

Welcome to FitFuel

FitFuel is your ultimate companion in achieving a healthy lifestyle through effective meal planning and calorie tracking. This document outlines the key features of FitFuel, designed to help you maintain a balanced diet and reach your health goals with ease.

FitFuel's Key Features for a Healthy Lifestyle

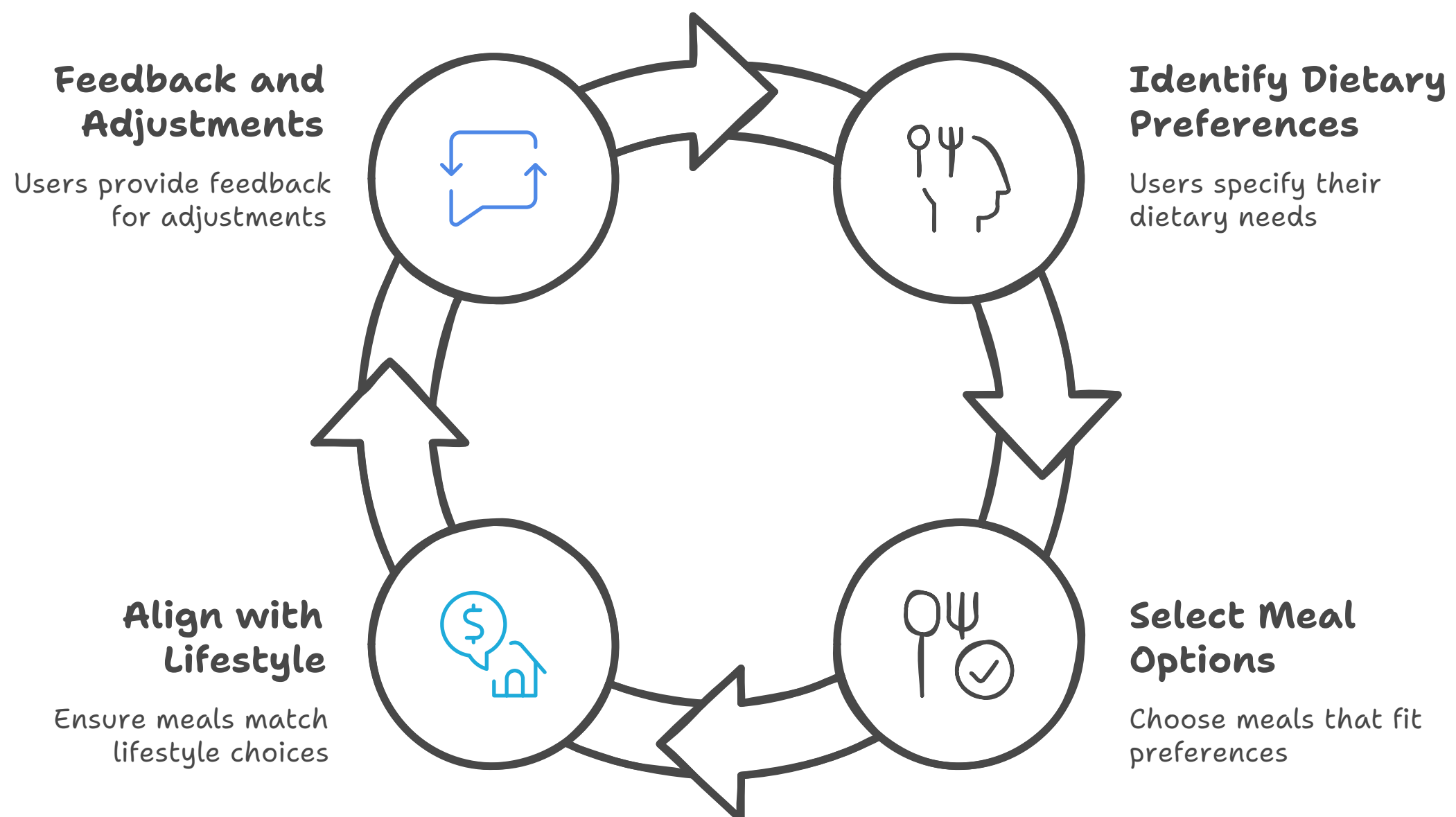


Key Features

Personalized Meal Planning

FitFuel offers personalized meal planning that allows you to choose meals tailored to your dietary preferences. It includes meal types like lunch and dinner and provides you the list of Indian food you can have for lunch, dinner,snacks etc any other specific dietary needs. FitFuel ensures that your meal options align with your lifestyle.

