|  |
| --- |
| #include <stdio.h> |
|  | #include <conio.h> //getch() |
|  | #include <stdlib.h> //system("cls") |
|  | #include <string.h> |
|  | #include <windows.h> //sleep(80); |
|  |  |
|  |  |
|  | int cal01,cal2,cal3,cal4,cal5; |
|  |  |
|  | FILE \*cal; |
|  | int options; |
|  | int g1; |
|  | int m1,m2; |
|  |  |
|  |  |
|  | int calst(int a) |
|  | { |
|  | cal=fopen("count.txt","a"); |
|  | fprintf(cal,"\n%d",a); |
|  |  |
|  | fclose(cal); |
|  |  |
|  | } |
|  |  |
|  |  |
|  | int calred() |
|  |  |
|  | { |
|  |  |
|  | cal=fopen("count.txt","r"); |
|  | while(!feof(cal)) |
|  | { |
|  | fscanf(cal,"%d %d %d %d %d",&cal,&cal2,&cal3,&cal4,&cal5); |
|  | printf("\n\nThe total calorie count for the day: %d\n\n\n",cal01+cal2+cal3+cal4+cal5); |
|  |  |
|  | } |
|  |  |
|  |  |
|  | } |
|  |  |
|  |  |
|  | int count=0; |
|  | char confirm(char a) |
|  |  |
|  | { |
|  |  |
|  | if(a =='y') |
|  | { |
|  | printf("\n\n Congratulations!\n"); |
|  | count=1; |
|  | } |
|  |  |
|  | else |
|  | { |
|  | printf("You can select a different food\n"); |
|  | } |
|  | } |
|  |  |
|  | int calst(int a); |
|  |  |
|  |  |
|  | FILE \*fileR; |
|  | int noOfPersons; |
|  |  |
|  | void water\_in\_cal(); |
|  | void water\_menu(); |
|  | void water\_male(); |
|  | void water\_female(); |
|  | void water\_cal(); |
|  | void addContact(); |
|  | void toFile(); |
|  | void loadFile(); |
|  | void menu(); |
|  | void info1(); |
|  | void login1(); |
|  | void main\_menu1(); |
|  | void outrow(); |
|  | void load(); |
|  |  |
|  | int index2; |
|  |  |
|  | void load(){ |
|  | system("cls"); |
|  | for(int i = 1; i <= 2; i++){ |
|  | system("cls"); |
|  | printf("\n\n\n\n\n\t\t\t"); |
|  | printf("L"); |
|  | Sleep(75); |
|  | printf("o"); |
|  | Sleep(75); |
|  | printf("a"); |
|  | Sleep(75); |
|  | printf("d"); |
|  | Sleep(75); |
|  | printf("i"); |
|  | Sleep(75); |
|  | printf("n"); |
|  | Sleep(75); |
|  | printf("g"); |
|  | Sleep(75); |
|  | printf("."); |
|  | Sleep(75); |
|  | printf("."); |
|  | Sleep(75); |
|  | printf("."); |
|  | Sleep(75); |
|  | } |
|  | system("cls"); |
|  | } |
|  |  |
|  | struct Contact{ |
|  | char name[31]; |
|  | int age; |
|  | float height; |
|  | float weight; |
|  | float bmi; |
|  | char pass[9]; |
|  | }p[100]; |
|  |  |
|  | //Water intake table |
|  | //Generalized Chart |
|  | void water\_in\_cal(){ |
|  | system("cls"); |
|  |  |
|  | printf("\t\t\tGeneralized Chart\n"); |
|  | printf("\n"); |
|  |  |
|  | printf("Age\t\tMale\tFemale\n"); |
|  | printf(" \t\t(l/day)\t(l/day)\n"); |
|  | printf("01 to 03\t1.3\t1.3\n"); |
|  | printf("04 to 08\t1.7\t1.7\n"); |
|  | printf("09 to 13\t2.4\t2.1\n"); |
|  | printf("14 to 18\t3.3\t2.3\n"); |
|  | printf("19 to 50\t3.7\t2.7\n"); |
|  | printf(" 51+ \t3.7\t2.7\n"); |
|  | printf("\n"); |
|  | printf("This table is taken from DRI report.\nVisit www.nap.edu for more details.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  |  |
