

MINI PROJECT

(2021-22)

“Eat-o-fit”



PROJECT REPORT

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Declaration

I/we hereby declare that the work which is being presented in the Bachelor of technology. Project **“Eat-o-fit”**, in partial fulfillment of the requirements for the award of the **Bachelor of Technology** in Computer Science and Engineering and submitted to the Department of Computer Engineering and Applications of GLA University, Mathura, is an authentic record of my/our own work carried under the supervision of **Ms. Ruchi Gupta, Technical Trainer, Dept. of CEA, GLA University**. The contents of this project report, in full or in parts, have not been submitted to any other Institute or University for the award of any degree.

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Certificate

This is to certify that the project entitled “**Eat-o-fit**”, carried out in Mini Project – I Lab, is a bonafide work by Shubhi Agrawal, Sakshi Garg and Priya and is submitted in partial fulfillment of the requirements for the award of the degree Bachelor of Technology (Computer Science & Engineering).

Signature of Supervisor:

Name of Supervisor: Ms. Ruchi Gupta

Date:



Training Certificates

- Shubhi Agrawal





Priya



Sakshi





Acknowledgement

Presenting the ascribed project paper report in this very simple and official form, we would like to place my deep gratitude to GLA University for providing us the instructor Mr Mandeep Singh, our technical trainer and supervisor.

He has been helping us since Day 1 in this project. He provided us with the roadmap, the basic guidelines explaining on how to work on the project. He has been conducting regular meeting to check the progress of the project and providing us with the resources related to the project. Without his help, we wouldn't have been able to complete this project.

And at last but not the least we would like to thank our dear parents for helping us to grab this opportunity to get trained and also my colleagues who helped me find resources during the training.

Thanking You

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Abstract

Dietary guidelines are designed to maintain an adequate intake of nutrients and to protect against diet-related disease, particularly cardiovascular disease and obesity. Current population dietary guidelines advocate a reduction in total fat intake, particularly saturated fat intake, to 25–35% of the energy intake and an increased intake of carbohydrate to more than 55% of the dietary energy intake, which should mainly be derived from starch. There is a positive relationship between total sugar intake and the incidence of dental caries where dental hygiene is poor and exposure to fluoride is low. However, this relationship is stronger for frequency of consumption of sugary foods. The frequent consumption of acidic food and beverages should be also avoided as this can result in erosion of the tooth enamel. Risk of caries can be minimised by good oral hygiene, appropriate exposure to fluoride and by restricting the intake sugar containing snacks between meals to no more than four occasions per day. A need for randomized controlled trials to assess the effectiveness of dietary modification on oral health in adults is identified.

The “Eat-o-fit” is one such website that allows user to maintain a healthy life.



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CHAPTER – 1

INTRODUCTION

1.1 Overview

Humans need a wide range of nutrients to lead a healthy and active life. For providing these nutrients, good nutrition or proper intake of food in relation to the body's dietary needs is required. An adequate, well balanced diet combined with regular physical activity is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity.

A healthy diet consumed throughout the life-course helps in preventing malnutrition in all its forms as well as wide range of non-communicable diseases (NCDs) and conditions. But rapid urbanization/globalization, increased consumption of processed foods and changing lifestyles has led to a shift in dietary patterns.

A balanced diet is one which contains variety of foods in such quantities and proportion that the need of all nutrients is adequately met for maintaining health, vitality and general wellbeing and makes a small provision for extra nutrients to withstand short duration of leanness.

The major food issues of concern are insufficient/ imbalanced intake of foods/nutrients. One of the most common nutritional problems of public health importance in India are low birth weight, protein energy malnutrition in children, chronic energy deficiency in adults, micronutrient malnutrition and diet related non-communicable diseases. Health and nutrition are the most important contributory factors for human resource development in the country.



1.2 Why we chose this project?

In the existing system we need more man power and less security of data. The process is time consuming and also requires large volume of paperwork .there will be no role of higher officials.

The system that we are proposing is computerized completely with secure data and network. The aim of project is to develop improved facilities for user. This system can overcome problems of the existing system.

It has greater efficiency and provide better service.

Eat-o-Fit provides a healthy diet routine for keep our body fit and hit . It also provides a healthy diet routine for a particular disease for all age groups.

1.3 Motivation

Existing system is a manual system. It requires a lot of file work to be done. It is a time consuming system. All customer information is maintained manually . Any searching requires so much effort manually.

There is no way of spreading the information so fast and in the cheapest manner. In previous system all information does not get in one place. Here people can write whatever they want to write.



