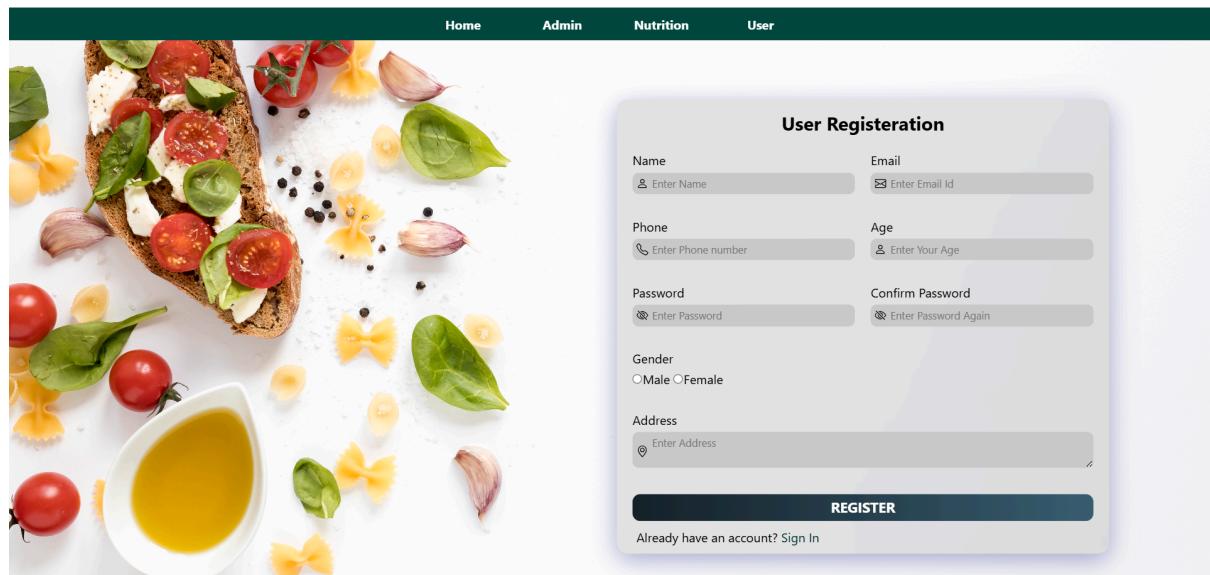
Nutritionist Login Page here the nutritionist can login with registered credentials like email and password.



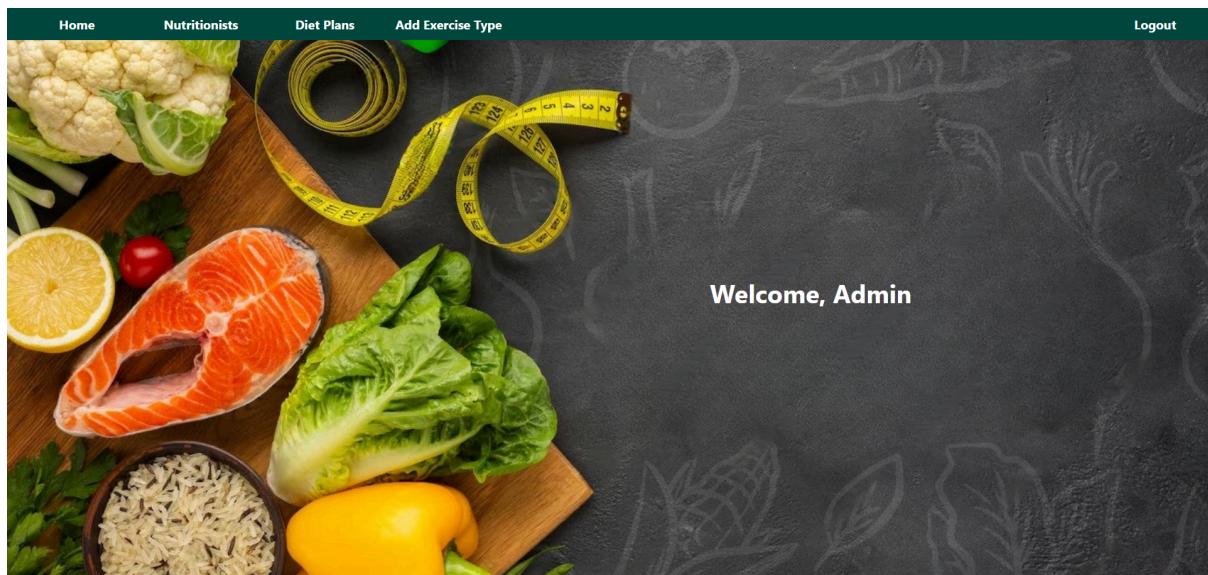
Nutritionist Registration Page here the nutritionist can register with credentials like first name, last name, email, phone, password, address, zipcode and confirm password.