FitFuel's Personalized Meal Planning Cycle



Calorie Tracking

With FitFuel's calorie tracking feature, you can easily monitor your daily calorie intake. This tool helps you stay accountable and make informed decisions about your food consumption, ensuring you stay on track with your health goals.

Balanced Diet Guidance

FitFuel provides balanced diet guidance, offering diet recommendations based on your food choices. **Balanced Diet Chart - FitFuel App**

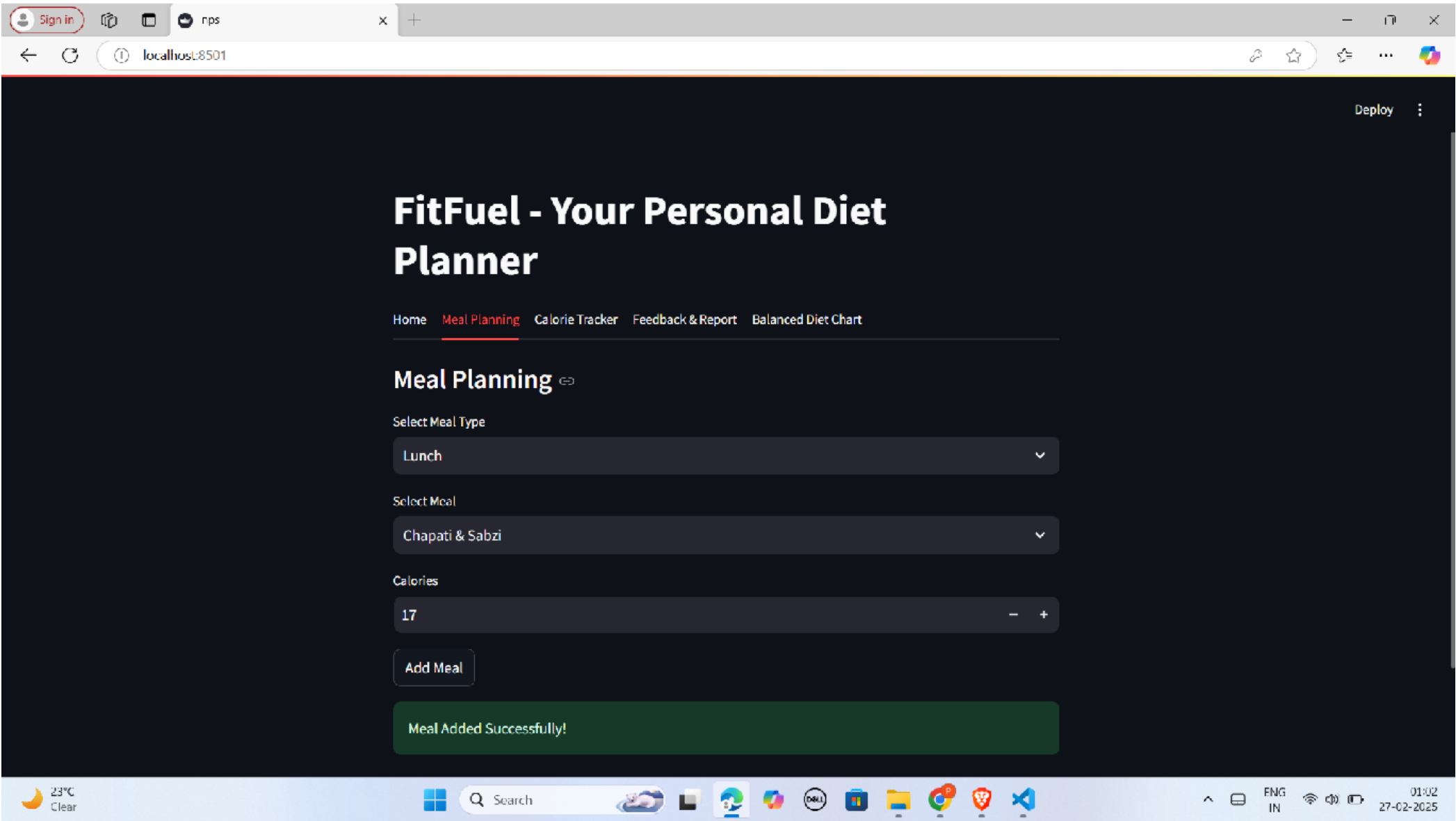
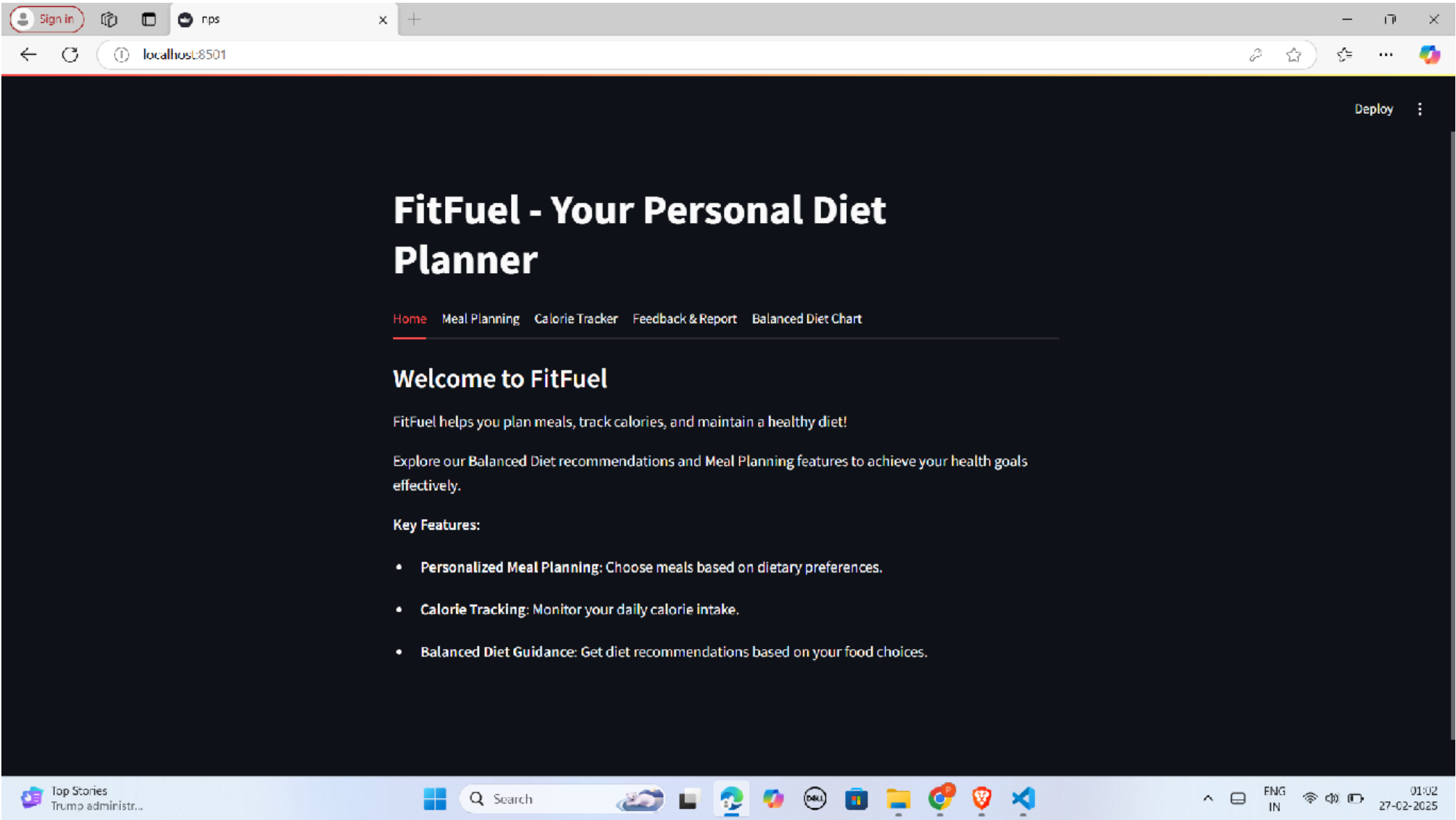
The **Balanced Diet Chart** tab helps users create **nutrient-rich meal plans** by suggesting balanced food combinations.

