DIET APP 1. app header class will be created and that 1090 component will be imported in all the screens to display: the app title. 2. 1090 Will be creased using moore component liquid diet Dlah 3. list of buttons will to lian the number of diet plans numitous diet (Inuchable opported component) A drawer navigation will be used in the screen to rayigate to the profile screen.

	DIET APP KETO DIETO	-> imported app header component.
	(1090)	> Subtitle (test component)
		1. Plan list : detailed plan of the diet will be displayed.
	plan list	in point tormat which will give a clear view of the
		diet plan.
	1 moses	2. do's and dout's will also be included in the list
		3- images appropriate to that diet plan will be displayed
		in the screen-
		9. scroll view format with Hatlist will be used with
		appropriate style shelt atributes.
	NME: all the other o	lift plan will follow the same pattern.
1	WALL SOLL THE STREET	1 la compagned tolens and

DIET APP	-> imported appricades component (dies agp)
(1090)	1. DIOFILE IMAGE COMPONENT)
Protite	2. Username (text companent)
image.	3. Themes (Switch component) by changing by colour
username; theme:	

NOTE: ON press of the touchable opacity diet name it will novigate to the respective diet plan screen which contains a detailed overview of the plan this is achieved by using switch navigates.

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