User Login Page here the user can login with agency assigned credentials like email and password .



User Registration Page here the user can register with credentials like name, email, phone, age, password, address, gender and confirm password.



Welcome, Admin

Admin Welcome Page

Home	Nutritionists	Diet Plans	Add Exercise Type	Logout
Nutritionists				
Nutritionist Id	First Name	Last Name	Email	Phone
67f65f4d567ca5e4496a12f3	vyas	B	vyasn@gmail.com	9876543210
67f6b7cc5fa7e47a037f9ba	vyas	vyas	vyasnna@gmail.com	09876543829

All the registered nutritionists are listed here and verified by the Admin. If verified the nutritionists can login.

Home Nutritionists Diet Plans Add Exercise Type Logout

Diet Plans

Image	Nutrition Name	Title	Price	Age From	Age Out	Instructions	About	Calories to Burn	Calories to Consume	Diet for	Status	Action
	vyas	Healthy Food	900	20	100	Eat Fresh Fruits	Fruits are rich in carbohydrates	900	800	To Stay Healthy	not verified	<button>Verify</button>
	vyas	Healthy Food	899	32	33	nvajlk.lv,a	nabjdlahkcnx anboil	9000	8500	To Stay Healthy	verified	<button>Unverify</button>

All the registered Diet Plans are listed here and verified by the Admin. If verified the Diet Plans are visible to the User

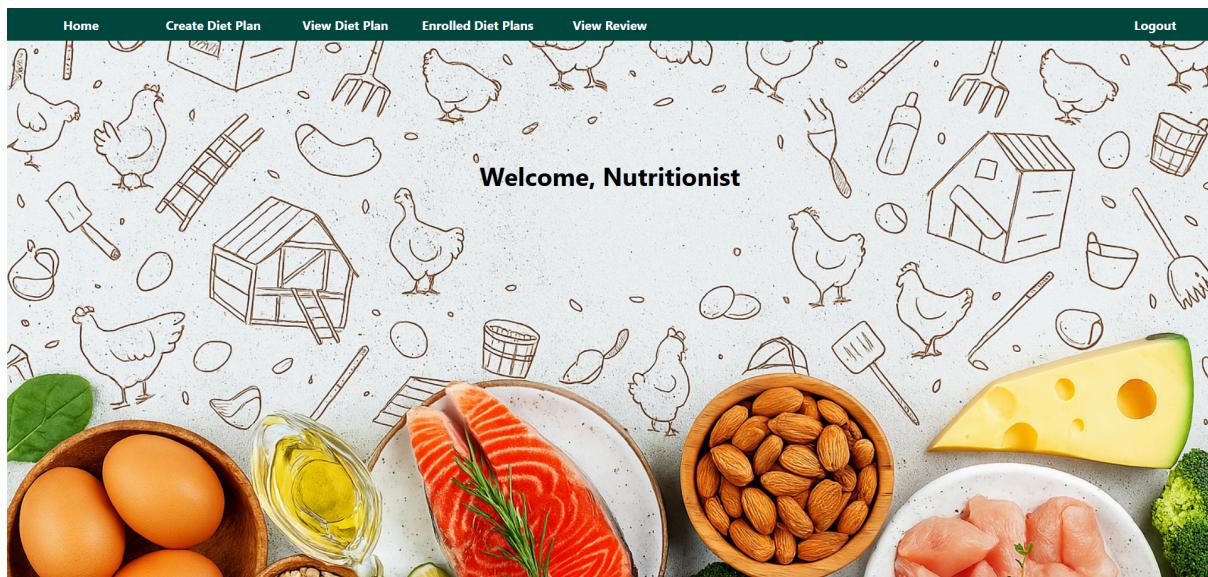
Home Nutritionists Diet Plans Add Exercise Type Logout

Add Exercise Type

Exercise Name

Exercise Name
Aerobic
Strength Training
exercise1

Exercises are added by the Admin and drop down will be displayed when the user updates the user exercise database.



Nutritionist Welcome Page

A screenshot of the "Create Diet Plan" form. The left side shows a variety of healthy foods including carrots, flour, almonds, broccoli, red radishes, rice, and orange slices. The right side contains input fields for Diet Title, Diet Price, Age From, Age To, Calories To Burn, Calories To Consume, Image (with a file upload button), Diet For (a dropdown menu), Instructions, and About Diet. A large "ADD DIET" button is at the bottom.

