

## Project Description

My idea is to create a dieting app that allows users to eat outside their home while staying within their calorie requirements. This app would incorporate various fast food and other restaurants and would search their nutritional facts of their food to match something the user is looking for. The app will also allow the user to input a certain number of calories or macronutrients into a calculator of sorts that will search the database with results that will match what the user is looking for. This way the user can either input what they are looking for specifically and get results, or they can look for something themselves that they might want. My inspiration for this app is myself, I'm into bodybuilding and because of that I track almost everything I eat every single day and have daily protein, carb and fat goals I try to stick to. Because of this it's usually exceptionally hard to eat out whether it be a restaurant or fast food if I don't know what I'm getting, I usually have to stick to a few items that I might know or have looked up before so an app like this would help me vary my food more.

The intended audience for my app is overall people who are trying to fit their food to a specific fitness related goal. For example, people that are into body building, or people who are trying to do many diets that require a more niche approach to calories and macronutrients like the famous keto diet that must be high fat moderate protein and very low carb. These people need to find very specific foods that fit their eating styles for their goals.

The research I've done has found a very few apps that try to do what mine does but it seems like they either don't include all the features I described, or they simply don't work well as I saw one that was closest to my idea with 2 stars in the app store and reviews said that they wanted to use the app but there were so many issues that they couldn't use it.

The biggest problem is getting enough content into the app, I will try to look for different sources of these nutritional facts online but I may have to create something smaller by myself if I fail to find something that works for my need.