1.4OBJECTIVE

Eat-o-Fit provides a healthy diet routine for keep our body fit and hit . It also provides a healthy diet routine for a particular disease for all age groups. To make you physically and mentally fit , this website suggests you with appropriate and easy yoga asanas and pranayams.

Eating right is one of the most important aspects of a healthy life.The main use of this project is improving health and life span of people all around the world.

1.5 Future Scope

Eating a healthy balanced diet accompanied by regular exercise is essential in maintaining physical and mental health and well-being. This website here helps acquire a healthy plan to keep one's health in good condition. As pandemic put the population at great health risk and eating a healthy diet is essential to live a long life.



1.6 Project Planning

Project planning is part of project management, which relates to the use of schedules such as Gantt charts to plan and subsequently report progress within the project environment. Initially, the project scope is defined and the appropriate methods for completing the project are determined. Following this step, the durations for the various tasks necessary to complete the work are listed and grouped into a work breakdown structure. The logical dependencies between tasks are defined using an activity network diagram that enables identification of the critical path. Float or slack time in the schedule can be calculated using project management software. Then the necessary resources can be estimated and costs for each activity can be allocated to each resource, giving the total project cost. At this stage, the project plan may be optimized to achieve the appropriate balance between resource usage and project duration to comply with the project objectives. Once established and agreed, the plan becomes what is known as the baseline. Progress will be measured against the baseline throughout the life of the project



CHAPTER -2

System Design and Methodology

2.1 System Module

The modules involved in this project :are

1. User
2. Admin

2.1.1 User in this module:

- User can login
- User can signup
- User can check information
- User can add feedback
- User can select any categories

2.1.2 Admin in this module:

- Admin can see all pages
- Admin can maintain all records of user
- Admin provide all information related to any topic
- Admin can delete/update/select users



2.2 Methodology

- The planning stage
- The analysis stage is the most critical stage, and concerns the content of information and the attractiveness of web application design. It analyses and examines the requirements to produce a complete website (Front-End) throughout the development life cycle. This is to ensure that the web-based information is feasible and developed.
- The design stage provides a 'skeleton' to the web-based information where it describes how such a website is to be designed. All necessary design specifications are developed including interface design.
- The implementation stage involves constructing interfaces and implementing codes according to design specifications. The actual program codes that are written may conform to the web standards testing the web-based information systems for quality assurance is also required and must take into consideration the nature of the web.
- The maintenance stage ensures the content of the web-based information systems is dynamically updated and made continuously reliable by reviewing and maintaining the systems.

2.3 Implementation Requirements

In this section we will discuss about the various hardware and software requirements.

2.3.1 Hardware Requirements:

- Processor : intel i3
- Operating System : Windows 10
- Monitor. : 15"colormonitor
- Keyboard : 122keys
- RAM : 4+ GB
- Hardware Devices : Computer System
- Hard disk : 64GB

2.3.2 Software Requirements:

- Technology Implemented : Web development
- Language Used : HTML, CSS, Bootstrap, JavaScript
- Database : FireBase
- User Interface Design : Canva
- Web Browser : Google Chrome/Firefox

2.4 Maintenance

The website involves following Maintenance processes:

- Manage Post
- Manage Topics
- Manage User



CHAPTER-3

TOOLS AND TECHNOLOGY

3.1 Technologies used:

HTML, CSS, JavaScript, Bootstrap

3.1.1 HTML

HTML is the standard markup language for creating WebPages.

What is HTML?

1. HTML stands for Hyper Text Markup Language
2. HTML is the standard markup language for creating WebPages
3. HTML describes the structure of a WebPages
4. HTML consists of a series of elements
5. HTML elements tell the browser how to display the content
6. HTML elements label pieces of content such as "this is a heading", "this is a paragraph", "this is a link" ,etc.



HTML Element

An HTML element is defined by a start tag , some content, and an end tag:

<tag name>Content goes here...</tag name>

The HTML element is everything from the start tag to the end tag:

<h1>My First Heading</h1>

<p>My first paragraph.</p>

HTML Documents

All HTML documents must start with a document type declaration:

<!DOCTYPE html>.

The HTML document itself begins with **<html>** and ends with **</html>**.

The visible part of the HTML document is between **<body>** and **</body>**.



3.1.2 CSS

What is CSS?

- CSS stands for Cascading Style Sheets
- CSS describes how HTML elements are to be displayed on screen, paper, or in other media
- CSS saves a lot of work. It can control the layout of multiple webpages all at once
- External style sheets are stored in CSS files

CSS Syntax

A CSS rule-set consists of a selector and a declaration block:



- The selector points to the HTML element you want to style.
- The declaration block contains one or more declarations separated by semicolons.
- Each declaration includes a CSS property name and a value, separated by a colon.
- Multiple CSS declarations are separated with semicolons, and declaration blocks

Are surrounded by curly braces.