|  | void water\_menu(){ |
|  | system("cls"); |
|  | printf("\t\t\tWater Intake Calculator\n"); |
|  | printf("\n"); |
|  |  |
|  | printf("1. Personalized Recommendation\n"); |
|  | printf("2. Generalized Chart\n"); |
|  | int wmop; |
|  | printf("\n"); |
|  | printf("Please Select an Option: "); |
|  | scanf("%d", &wmop); |
|  | if(wmop == 1){ |
|  | water\_cal(); |
|  | } |
|  | else if(wmop == 2){ |
|  | water\_in\_cal(); |
|  | } |
|  | } |
|  |  |
|  | void water\_cal(){ |
|  | system("cls"); |
|  |  |
|  | printf("\t\t\tPersonalized Recommendation\n"); |
|  | printf("\n"); |
|  |  |
|  | printf("1. Male\n"); |
|  | printf("2. Female\n"); |
|  | printf("\n"); |
|  | printf("Please Select an Option: "); |
|  | int gen\_wat; |
|  | scanf("%d", &gen\_wat); |
|  | if(gen\_wat == 1){ |
|  | water\_male(); |
|  | } |
|  | else if(gen\_wat == 2){ |
|  | water\_female(); |
|  | } |
|  | } |
|  |  |
|  | void water\_male(){ |
|  | int mw1; |
|  | int mw2; |
|  | printf("Birth Year: "); |
|  | scanf("%d", &mw1); |
|  | printf("\n"); |
|  | mw2 = 2021 - mw1; |
|  | if(mw2 >= 0 && mw2 <= 3){ |
|  | printf("You should drink at least 1.3 liters of water every day.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  | if(mw2 >= 4 && mw2 <= 8){ |
|  | printf("You should drink at least 1.7 liters of water every day.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  | if(mw2 >= 9 && mw2 <= 13){ |
|  | printf("You should drink at least 2.4 liters of water every day.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  | if(mw2 >= 14 && mw2 <= 18){ |
|  | printf("You should drink at least 3.3 liters of water every day.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  | if(mw2 >= 19 && mw2 <= 50){ |
|  | printf("You should drink at least 3.7 liters of water every day.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  | if(mw2 >= 51 && mw2 <= 500){ |
|  | printf("You should drink at least 3.7 liters of water every day.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  | } |
|  |  |
|  | void water\_female(){ |
|  | int mw1; |
|  | int mw2; |
|  | printf("Birth Year: "); |
|  | scanf("%d", &mw1); |
|  | printf("\n"); |
|  | mw2 = 2021 - mw1; |
|  | if(mw2 >= 0 && mw2 <= 3){ |
|  | printf("You should drink at least 1.3 liters of water every day.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  | if(mw2 >= 4 && mw2 <= 8){ |
|  | printf("You should drink at least 1.7 liters of water every day.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  | if(mw2 >= 9 && mw2 <= 13){ |
|  | printf("You should drink at least 2.1 liters of water every day.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  | if(mw2 >= 14 && mw2 <= 18){ |
|  | printf("You should drink at least 2.3 liters of water every day.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  | if(mw2 >= 19 && mw2 <= 50){ |
|  | printf("You should drink at least 2.7 liters of water every day.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  | if(mw2 >= 51 && mw2 <= 500){ |
