**Product Specification Document (PSD)**

*> \*\*Product Name:\*\* Calorie Tracker   
> \*\*Version:\*\* 1.0   
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*Revision History*

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5. 1. Introduction
6. Calorie Tracker is a web-based application designed for personal use, enabling individuals to monitor and manage their daily calorie intake with maximum simplicity and privacy. Unlike many calorie trackers, this product emphasizes a distraction-free, ad-free experience, with no social features or third-party integrations, ensuring that user data remains private and usage is frictionless. The application is optimized for both desktop and mobile browsers, and is accessible to users of all ages and abilities, with a modern, responsive UI and support for light/dark themes.
7. - \*\*Background:\*\* Calorie tracking is essential for individuals aiming to manage weight, improve health, or monitor dietary habits. Calorie Tracker was created to provide a fast, user-friendly, and secure way to log meals and visualize calorie consumption, without the complexity or privacy concerns of larger platforms. The product’s philosophy is to empower users to take control of their diet with minimal barriers and maximum transparency.  
   - \*\*Audience:\*\* Any individual interested in tracking their diet or calorie plan, regardless of age, technical skill, or dietary goal. The app is designed to be accessible to everyone, including those with accessibility needs, and works seamlessly on both desktop and mobile devices.  
   - \*\*Unique Value Proposition:\*\*  
    - 100% privacy: No data sharing, no ads, no social features  
    - Simple, intuitive interface for quick meal logging  
    - Google-based authentication for secure, passwordless access  
    - Instant test data generation for demo or onboarding  
    - Modern, accessible UI with theme toggle  
   - \*\*Definitions / Acronyms:\*\*  
    - \*\*PSD:\*\* Product Specification Document  
    - \*\*API:\*\* Application Programming Interface  
    - \*\*JWT:\*\* JSON Web Token
8. ---
9. 2. Product Overview
10. - \*\*What is the product?\*\*   
     Calorie Tracker is a privacy-first, web-based application that enables users to log, view, and analyze their daily calorie intake with minimal friction. The product is designed for fast, distraction-free use, with a focus on user empowerment and data privacy.  
    - \*\*Who is it for?\*\*   
     Any individual interested in tracking their calories for personal health and diet management, regardless of age, technical skill, or dietary goal. The app is optimized for both desktop and mobile browsers and is accessible to users with varying abilities.  
    - \*\*Unique Selling Points:\*\*  
     - No ads, no social features, and no third-party data sharing  
     - Google-based authentication for secure, passwordless access  
     - Instant test data generation for onboarding or demo  
     - Modern, responsive UI with light/dark theme toggle  
     - Accessible design for all users, including those with disabilities  
     - Open, transparent data model (no hidden analytics or integrations)  
    - \*\*Intended Use Cases & Environments:\*\*  
     - Personal calorie and meal tracking for weight management or health goals  
     - Quick onboarding and demo via test data generation  
     - Use on any modern browser (desktop, tablet, or mobile)  
     - Suitable for users with accessibility needs (keyboard navigation, high-contrast themes)