Nutritionists can create a diet plan by giving the fields such as Diet Title, Diet Price, Age From, Age To, Calories to Burn, Calories to Consume, Image of Diet Plan, Diet for has a drop down with diet type plans, Instructions and About Diet Fields.

Home Create Diet Plan View Diet Plan Enrolled Diet Plans View Review Logout

Diet Plans



Healthy Food

About : Fruits are rich in carbohydrates
Instructions : Eat Fresh Fruits

\$900

Age From - Age Out
20 - 100
Calories To Be Burned - 900
Consume - 800

Diet For
To Stay Healthy

not verified

Add Food Timings

View Food Timings

Title	Time	Nutritional Facts	Add Food Details	Update Food Details
food1	15:30	Calories:150 cal, Carbs:100 g, Fats:80 g, Proteins:25 g	Add	Update

Add Exercise Timings

View Exercise Timings

Title	Time	Calories to Burn	Add Exercise Details
exercise1	07:30	500 cal	Add
exercise2	14:54	150 cal	Add
exercise2	21:14	200 cal	Add

After adding a diet plan by a nutritionist it was displayed in the Diet Plan section which contains diet plan details and has a status if it was verified by the admin then the diet plan will be displayed to the Users. It also has different sections to add and view food timings, exercise timings, add and update food details and add exercise details

Home Create Diet Plan View Diet Plan Enrolled Diet Plans View Review Logout

Food Timings

Timing Title

Food Timing

Calories to Take

Carbohydrates to Take

Proteins to Take

Fats to Take

ADD FOOD TIMINGS

Add Food Timings has different fields such as Food Timing Title, Food Timing, Calories, Carbohydrates, Fats, Proteins to Take and these fields will be displayed in View Diet Plan Page

Exercise Timings

Exercise Title
Enter Food Timing Title

Exercise Time
--:--

Calories To Be Burned
Enter Calories to be burned

ADD FOOD TIMINGS

Add Exercise Timings has different fields such as Exercise Timing Title, Exercise Time, Calories to Burn and these fields will be displayed in View Diet Plan Page

Food Details in Diet

View Food Details				
Name	Quantity	Units	Preparation Process	Facts
food1	90	1	zxcvbnm	Calories: 180cal Carbs: 100g Fats: 20g Proteins: 25g

Food Details contain two sections that add food details and view food details. This page is displayed after clicking on the add food details button in the view diet plan page. add food details contain the fields such as name, quantity, units to consume, preparation process and nutritional facts information

Update Food Timings

Timing Title

Food Timing

Calories to Take

Carbohydrates to Take

Proteins to Take

Fats to Take

UPDATE FOOD TIMINGS

Update Food Timings page is displayed after clicking on the update food timings details button in the view diet plan page. This page has fields such as Food Timing Title, Food Timing, Calories, Carbohydrates, Fats, Proteins to Take and these values will be updated to the existing data in database

Add Exercise Details in Diet

Add Exercise Details

Name

Exercise Type

Duration

Calories to Burn

ADD EXERCISE DETAILS

View Exercise Details

Name	Type	Duration	Calories Burn
exercise2	Strength Training	60 Min	850 Cal

Exercise Details contain two sections that add exercise details and view exercise details. This page is displayed after clicking on the add exercise details button in the view diet plan page. add exercise details contain the fields such as name, type, duration and nutritional facts information such as calories to burn

Home Create Diet Plan View Diet Plan Enrolled Diet Plans View Review Logout

Enrolled Diet Collection Details



\$900

Age From - Age Out
20 - 100

Calories To Be Burned - 900 cal
Consumed - 800 cal

Diet For
To Stay Healthy

About : Fruits are rich in carbohydrates
Instructions : Eat Fresh Fruits

[Discussion on Diet](#)

View Food Timings				View Exercise Timings			
Title	Time	Nutritional Facts to Consume	View Food	Title	Time	Calories to Burn	View Exercises
food1	15:30	Calories:150 cal, Carbs:100 g, Fats:80 g, Proteins:25 g	View	exercise1	07:30	500 cal	View Exercises

Enrolled Diet Plans are listed to the nutritionists when a user buys a diet plan that was created by a nutritionist. This page helps to view Food Timings and Exercise Timings. It also had a discussion on diet button that redirects nutritionists to interact with users by sending messages about the diet.

