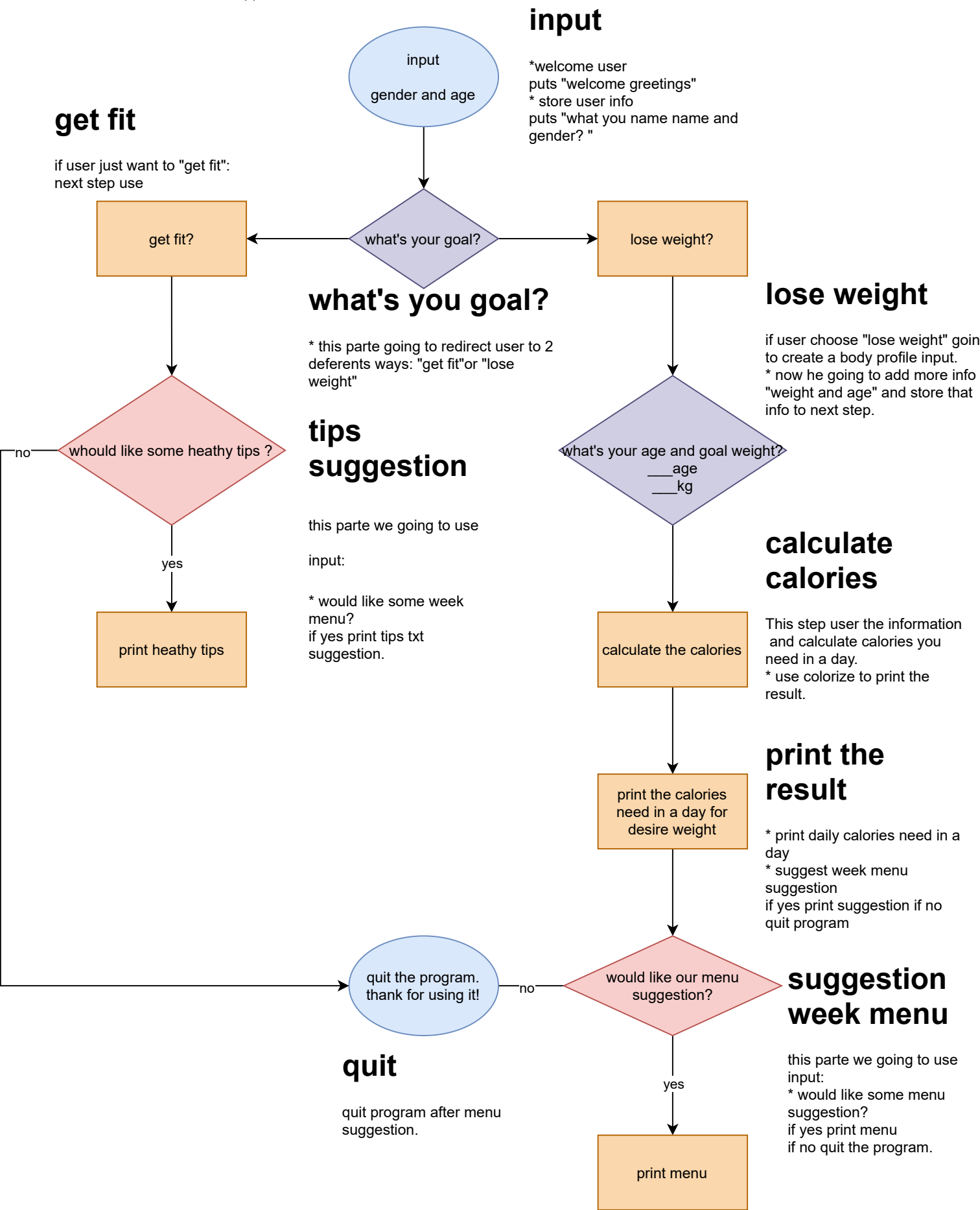


Introduction

- write an app that simulate how to calculate the calories and fat percentage on the body and put back on track suggesting some weekly diet ideas recipes to help to reach the goal.
- use txt\_files to store the weekly recipes ideas. (only 1 week)
- use input to store de information from the user.
- one user at the time can use the app.



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