|  | printf("You should drink at least 2.7 liters of water every day.\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  | } |
|  |  |
|  | void info1(){ |
|  | system("cls"); |
|  | printf("\t\t\t\_\_\_\_\_\_\_\_\_\_\n"); |
|  | printf("\n"); |
|  | printf("\t\t\tMeal Scout\n"); |
|  | printf("\t\t\t\_\_\_\_\_\_\_\_\_\_\n"); |
|  | printf("\n"); |
|  | printf("Streamlining your time to choose the correct meal for your goals\n\n\n"); |
|  |  |
|  | printf("CSE 115L: Programming Language I Lab\n"); |
|  | printf("Spring 2021, Section: 4\n"); |
|  | printf("Project\n"); |
|  | printf("\n"); |
|  | printf("Faculty: Dr. Rajesh Palit\n"); |
|  | printf("Lab Officer: Pranta Palit\n"); |
|  | printf("\n"); |
|  | printf("Project Team: 3\n"); |
|  | printf("2112055642 Sharear Alam\n2111023642 Koushik Ahamed Tonmoy\n2111424642 MD Monirul Hasan\n"); |
|  | printf("\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | } |
|  |  |
|  | void loadFile(){ |
|  | int count = 0; |
|  | fileR = fopen ("Database.txt", "r"); |
|  | while(!feof(fileR)){ |
|  | fscanf(fileR, "%s %d %f %f %f %s\n", &p[count].name, &p[count].age, &p[count].height, &p[count].weight, &p[count].bmi, &p[count].pass); |
|  | //printf("%s %d %.2f %.2f %.2f %s\n", p[count].name, p[count].age, p[count].height, p[count].weight, p[count].bmi, p[count].pass); //Check |
|  | count++; |
|  | } |
|  | fclose(fileR); |
|  | noOfPersons = count; |
|  | //printf("%d\n", noOfPersons); //Check |
|  | } |
|  |  |
|  | void login1(){ |
|  | loadFile(); |
|  |  |
|  | /\* |
|  | //printf("%s\n", p[0].name); //Working after calling loadFile() |
|  | //Check |
|  | for(int g = 0; g < 5; g++){ |
|  | printf("%s\n", p[g].name); |
|  | } |
|  | //Check |
|  | for(int g = 0; g < 5; g++){ |
|  | printf("%s\n", p[g].pass); |
|  | } |
|  | \*/ |
|  |  |
|  | //Name |
|  | printf("\n"); |
|  | printf("\t\t Name: "); |
|  | char nameSearch[31]; |
|  | scanf("\n"); |
|  | gets(nameSearch); |
|  |  |
|  | //Name Search |
|  | int index; |
|  | int flag = 0; |
|  | int counter = 0; |
|  | int j; |
|  | for(j = 0; j < noOfPersons; j++){ |
|  | if(strcmp(p[j].name, nameSearch) == 0){ |
|  | flag++; |
|  | index = j; |
|  | break; |
|  | } |
|  | } |
|  |  |
|  | /\* |
|  | //Check |
|  | if(flag > 0){ |
|  | printf ("Name\t: %s\n", p[index].name); |
|  | } |
|  | \*/ |
|  |  |
|  | for(int z = 0; z < noOfPersons; z++){ |
|  | if(strcmp(p[z].name, nameSearch) > 0 || strcmp(p[z].name, nameSearch) < 0){ |
|  | counter++; |
|  | } |
|  | } |
|  |  |
|  | if(counter == noOfPersons){ |
|  | printf("Not Found\n"); |
|  | printf("Please restart the program & enter valid login credentials\n"); |
|  | exit(0); |
|  | } |
|  |  |
|  | //Password |
|  | printf("\t\t Password: "); |
|  | char passSearch[9]; |
|  | scanf("\n"); |
|  | gets(passSearch); |
|  |  |
|  | //Password Search |
|  | if(counter != noOfPersons){ |