CSS Selectors

CSS selectors are used to "find"(or select) the HTML

elements you want to style. We can divide CSS selectors into

five categories:

- Simple selectors(select elements based on name , Id, class)
- Combinator selectors (select elements based on a specific relationship between them)
- Pseudo-class selectors(select elements based on a certain state)
- Pseudo-elements selectors(select and style a part of an element)
- Attribute selectors(select elements based on an attribute or attribute value)

3.1.3 JavaScript

- JavaScript is the world's most popular programming language.
- JavaScript is the programming language of the Web.
- JavaScript is easy to learn.

JavaScript Can Change HTML Content

One of many JavaScript HTML methods is `getElementById()`.



The example below "finds" an HTML element (withId="demo"), and changes

The element content (innerHTML) to "HelloJavaScript":

```
document.getElementById("demo").innerHTML="HelloJavaScript";
```

JavaScriptValues

The JavaScript syntax defines two types of values:

- Fixed values
- Variable values

Fixed values are called

Literals.

Variable values are called

Variables.

JavaScript Literals

The two most important syntax rules for fixed values are:

1. Numbers are written with or without decimals
2. Strings are text, written within double or single quotes

JavaScript Variables

In a programming language, variables are used to store data values.

JavaScript uses the `var` keyword to declare

variables. An equal sign is used to assign

values to variables.



3.1.4 Bootstrap

Bootstrap is the most popular HTML, CSS, and JavaScript framework for developing responsive ,mobile-first websites.

What is Bootstrap?

- Bootstrap is a free front- end framework for faster and easier web development
- Bootstrap includes HTML and CSS based design templates for typography, forms, buttons, tables, navigation, modals, image carousels and many other, as well as optional JavaScript plug-ins
- Bootstrap also gives you the ability to easily create responsive designs

Why Use Bootstrap?

- Easy to use: Anybody with just basic knowledge of HTML andCSS can start using Bootstrap
- Responsive features: Bootstrap's responsive CSS adjuststo phones, tablets, and desktops
- Mobile-firstapproach:InBootstrap3,mobile-first styles are part of the core framework
- Browser compatibility: Bootstrap is compatible with all modern browsers (Chrome, Firefox, Internet Explorer, Edge,Safari, and Opera)



Bootstrap Grid System

- Bootstrap's grid system allows up to 12 columns across the page.
- Bootstrap's grid system is responsive, and the columns will rearrange automatically depending on the screen size.

Grid Classes

The Bootstrap grid system has four classes:

- **Xs** (for phones-screens less than 768px wide)
- **sm** (for tablets-screen equal to or greater than 768px wide)
- **md** (for small laptops-screen equal to or greater than 992px wide)
- **lg** (for laptops and desktops- screens equal to or greater than 1200px wide)



Basic Structure of a Bootstrap Grid

The following is a basic structure of a Bootstrap grid:

```
<div class="row">
```

```
<div class="col-*.*)"></div>
```

```
<div class="col-*.*)"></div>
```

```
</div>
```



Chapter 4

Back-end Implementation

4.1 Code:

Homepage: index.html

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <link rel="stylesheet"
href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.1/dist/css/bootstrap.min.css"
crossorigin="anonymous">
  <link rel="stylesheet" href="./style.css">
  <link href="https://fonts.googleapis.com/css2?family=Pacifico&display=swap"
rel="stylesheet">

  <link
href="https://fonts.googleapis.com/css2?family=Montserrat:wght@300&display=swap"
rel="stylesheet">
  <link
href="https://fonts.googleapis.com/css2?family=Shadows+Into+Light&display=swap"
rel="stylesheet">
  <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/5.15.3/css/all.min.css"/>
  <title>Eat-o-fit</title>
</head>
<body>
  <div class="containerFluid">
<nav>
  <div class="logo">
    
    <h1>Eat-o-fit</h1>
```

[illegible]

