Nutrition

1. Nutrition diary
2. Breakfast
3. Snack (morning)
4. Lunch
5. Snack (afternoon)
6. Dinner
7. Snack (evening)
8. Create a new food
9. A customized food, ie: a sandwich as a whole, bread, meat cheese, etc. as one piece or a breakfast burrito, etc.
   1. Serving size (trainee determines # of servings-drop down box or fill-in)
   2. Protein
   3. Carbs
   4. Fats
   5. Calories
10. Enter food
11. Enter (breakfast, snack (morning), etc.) food

AAA. Determine serving size (also determines nutrient content)

1. Serving size (trainee determines # of servings-drop down box or fill-in)
2. Protein
3. Carbs
4. Fats
5. Calories

11. Daily Meal Log (a list of the entire meal, such as breakfast, snack, lunch, etc in report form).

22. Daily Summary (of all meals for the day in report form)

Allow trainer to determine other nutrients, such as sodium, potassium to view in Daily Summary. We need the ability to show and/or graph daily, weekly, monthly or yearly. All items should be editable by trainer and admin.