|  | //printf("Found\n"); |
|  | if(strcmp(p[index].pass, passSearch) == 0){ |
|  | printf("\nSuccessfully Logged In\n"); |
|  | printf("Press any key to continue\n"); |
|  | getch(); |
|  | menu(); |
|  | } |
|  | else{ |
|  | printf("Incorrect Password\n"); |
|  | printf("Please restart the program & enter valid login credentials\n"); |
|  | } |
|  | } |
|  | index2 = j; |
|  | /\* |
|  | //Previous method |
|  | if(strcmp(p[index].pass, passSearch) == 0){ |
|  | printf("Successfully Logged In\n"); |
|  | } |
|  | else{ |
|  | printf("Incorrect Password"); |
|  | } |
|  | \*/ |
|  | } |
|  |  |
|  | void main\_menu1(){ |
|  | system("cls"); |
|  | printf("\t\t\t\_\_\_\_\_\_\_\_\_\_\n"); |
|  | printf("\n"); |
|  | printf("\t\t\tMeal Scout\n"); |
|  | printf("\t\t\t\_\_\_\_\_\_\_\_\_\_\n"); |
|  | printf("\n"); |
|  | printf("Streamlining your time to choose the correct meal for your goals\n\n\n"); |
|  | printf("\t\t 1. Log in\n\t\t 2. Create New Account\n"); |
|  | int choice1; |
|  | printf("\n"); |
|  |  |
|  | printf("If you are running this program for the first time, please create a new account before logging in\n"); |
|  |  |
|  | printf("\n"); |
|  | printf("Please Select an Option: "); |
|  | scanf("%d", &choice1); |
|  | if(choice1 == 1){ |
|  | login1(); |
|  | } |
|  | else if(choice1 == 2){ |
|  | addContact(); |
|  | toFile(); |
|  | } |
|  | } |
|  |  |
|  | void addContact(){ |
|  | system("cls"); |
|  | printf("\t\t\t\_\_\_\_\_\_\_\_\_\_\n"); |
|  | printf("\n"); |
|  | printf("\t\t\tMeal Scout\n"); |
|  | printf("\t\t\t\_\_\_\_\_\_\_\_\_\_\n"); |
|  | printf("\n"); |
|  | printf("Streamlining your time to choose the correct meal for your goals\n\n\n"); |
|  |  |
|  | //Name |
|  | printf("[Please enter your name (maximum 30 characters) without any space]\n\n"); |
|  | printf("\t\t Name: "); |
|  | scanf("\n"); |
|  | gets(p[0].name); |
|  |  |
|  | //Birth Year |
|  | printf("\t\t Enter you Birth Year: "); |
|  | int birth\_year\_1; |
|  | scanf("%d", &birth\_year\_1); |
|  | p[0].age = 2021 - birth\_year\_1; |
|  |  |
|  | //Height |
|  | printf("\t\t Enter you height (in meters): "); |
|  | scanf("%f", &p[0].height); |
|  |  |
|  | //Weight |
|  | printf("\t\t Enter your weight (in kilograms): "); |
|  | scanf("%f", &p[0].weight); |
|  |  |
|  | //Password |
|  | printf("\n"); |
|  | printf("[Enter Your Password (maximum 8 characters) without any space]\n"); |
|  | printf("\t\t Password: "); |
|  | scanf("\n"); |
|  | gets(p[0].pass); |
|  | printf("::::::::::::::::::::::::::::::::::::::::::::::::::::::::::::::::::\n"); |
|  |  |
|  | //BMI Calculator |
|  | float bmi\_1; |
|  | bmi\_1 = (p[0].weight / (p[0].height \* p[0].height)); |
|  | p[0].bmi = bmi\_1; |
|  |  |
|  | printf("\n"); |
|  | printf("Data has been successfully saved\n"); |
|  | printf("\n"); |
|  | printf("Please restart the program\n"); |
|  | printf("Press any key to terminate the program\n"); |
|  | getch(); |