Home Create Diet Plan View Diet Plan Enrolled Diet Plans View Review Logout

Discussions

Comment

[ADD COMMENT](#)

Comment	Date	Commented By	Message By
kkk	2025-04-16 16:50:53.330000	vyas	User
test	2025-04-16 16:51:03.529000	vyas	User
hlo	2025-04-16 18:12:12.638000	vyas	Nutritionist
hi	2025-04-16 18:13:01.284000	vyas	User
hi	2025-04-16 18:22:47.832000	vyas	User
text4	2025-04-16 18:23:18.340000	vyas	Nutritionist
test1	2025-04-16 18:30:44.146000	vyas	Nutritionist
test8	2025-04-16 18:30:58.605000	vyas	Nutritionist
hlo	2025-04-16 20:47:02.165000	vyas	User
testnut	2025-04-16 20:50:13.717000	vyas	Nutritionist
..	2025-04-16 21:15:50.012000

Discussion on diet had two sections, one section to comment and the other section view all the comments between that particular user and nutritionist. These discussions tables have comment, date, commented by and message by fields. The comments were added by the nutritionist.

Home Create Diet Plan View Diet Plan Enrolled Diet Plans View Review Logout

Food Details

Name	Quantity	Units	Preparation Process	Facts
food1	90	1	zxcvbnm	Calories: 180 Carbs: 100 Fats: 20 Proteins: 25

User Progress

Quantity	Date
10	2025-04-22T11:20

Total Calories Gained: 1800cal Total Carbs Gained: 1000g Total Fats Gained: 200g Total Proteins Gained: 250g

Food Details added by the nutritionist are displayed and contain multiple fields such as name, quantity, units, preparation process, nutritionist facts. User progress contains quantity and date along with that maintains a time tracker and total nutritional facts are displayed bottom.

Home Create Diet Plan View Diet Plan Enrolled Diet Plans View Review Logout

Exercise Details

Name	Type	Duration	Calories to Burn
exercise1	strength training	80	100

User Exercise Progress

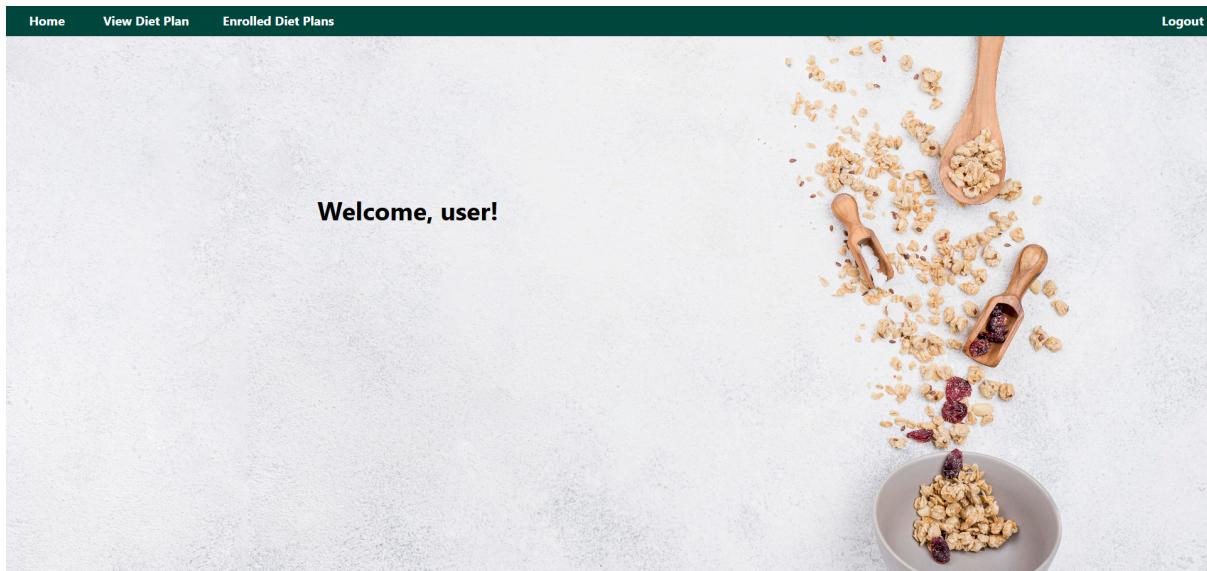
Quantity	Date
20	2025-04-16T18:55

Total Calories Burned: 2000

Exercise Details added by the nutritionist are displayed and contain multiple fields such as name, type, duration, Calories to burn. User progress contains quantity and date along with that maintains a time tracker and total calories are listed bottom

Home	Create Diet Plan	View Diet Plan	Enrolled Diet Plans	View Review	Logout
Review					
Rating	Review	Date			
5	textcase review	2025-04-16 15:22:56.333000			
4	sdf	2025-04-16 15:44:17.596000			

Reviews are displayed to the nutritionists that are given by the users to diet plans based on the diet plans created by the nutritionist. Review has a star rating and review that helps nutritionist to change diet plans based on the user data.



