GFG - Calorie Tracker

Submitted by Code Commandos

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Frontend code:

```
<DOCTYPE html>

<html>

<head>

!     <meta charset="UTF-8">

    <title>Calorie Tracking & Diet Recommendation</title>

    <link rel="stylesheet" type="text/css" href="styles.css">

</head>

<body>

    <header>

        <h1>Calorie Tracking & Diet Recommendation</h1>
```

```html
    </header>

    <section class="calorie-tracking">
        <h2>Calorie Intake Monitoring</h2>
        <p>Today's Total Calories: <span id="total-calories">0</span> kcal</p>
        <input type="number" id="calorie-input" placeholder="Enter calories">
        <button onclick="addCalories()">Add Calories</button>
    </section>

    <section class="diet-recommendation">
        <h2>Diet Recommendation</h2>
        <p>Select your goal:</p>
        <select id="goal-select">
            <option value="lose-weight">Lose Weight</option>
            <option value="maintain-weight">Maintain Weight</option>
            <option value="gain-weight">Gain Weight</option>
        </select>
        <p>Your Dietary Preferences:</p>
        <input type="checkbox" id="vegetarian"> Vegetarian
        <input type="checkbox" id="gluten-free"> Gluten-Free
        <button onclick="generateDietPlan()">Generate Diet Plan</button>
        <div id="diet-plan"></div>
```

```html
        </section>

        <section class="nutritional-analysis">

            <h2>Nutritional Analysis</h2>

            <input type="text" id="food-input" placeholder="Enter a food item">

            <button onclick="analyzeNutrition()">Analyze Nutrition</button>

            <div id="nutrition-results"></div>

        </section>


        <footer>

            &copy; 2023 Calorie Tracker App

        </footer>


        <script src="app.js"></script>

</body>

</html>
```
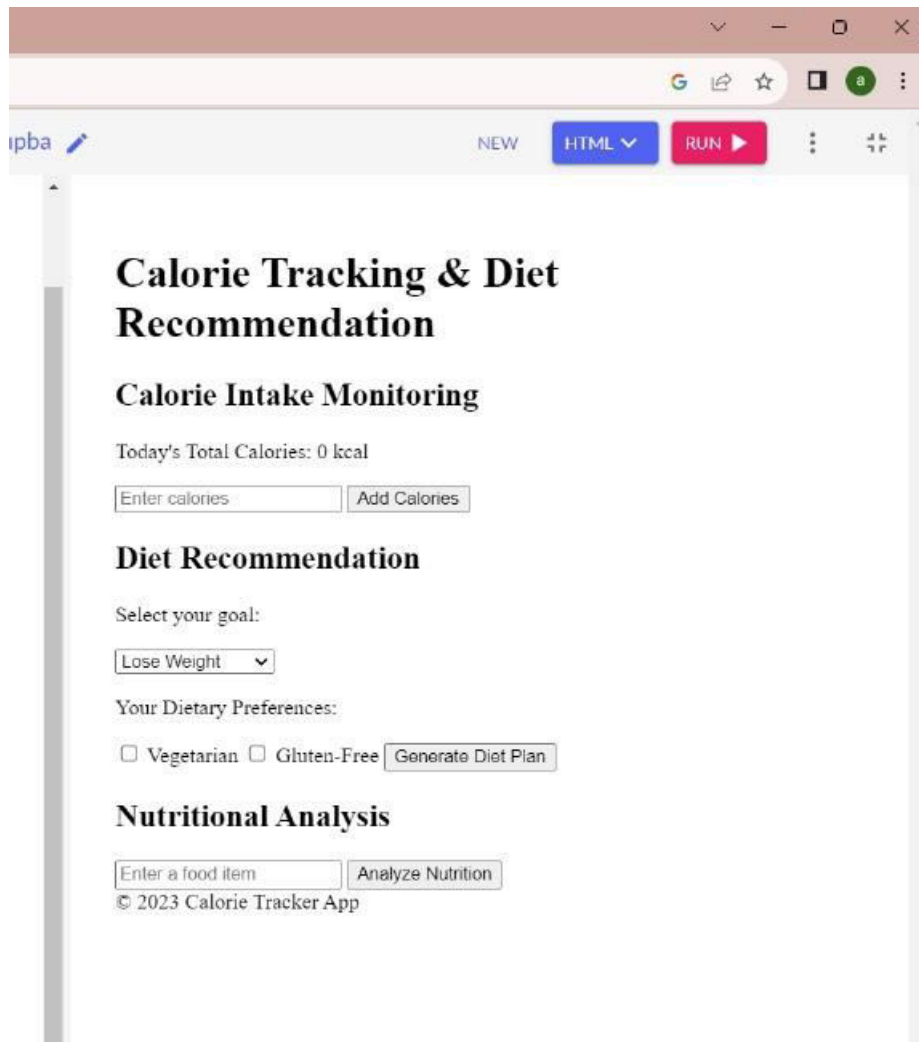
Output:

Backend Code:

```
<!DOCTYPE html>

<html>

<head>
```

```html
    <title>Calorie Tracking</title>
</head>
<body>
    <h1>Calorie Tracking</h1>
    <form action="/add-food" method="POST">
        <label for="username">Username:</label>
        <input type="text" name="username" required><br>


        <label for="food_item">Food Item:</label>
        <input type="text" name="food_item" required><br>


        <label for="calories">Calories:</label>
        <input type="number" name="calories" required><br>


        <label for="date">Date:</label>
        <input type="date" name="date" required><br>


        <input type="submit" value="Add Food Intake">
    </form>
</body>
</html>
```