PK	
PK	
PK	

plans

PK	**PlanID**
	Plan_Name
	SelectedPlan
	Vegan

macros_Per_Pound_And_Li...

PK	**PlanID**
PK	**DateTime_Of_Creation**
	current_Weight_KG
	current_Weight_In_Pound...
	BodyFatPercentage
	Protein_PerPound
	Carbohydrates_PerPound...
	Fibre
	Fats_PerPound
	Saturated_Fat_Limit
	Salt_Limit
	Water_Target
	Liquid_Target
	Additional_Calories

plans 1..1 has 1..* macros_Per_Pound_And_Li...

mealsInPlan

PK	**MealInPlanID**
PK	**PlanID**
	Meal_Name
	Meal_Time

1..1 has 0..*

Stock_Supplies

PK/FK	**PDID**
	Full_Packs
	Grams

1..1 has 0..*

1..1 has 0..*

1..1 has 0..*

dividedMealSections

PK	**DivMealSectionsID**
PK / FK	**MealInPlanID**
PK / FK	**PlanID**

0..1 has 1..1

1..1 has 1..*

ingredients_in_sections_of_meal

PK	**Ingredients_Index**
PK / FK	**PlanID**
PK / FK	**DivMealSectionsID**
PK / FK	**IngredientID**
	Quantity
FK	**PDID**

1..1 has 1..1

1..1 has 0..1

.imits

ds

d

1..1   **1..1**

has

plan_Macro_Target_Calculations
PlanID
Plan_Name
DateTime_Of_Creation
Expected_Protein_Grams
Expected_Carbohydrates_Grams
Expected_Fibre_Grams
Expected_Fats_Grams
Saturated_Fat_Limit
Salt_LIMIT_Grams
Water_Content_Target
Liquid_Content_Target
Calories_Target
Additional_Calories_Target

1..1   **has**   **1..1**

Entity-Relationship Diagram

ingredients_info

PK	**IngredientID**
	Meassurement
	Ingredient_Name
FK	**Ingredient_Type_ID**
	Based_On_Quantity
	Glycemic_Index
	Protein
	Carbohydrates
	Sugars_Of_Carbs
	Fibre
	Fat
	Saturated_Fat
	Salt
	Water_Content
	Liquid_Content
	Calories

ingredientInShops

PK	*PDID*
	Product_Name
FK	**IngredientID**
	Volume_Per_Unit
	Cost_Per_Unit
FK	**StoreID**

stores

PK	**StoreID**
	Store_Name

ingredientTypes

PK	**Ingredient_Type_ID**
	Ingredient_Type_Name

ingredients_in_sections_of_meal_calculation

PlanID
DivMealSectionsID
Ingredients_Index
IngredientID
Quantity
Ingredient_Type
Ingredient_Name
Ingredient_Cost
Supplier
Protein
GI
Carbohydrates
Sugars_Of_Carbs
Fibre
Fat
Saturated_Fat
Salt
Water_Content
Liquid_Content
Calories
Delete Button

divided_meal_sections_calculations

PlanID
DivMealSectionsID
No_Of_Ingredients
Weight_OF_Meal
Total_Cost
Total_Protein,
Total_Carbohydrates
Total_Sugars_Of_Carbs
Total_Fibre
Total_Fats
Total_Saturated_Fat
Total_Salt
Total_Water_Content
Total_Liquid_Content
Total_Calories

Relationships:
- 1..1 has 1..1 (ingredients_info — ingredientInShops)
- 1..1 has 1..1 (ingredientInShops — stores)
- 1..1 has 1..1 (ingredients_info — ingredientTypes)
- 1..1 has 1..1 (ingredients_in_sections_of_meal_calculation — ingredients_info)
- 1..1 has 1..1 (ingredients_in_sections_of_meal_calculation — ingredientInShops / stores)
- 1..1 has 1..1 (ingredients_in_sections_of_meal_calculation — divided_meal_sections_calculations)
- *..1 has 1..1
- 1..1 has 1..1

total_meal_view

PlanID	
MealInPlanID	
Meal_Time	
Meal_Name	
No_Of_Ingredients	
Weight_OF_Meal	
Total_Cost	
Total_Protein	
Total_Carbohydrates	
Total_Sugars_Of_Carbs	
Total_Fibre	
Total_Fats	
Total_Saturated_Fat	
Total_Salt	
Total_Water_Content	
Total_Liquid_Content	
Total_Calories	

total_plan_view

PlanID	
Plan_Name	
No_Of_Meals	
Ingredients_In_Plan	
Weight_In_Plan	
Total_Cost	
Protein_In_Plan	
Carbohydrates_In_Plan	
Sugars_Of_Carbs_In_Plan	
Fibre_In_Plan	
Fats_In_Plan	
Saturated_Fat_In_Plan	
Salt_In_Plan	
Water_Content_In_Plan	
Liquid_Content_In_Plan	
Total_Calories_In_Plan	

planMacrosLeft

PlanID	
Plan_Name	
Protein_Grams_Left	
Carbohydrates_Grams_Left	
Fibre_Grams_Lef	
Fats_Grams_Left	
Potential_Saturated_Fat_Grams	
Potential_Salt_Grams	
Water_Left_To_Drink	
Liquids_Left	
Calories_Left	
Added_Calories_Left	

..1 has 1..1

*..1 has 1..1

1..1 has 1..1