User Welcome Page

Home View Diet Plan Enrolled Diet Plans Logout

Diet Plans



Healthy Food

\$ 899
Age Group 32 - 33

About
nabjdlahkcnx anboil
Calories to Burn: 9000
Calories to Consume: 8500
Diet For: To Stay Healthy
Instructions
nvajlk.lv,a

BUY DIET PLAN

Users can scroll through the diet plans which were added by the nutritionists and verified by the users. Users can buy diet plans. Based on the requirement of the users such as diet plan type and also have fields such as diet title , price, age from, age out, calories to consume and burn and instructions.

Home View Diet Plan Enrolled Diet Plans Logout

Payment Gateway

Amount
₹ 899

Name
Enter Card Holder Name

Card Number
Enter Card Number

CVV
Enter CVV

Card Type
Please Select Card Type

Expire Date
----, ----

MAKE PAYMENT

Payment Page contains an amount that comes from the diet plan price and has other fields such as card holder name, card number, CVV, card type, expiration date.

Home View Diet Plan Enrolled Diet Plans Logout

Enrolled Diet Collection Details



Healthy Food

\$900

Age From - Age Out
20 - 100

Calories To Be
Burned - 900 cal
Consumed - 800 cal

Diet For
To Stay Healthy

[Give Review](#)

[Discussion on Diet](#)

View Food Timings			
Title	Time	Nutritional Facts to Consume	View Food
food1	15:30	Calories:150 cal, Carbs:100 g, Fats:80 g, Proteins:25 g	View

View Exercise Timings			
Title	Time	Calories to Burn	View Food
exercise1	07:30	500 cal	View Exercises



Healthy Food

\$900

Age From - Age Out
20 - 100

Calories To Be
Burned - 900 cal
Consumed - 800 cal

Diet For
To Stay Healthy

View Food Timings			
Title	Time	Nutritional Facts to Consume	View Food
food1	15:30	Calories:150 cal, Carbs:100 g, Fats:80 g, Proteins:25 g	View

View Exercise Timings			
Title	Time	Calories to Burn	View Food
exercise1	07:30	500 cal	View Exercises

After successfully buying a diet plan the diet plan would be visible in enrolled diet plans which contains multiple fields such as View Food Timings, View Exercise Timings, Give Review and Discussions on Diet. It has timings and title and also nutritional facts to both food and exercise section.

Home View Diet Plan Enrolled Diet Plans Logout

Food Details

Name	Quantity	Units	Preparation Process	Facts
food1	90	1	zxcvbnm	Calories: 180 Carbs: 100 Fats: 20 Proteins: 25

User Progress

Quantity	Date
<input type="text" value="Enter Food Quantity"/>	<input type="text" value="2025-04-22T11:20"/>
<input type="text" value="dd-mm-yyyy --::--"/>	
NOTE	

Food Details has the details of food timing name, quantity, units , preparation process and nutritional facts. User can update quantity of food the user consumed and time and these details are displayed in user progress section based on the user input quantity the total nutritional facts are displayed in the bottom of the card

Exercise Details

Name	Type	Duration	Calories to Burn
exercise1	strength training	80	100

User Exercise Progress

Number of Sets

Date

Quantity	Date
20	2025-04-16T18:55

Total Calories Burned: 2000

NOTE

Exercise Details has the details of Exercise timing name, type, duration and nutritional facts. User can update number of sets the user have exercised and time and these details are displayed in user progress section based on the user input quantity the total nutritional facts these are calculated by number of sets and calories burned for single set of exercise are displayed in the bottom of the card.

Review

Review

Rating

Review

ADD REVIEW

Review Page contains two fields one contains rating based on stars and the other field contains a text box to give a review on the diet plan. The review helps the nutritionist to create new diet plans based on the user requirement and reviews.

Discussions

Comment	Date	Commented By	Messaged By
<input type="text" value="Enter Comment"/>			

ADD COMMENT

Discussion Page has two sections one section is used to comment by the user the other section contains fields such as comment, date, commented by and messaged by. This page helps the user to interact with nutritionist.