Creating a website with the functionality you described involves several steps, including designing the website, implementing a calendar system, and integrating it with the user's mobile devices. Here's a high-level overview of how you can achieve this:

1. Website Design and Front-End Development:
   * Decide on the website layout and design, focusing on user-friendly navigation and an appealing interface.
   * Use HTML, CSS, and JavaScript to build the front-end of the website.
2. Backend Development:
   * Set up a server-side application to handle user data, food information, and calendar events.
   * Use a server-side language like Python, PHP, Node.js, or Ruby on Rails to create the backend functionality.
3. Database:
   * Choose a suitable database system (e.g., MySQL, PostgreSQL, MongoDB) to store user information, food data, and calendar events.
4. Food Data and Categories:
   * Create a database or use an API to store information about different diet foods and their respective categories (e.g., gym, weight loss, muscle gain).
5. User Authentication and Accounts:
   * Implement a user authentication system so users can sign up and log in to their accounts.
   * Associate each user with their personalized calendar and food preferences.
6. Calendar Integration:
   * Choose a calendar API or service that allows you to create events on users' calendars programmatically. For example, you can use the Google Calendar API.
   * Authenticate your website with the chosen calendar service to access users' calendars on their behalf.
7. Adding Foods to the Calendar:
   * When users select a diet food for a specific reason (e.g., gym), prompt them to choose a date and time for consumption.
   * On the server-side, use the selected date and time to create a corresponding calendar event in the user's connected calendar using the calendar API.
8. Mobile Notifications:
   * Enable push notifications on your website so that users receive notifications on their mobile devices.
   * When the time for a specific food consumption event is due, send a push notification to the user's mobile device using a service like Firebase Cloud Messaging (FCM) or Apple Push Notification service (APNs).
9. Testing:
   * Thoroughly test the website to ensure that all features, including adding foods to the calendar and receiving notifications, work seamlessly.
10. Deployment:

* Choose a web hosting provider to deploy your website and database.
* Make sure the website is accessible and secure for users.