Set global total to 0

Define the function for fats

Ask for how much fat they ate

Check for errors

Do the calculation to find how many grams of calories they ate

Add to total

Print the total fat they ate from calories

Define the carbs function

Ask for how many carbs they ate

Check for errors

Do the calculation to find grams they ate

Add to the total

Print how many grams of calories they ate from carbs

Define protein function

Ask for how much protein they ate

Check for errors

Do the calculation to find the grams

Add to the total

Print how many calories they ate from protein

Stored values

Print the total calories they ate