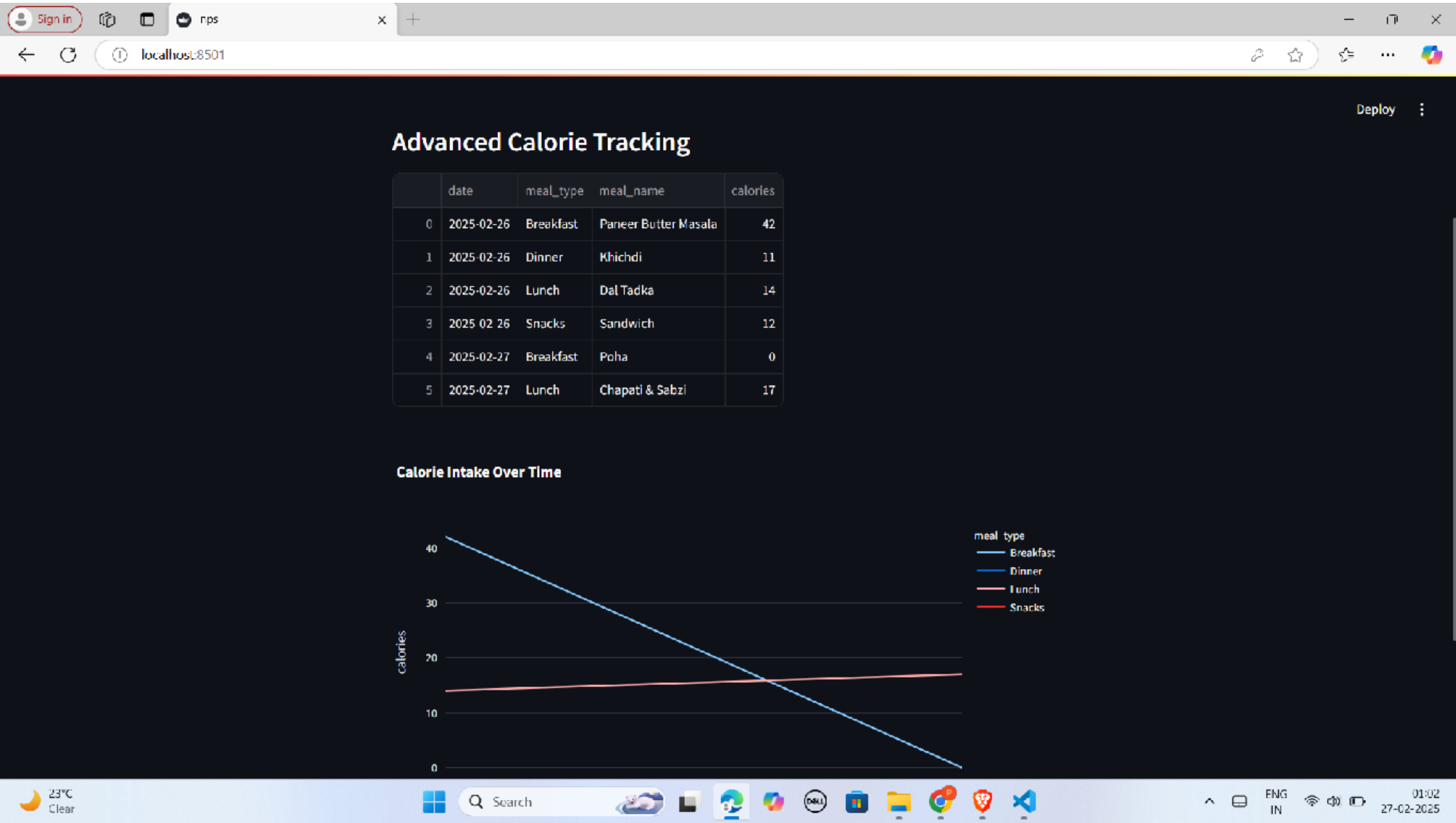
- **How It Works:**

- **Select a Food Item** [e.g., Rice, Dal, Paneer, Eggs].
- **Get Meal Suggestions** [e.g., Rice + Dal + Vegetables for a complete meal].
- **Ensure nutritional balance** [carbs, proteins, healthy fats, vitamins].

This feature helps you understand the nutritional value of your meals and encourages you to make healthier choices that contribute to your overall well-being.

Explore FitFuel today and take the first step towards a healthier you!





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FitFuel - Your Personal Diet Planner

Home Meal Planning Calorie Tracker **Feedback & Report** Balanced Diet Chart

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