**Create React App (CRA) Setup**

**📌 1️⃣ Install CRA Project:**

bash

CopyEdit

npx create-react-app calorie-calculator

cd calorie-calculator

npm start

**📁 Default Folder Structure (CRA)**

pgsql

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calorie-calculator/

├── node\_modules/

├── public/

│ └── index.html

├── src/

│ ├── components/

│ │ ├── CalculatorForm.js

│ │ ├── ResultCard.js

│ │ └── WeeklyChart.js

│ ├── App.css

│ ├── App.js

│ ├── index.css

│ ├── index.js

│ └── reportWebVitals.js

├── package.json

├── README.md

└── .gitignore

**📌 Code Syntax — Old Style (CRA + React)**

👉 **index.js**

javascript

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import React from 'react';

import ReactDOM from 'react-dom';

import './index.css';

import App from './App';

ReactDOM.render(

<React.StrictMode>

<App />

</React.StrictMode>,

document.getElementById('root')

);

👉 **App.js**

javascript

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import React from 'react';

import CalculatorForm from './components/CalculatorForm';

function App() {

return (

<div className="App">

<h1>Calorie & Macro Calculator</h1>

<CalculatorForm />

</div>

);

}

export default App;

👉 **components/CalculatorForm.js**

javascript

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import React, { useState } from 'react';

import ResultCard from './ResultCard';

import WeeklyChart from './WeeklyChart';

function CalculatorForm() {

const [result, setResult] = useState(null);

const handleSubmit = (e) => {

e.preventDefault();

const data = new FormData(e.target);

const age = Number(data.get("age"));

const gender = data.get("gender");

const height = Number(data.get("height"));

const weight = Number(data.get("weight"));

const activity = data.get("activity");

const goal = data.get("goal");

const exerciseDays = Number(data.get("exerciseDays"));

const bmr =

gender === "male"

? 10 \* weight + 6.25 \* height - 5 \* age + 5

: 10 \* weight + 6.25 \* height - 5 \* age - 161;

const activityMultiplier = {

sedentary: 1.2,

lightly: 1.375,

active: 1.55,

very: 1.725,

};

let tdee = bmr \* activityMultiplier[activity];

if (goal === "lose") tdee -= 500;

else if (goal === "gain") tdee += 300;

const proteinCal = tdee \* 0.3;

const carbsCal = tdee \* 0.4;

const fatCal = tdee \* 0.3;

const proteinGram = (proteinCal / 4).toFixed(0);

const carbsGram = (carbsCal / 4).toFixed(0);

const fatGram = (fatCal / 9).toFixed(0);

const weekCalories = Array.from({ length: 7 }, (\_, i) =>

i < exerciseDays ? Math.round(tdee + 200) : Math.round(tdee)

);

setResult({

tdee: Math.round(tdee),

proteinGram,

carbsGram,

fatGram,

weekCalories,

});

};

return (

<div>

<form onSubmit={handleSubmit}>

<input name="age" type="number" placeholder="Age" required /><br/>

<select name="gender">

<option value="male">Male</option>

<option value="female">Female</option>

</select><br/>

<input name="height" type="number" placeholder="Height (cm)" required /><br/>

<input name="weight" type="number" placeholder="Weight (kg)" required /><br/>

<select name="activity">

<option value="sedentary">Sedentary</option>

<option value="lightly">Lightly Active</option>

<option value="active">Active</option>

<option value="very">Very Active</option>

</select><br/>

<select name="goal">

<option value="maintain">Maintain Weight</option>

<option value="lose">Lose Weight</option>

<option value="gain">Gain Muscle</option>

</select><br/>

<input name="exerciseDays" type="number" placeholder="Exercise Days/week" required /><br/>

<button type="submit">Calculate</button>

</form>

{result && (

<>

<ResultCard result={result} />

<WeeklyChart weekCalories={result.weekCalories} />

</>

)}

</div>

);

}

export default CalculatorForm;

👉 **components/ResultCard.js**

javascript

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import React from 'react';

function ResultCard({ result }) {

return (

<div>

<h3>Daily Calories & Macros:</h3>

<p>Calories: {result.tdee} kcal</p>

<p>Protein: {result.proteinGram} g</p>

<p>Carbs: {result.carbsGram} g</p>

<p>Fat: {result.fatGram} g</p>

</div>

);

}

export default ResultCard;

👉 **components/WeeklyChart.js** (Install recharts before using this)

bash

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npm install recharts

javascript

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import React from 'react';

import { BarChart, Bar, XAxis, YAxis, Tooltip } from 'recharts';

function WeeklyChart({ weekCalories }) {

const data = weekCalories.map((cal, i) => ({

day: `Day ${i + 1}`,

calories: cal,

}));

return (

<div>

<h3>Weekly Calorie Plan</h3>

<BarChart width={400} height={250} data={data}>

<XAxis dataKey="day" />

<YAxis />

<Tooltip />

<Bar dataKey="calories" fill="#8884d8" />

</BarChart>

</div>

);

}

export default WeeklyChart;

**✅ That’s it!**

You now have the **classic CRA-based calorie & macro calculator project structure and code using the old syntax**.

**📌 Summary:**

✅ Project created with npx create-react-app  
✅ Classic index.js with ReactDOM.render  
✅ function components with useState  
✅ No Vite or ESModules config — pure Create React App style

**📦 Bonus:**

Want me to zip this complete folder structure with code for you?  
Just say the word, I’ll pack it up for you 🚀