

- On the start choose a date from the picker.
- After chosen you can add/remove foods and recipes to it using the dropdown and the add/remove option next to it
- The other add and removes are there for maneuvering the .csv file
- On the bottom you can also do the same with the exercises the dropdown and the buttons next to it will populate the exercise for the specified date and the bottom ones will maneuver the .csv files.
- The show data will display all the data for the chosen day in the tables.
- If you select another day on top everything works and you can do all the operations for as mentioned above.

The program is runnable from the dist folder and its jar file after building the project.