

# Calorie Tracker Program with Name & Roll No.

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# Name: Bharat
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print("Welcome to the 'Calorie Tracker' family! \nWe're stoked to have you here. Stay
tunned subscriber only deals and special offers.")
print("This tool help's you to track your daily calories so that you can gain or loose weight accordi

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("eneter according to your requirment 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")
        file.write(f"{'Meal Name':<10}{['Calories']}")
        for i in range(n):
            file.write(f"This is total calorie {total_calories_intake} ")
            file.write(f"This is average calorie {average_calorie_per_meal}")
        if total_calories_intake > daily_calorie_intake :
            file.write(f"Warning you are going out of limit.")
        else:
            file.write("Great job! You are within your daily calorie limit.")
```