Workshop in Databases:  
Optional Features for the Project

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1. **Exercise suggestions based on caloric intake**

**Feature:** Suggest physical activities to balance with calories consumed

**SQL Query:** Match calories consumed with calories burnt by activity

1. **Diet plan generator**

**Feature:** Generate a meal plan based on target nutritional intake (e.g. protein-heavy for athletes)

**SQL Query:** Select meals matching target goals

1. **Meal suggestions based on preferences**

Preferences based on user input – *high protein*; *low fat*; *low carbs*; *no dairy*; *vegetarian*; *vegan*; *gluten free*; *specific ranges per nutrient*; *etc*…

1. **Compare meals**

**Feature:** Compare the nutritional content of two (or maybe more) meals to help users choose the healthier option

**SQL Query:** Find the meal with better nutritional coverage