|  | } |
|  |  |
|  | void outrow(){ |
|  | system("cls"); |
|  | printf("\n\n\n\n\n\t\t\t"); |
|  | printf("H"); |
|  | Sleep(80); |
|  | printf("a"); |
|  | Sleep(80); |
|  | printf("v"); |
|  | Sleep(80); |
|  | printf("e "); |
|  | Sleep(80); |
|  | printf("a "); |
|  | Sleep(80); |
|  | printf("n"); |
|  | Sleep(80); |
|  | printf("i"); |
|  | Sleep(80); |
|  | printf("c"); |
|  | Sleep(80); |
|  | printf("e "); |
|  | Sleep(80); |
|  | printf("d"); |
|  | Sleep(80); |
|  | printf("a"); |
|  | Sleep(80); |
|  | printf("y"); |
|  | Sleep(80); |
|  | printf("!"); |
|  | printf("\n\n\n\n\n"); |
|  | } |
|  |  |
|  | void toFile(){ |
|  | fileR = fopen ("Database.txt", "a"); |
|  | fprintf(fileR, "%s %d %.2f %.2f %.2f %s\n", p[0].name, p[0].age, p[0].height, p[0].weight, p[0].bmi, p[0].pass); |
|  | fclose(fileR); |
|  | } |
|  |  |
|  | void menu(){ |
|  | char menu\_options; |
|  | do{ |
|  | system("cls"); |
|  | printf("\t\t\t\_\_\_\_\_\_\_\_\_\_\n"); |
|  | printf("\n"); |
|  | printf("\t\t\tMeal Scout\n"); |
|  | printf("\t\t\t\_\_\_\_\_\_\_\_\_\_\n"); |
|  | printf("\n"); |
|  | printf("Streamlining your time to choose the correct meal for your goals\n\n\n"); |
|  | printf("\t\t 1. Meal Scout\n"); |
|  | printf("\t\t 2. Water Intake Calculator\n"); |
|  |  |
|  | printf("\t\t 3. Check your calorie intake\n"); |
|  | printf("\t\t 4. About\n"); |
|  |  |
|  | printf("\t\t 5. Exit\n"); |
|  | printf("\n"); |
|  | printf("Please Select an Option: "); |
|  | scanf("%c", &menu\_options); |
|  | switch(menu\_options){ |
|  |  |
|  | case '1': |
|  |  |
|  | printf(" Press 1: If you want to gain weight Press 2: If you want to lose weight \n\n" ); |
|  |  |
|  | printf("Press your option: "); |
|  | scanf("%d",&g1); |
|  | printf("\n"); |
|  |  |
|  |  |
|  |  |
|  |  |
|  | if (g1>2) |
|  | { |
|  | printf("Please select one of the options \n"); |
|  | scanf("%d",&g1); |
|  | } |
|  |  |
|  | /\*Gain \*/ |
|  |  |
|  | if (g1==1) |
|  | { |
|  | printf("-----------------------------------What is your mood on a scale of 1-10?------------------------------------------------\n"); |
|  | printf("\n\nThe higher the rating,the better the mood you have \n\n"); |
|  | printf("Insert a rating here: \n"); |
|  | scanf("%d",&m1); |
|  | printf("\n\n"); |
|  | system("cls"); |
|  |  |
|  | if ( m1>=1 && m1<6) |
|  | { |
|  |  |
|  | printf("Nothing can lift your mood better than some easy to make recipes!\n\n"); |
|  |  |
|  | //Recipes// |
|  | printf("1.Chocolate banana nut shake\n\n"); |
|  | printf("2.Chocolate hazelnut shake \n\n"); |
|  | printf("3.Chili and Cornbread\n\n"); |
|  | printf("4.Sweet Potato souffle\n\n"); |
|  | printf("5.Almonds\n\n"); |
|  |  |
|  |  |
|  | int f1; |
|  | printf("Choose a number to check recipe\n\n"); |
|  | scanf("%d",&options); |
|  |  |
|  |  |
|  |  |
|  | system("cls"); |
|  |  |
|  | /\*Buffer clear \*/ |
|  | char ch; |
|  | ch=getchar(); |
|  |  |
|  |  |
