

# Calorie Tracker Program

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```
print("Welcome to the 'Calorie Tracker' family! \nWe're stoked to have you here. Stay \ntunned subscribe")
print("This tool help's you to track your daily calories so that you can gain or loose weight accordingl")

n = int(input(" enter a no. of elements"))
data = {}
for i in range(n):
    key = input("enter Meal: ")
    value = float(input("enter Calorie: "))
    data[key] = value

print("Here is complete list : ")
print(data)

print("Calorie Intake : ")
daily_calorie_intake = int(input("enter according to your requirement chart: "))
total_calories_intake = sum(data.values())
print(total_calories_intake)

average_calorie_per_meal = total_calories_intake / n
print(average_calorie_per_meal)

if total_calories_intake > daily_calorie_intake:
    print("Mind your step !!!")
else:
    print("Success...")

print(f{'Meal':<10} {'Calorie':})
for meal, calorie_val in data.items():
    print(f{meal:<10} {calorie_val}")

save_report = input('Would you like to save this report? (yes/no): ').lower()
if save_report == "yes":
    filename = "calorie_log.txt"
    with open(filename, 'w', encoding="utf-8") as file:
        file.write("Daily Calorie Tracker Report\n")
        file.write(f{'Meal Name':<10}{'Calories'}\n")

        for meal, cal in data.items():
            file.write(f{meal:<10}{cal}\n")

        file.write(f"Total calories: {total_calories_intake}\n")
        file.write(f"Average calories: {average_calorie_per_meal}\n")

        if total_calories_intake > daily_calorie_intake:
            file.write("Warning: You are going out of limit.")
        else:
            file.write("Great job! You are within your daily calorie limit.")
```