### **Deliverables**

Mess food consumption based on personal goals

* Options for different types of food
* Priority order given by user before deciding the schedule
* Also should include maximum amount of food can be eaten by the user and thus showing maximum calorie and fat amount that can be consumed
* Veg and non-veg need/priority for the user

Schedule adjustment based on skipped meals

Mess food calories and nutrients counting based on food ingredients

Water intake

Exercise

Motivation:

One of the most common problems hostel students face these days is following a meal plan.

So we are creating a software/program that would prepare mess friendly personalized meal plans.

It will take various inputs like:

1. User current activity level
2. Diet goals like weight gain/loss or maintain the current state.
3. Preference order of the various food items

Then using these data and the nutritional values of the food items from the mess menu, a dynamic mess plan will be made for the user, which can be updated regularly based on:

1. Amount of food consumed by the user during the day
2. Additional food other than that from the mess like canteen, etc. consumed by the user