|  | switch(options) |
|  | { |
|  | case 1: |
|  | printf(" Chocolate banana nut shake:\n 1 cup Silk Almond Milk\n 1 small frozen banana if not frozen add 4 ice cubes\n 2 tablespoons peanut, almond or cashew butter2 tablespoons vanilla, chocolate or unflavored protein powder \n 1 tablespoon cocoa powder1 tablespoon coconut sugar \n"); |
|  | cal01=200; |
|  |  |
|  | char con; |
|  | printf("\n\nPress 'y' or 'n' if you want to make this delish milkshake \n"); |
|  | scanf("%c",&con); |
|  |  |
|  | confirm(con); |
|  | if (count==1) |
|  | { |
|  | printf(" You have gained %d calories\n\n",cal01); |
|  | calst(cal01); |
|  |  |
|  | } |
|  | system("pause"); |
|  | break; |
|  |  |
|  |  |
|  | case 2: |
|  | printf("Chocolate hazelnut shake:\n -3 Scoops vanilla ice cream \n -Plus one to float on top \n -3 tbsp Nutella spread cold milkFlake chocolate bar \n -crumbledhazelnuts \n -toasted and finely chopped\n"); |
|  | cal2=150; |
|  | char con1; |
|  | printf("\n\nPress 'y' or 'n' if you want to make this delish milkshake \n"); |
|  | scanf("%c",&con1); |
|  |  |
|  | confirm(con1); |
|  | if (count==1) |
|  | { |
|  | printf("You have gained %d calories\n\n",cal2); |
|  | calst(cal2); |
|  |  |
|  | } |
|  |  |
|  | system("pause"); |
|  | break; |
|  |  |
|  | } |
|  |  |
|  | } |
|  |  |
|  | if ( m1>=5 && m1<11) |
|  | { |
|  |  |
|  | printf("We are glad to know that you are having a great day!\n\n"); |
|  |  |
|  | //Recipes// |
|  |  |
|  | printf("1.Mashed Potatoes and beans\n\n"); |
|  | printf("2.Salmon and brown Rice\n\n"); |
|  | printf("3.Macaroni and Cheese \n\n"); |
|  | printf("4.Banana Split\n\n"); |
|  | printf("5.Scrambled Eggs and Oatmeal\n\n"); |
|  |  |
|  | int f1; |
|  | printf("Choose a number to check recipe\n\n"); |
|  | scanf("%d",&options); |
|  |  |
|  |  |
|  |  |
|  | system("cls"); |
|  |  |
|  | /\*Buffer clear \*/ |
|  | char ch; |
|  | ch=getchar(); |
|  |  |
|  |  |
|  | switch(options) |
|  | { |
|  | case 1: |
|  | printf(" Mashed Potatoes and beans: potatoes \n -green beans\n -onion\n -butter\n- cream \n-herbs and spices (garlic powder, paprika, thyme, parsley, coriander) \n"); |
|  | cal3=200; |
|  |  |
|  | char con; |
|  | printf("\n\nPress 'y' or 'n' if you want to make this delish milkshake \n"); |
|  | scanf("%c",&con); |
|  |  |
|  | confirm(con); |
|  |  |
|  | if (count==1) |
|  | { |
|  | printf(" You have gained %d calories\n\n",cal3); |
|  | calst(cal3); |
|  | } |
|  |  |
|  | system("pause"); |
|  |  |
|  | break; |
|  |  |
|  | } |
|  |  |
|  | } |
|  |  |
|  | } |
|  |  |
|  |  |
|  |  |
|  | /\* Loss \*/ |
|  | else if (g1==2) |
|  | { |
|  | printf("We appreciate you taking the first step towards weight loss\n\n"); |
|  |  |
|  | printf("-----------------------------------What is your mood on a scale of 1-10?------------------------------------------------\n"); |
|  | printf("\n\n The higher the rating,the better the mood you have \n\n"); |
