Relationships among Entities:

1. Diet plan is given for 4 Days
2. A day records following meals:
   1. Breakfast
   2. Lunch
   3. Dinner
   4. Pre-workout
   5. Post-workout
   6. Morning snacks
   7. Evening snacks
3. Each meal records its nutrient amounts and serving sizes.

Nutrients:

1. Calories
2. Carbs
3. Proteins
4. Fats
5. Fibre

4) Each diet plan has a weight goal.

5) Each diet plan has a considered region.

6) Each diet plan has a considered health condition.

7) Each diet plan has a type. (Veg/ Non-veg)

8) Each diet plan has a total number of calories.

9) Each diet plan records overall amounts of calories, carbs, proteins, fats and fiber.