|  | printf("\n Insert a rating here: \n"); |
|  | scanf("%d",&m2); |
|  |  |
|  | system("cls"); |
|  |  |
|  |  |
|  | if ( m2>=1 && m2<6) |
|  | { |
|  |  |
|  | printf("Feeling sad about the weight loss? \nDon't worry. We've got your back!\n\n"); |
|  |  |
|  | //Recipes// |
|  | printf("1.Baked Cheddar Eggs and Potatoes\n\n"); |
|  | printf("2.Tangy Turkey Tostadas \n\n"); |
|  | printf("3.Cauliflower Soup\n\n"); |
|  | printf("4.Slow cooked Moroccan chicken\n\n"); |
|  | printf("5.Asian Turkey Lettuce Cups\n\n"); |
|  |  |
|  |  |
|  | int f1; |
|  | printf("Choose a number to check recipe\n\n"); |
|  | scanf("%d",&options); |
|  |  |
|  |  |
|  |  |
|  | system("cls"); |
|  |  |
|  | /\*Buffer clear \*/ |
|  | char ch; |
|  | ch=getchar(); |
|  |  |
|  |  |
|  | switch(options) |
|  | { |
|  | case 1: |
|  | printf(" Baked Cheddar Eggs and Potatoes: \n-3 tablespoons butter \n-1-1/2 pounds red potatoes, chopped \n-1/4 cup minced fresh parsley \n-2 garlic cloves, minced \n-3/4 teaspoon kosher salt \n-1/8 teaspoon pepper \n-8 large eggs \n-1/2 cup shredded extra-sharp cheddar cheese\n \n"); |
|  | cal4=400; |
|  |  |
|  | char con3; |
|  | printf("\n\nPress 'y' or 'n' if you want to make this easy dish \n"); |
|  | scanf("%c",&con3); |
|  |  |
|  | confirm(con3); |
|  | if (count==1) |
|  | { |
|  | printf(" You have gained %d calories\n\n",cal4); |
|  | calst(cal4); |
|  |  |
|  | } |
|  | system("pause"); |
|  | break; |
|  |  |
|  |  |
|  | case 2: |
|  | printf("Tangy Turkey Tostadas:1-1/4 pounds lean ground turkey \n 3/4 cup sliced fresh mushrooms\n1 medium green pepper, chopped\n1 small onion, chopped\n2 garlic cloves, minced\n1 can (16 ounces) kidney beans, rinsed and drained\\n1 can (4 ounces) chopped green chilies\n1 teaspoon ground cumin\n1/2 teaspoon salt\n4 drops hot pepper sauce\n1-1/2 cups (6 ounces) reduced-fat Mexican cheese blend\n1/2 cup frozen corn, thawed\n16 tostada shells\n2 cups shredded lettuce\n1 cup chopped tomatoes\n1/4 cup minced fresh cilantro \n"); |
|  | cal5=1200; |
|  | char con; |
|  | printf("\n\nPress 'y' or 'n' if you want to make this delish milkshake \n"); |
|  | scanf("%c",&con); |
|  |  |
|  | confirm(con); |
|  | if (count==1) |
|  | { |
|  | printf("You have gained %d calories\n\n",cal5); |
|  | calst(cal5); |
|  |  |
|  | } |
|  |  |
|  |  |
|  | system("pause"); |
|  | break; |
|  |  |
|  | } |
|  |  |
|  | } |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  | } |
|  | break; |
|  | case '3': |
|  | calred(); |
|  |  |
|  | case '2': |
|  | load(); |
|  | water\_menu(); |
|  | break; |
|  | case '4': |
|  | info1(); |
|  | break; |
|  | case '5': |
|  | outrow(); |
|  | break; |
|  | } |
|  | }while (menu\_options != '5'); |
|  | } |
|  |  |
|  | int main() |
|  | { |
|  | main\_menu1(); |
|  | //loadFile(); |
|  | //addContact(); //for storing new informatons |
|  | //toFile(); //for the login system |
|  |  |
|  |  |
|  | return 0; |
|  | } |