```

</div>
<div class="carousel-item">
  
  <div class="carousel-caption d-none d-md-block">
    <h5>Try it Once!!</h5>
    <p>Experience overall changes after trying for some time</p>
    <div class="slider-btn">
      <a href="./assets/about-us/about-us.html"><button class="btn btn1">
        &nbsp; About Us &nbsp;</button></a>
      <a href="#meals"><button class="btn btn-2">Check Meals</button></a>
    </div>
  </div>
</div>
</div>
</div>
<button class="carousel-control-prev" type="button"
datatarget="#carouselExampleCaptions" data-slide="prev">
  <span class="carousel-control-prev-icon" aria-hidden="true"></span>
  <span class="sr-only">Previous</span>
</button>
<button class="carousel-control-next" type="button" data-
target="#carouselExampleCaptions" data-slide="next">
  <span class="carousel-control-next-icon" aria-hidden="true"></span>
  <span class="sr-only">Next</span>
</button>
</div>
</div>
<div class="section2">
  <div class="article1">
    <h1>
      It's not just food <br>
      <span style="color: royalblue;">It's Lifestyle!!!</span>
    </h1>
    <p>Healthy eating doesn't have to be overly complicated. If you feel
overwhelmed by all the conflicting nutrition and diet advice out there,
      you're not alone. It seems that for every expert who tells you a certain
food is good for you, you'll find another saying exactly the
      opposite. The truth is that while some specific foods or nutrients have
been shown to have a beneficial effect on mood,
      it's your overall dietary pattern that is most important.</p>
    <br>
    <br><br>
    <a
href="https://www.medicinenet.com/what_is_health_and_wellness/article.htm"
target="_blank"><button id="b1">Read More</button></a>
  </div>

  <div class="article2">
    
  </div>

```

```

<div class="article3">
  <ul>
    <li><ion-icon name="checkmark-outline" id="icon">
      </ion-icon>Diet plans</li>
    <li><ion-icon name="checkmark-outline" id="icon">
      </ion-icon>Different menu</li>
    <li><ion-icon name="checkmark-outline" id="icon">
      </ion-icon>Flexibility of plans</li>
    <li><ion-icon name="checkmark-outline" id="icon">
      </ion-icon>Free from refined sugars</li>
    <li><ion-icon name="checkmark-outline" id="icon">
      </ion-icon>Meal plans for all gender</li>
  </ul>
</div>

```

```

</div>
<div class="section3">
  <h5>Our Benefits</h5>
  <h1>Why Choose Us?</h1>
  <p>Eat-o-fit is not a diet system that promotes cleanses, pills, preserved foods
or any kind of disordered eating habits.
  We're all about wholesome & nourishing foods that make you feel the best version
of yourself.</p>

```

```

<div class="block">
  <div class="box1">
    <div class="image">
      
    </div>
    <h3>Health Plans</h3>
    <p>
      We provide health and diet plans for all ages and genders to get you in
shape
    </p>
  </div>
  <div class="box1">
    <div class="image">
      <br>
    </div>
    <h3>Correct Information</h3>
    <p>

```

```

The data provided is verified and up to date to provide customer the best service
  </p>
</div>
<div class="box1">
  <div class="image">
    

```

```

    </div>
    <h3>Preservative Free</h3>

    <p>
        Your ultimate plan for eating clean without added preservatives
    </p>
</div>
</div>

<a name="meals"></a>
<div class="section4">

    <div class="container2">
        <h5>Want something healthy?</h5>
        <h1>Check our Meal Plans</h1>
        <ul>
            <li><a href="./mealtml/meal_plans.html" class="meal1">
                Weight Loss Meal Plan</a></li>
            <li><a href="./mealtml/keto.html" class="meal2">Keto Meal Plan</a></li>
            <li><a href="./mealtml/athletic.html" class="meal2">
                Atheletic Meal Plan</a></li>
            <li><a href="./mealtml/maintenance.html" class="meal3">
                Maintenance Meal Plan</a></li>
        </ul>

        <div class="card-1">
            <div class="card1">
                
            </div>
            <div class="card2">
                <h2>Weight Loss Meal Plan</h2>
                <h5 style="color: olivedrab;">1200-1400 kcal</h5>
                <p>
                    If your aim is to lose weight in a gradual, healthy manner then this diet
                    would meet your requirements.
                    The meals are well balanced and consist of complex carbohydrates, lean
                    protein
                </p>
                <a href="./mealtml/meal_plans.html"><button class="read">Learn
                more</button></a>
            </div>
        </div>
    </div>
</div>
</div>
<div class="section5">

    <h1>Still Not Convinced ???</h1>
    <button class="week">Try One-Week Plan</button>
    <div class="pop-image">
        <span>&times;</span>

```

```

</div>
</div>
<div class="section6">

    <h1>Try Some Exercises!</h1>
    <button class="week1">Watch our video</button>

    <button class="week1">Watch our video</button>

    <button class="week1">Watch our video</button>

<div class="trailer">
    <video src="./assets/screen-capture.webm" controls="true"></video>
    <span class="close">&times;</span>
</div>
</div>
<div class="section7">
    <h4>Check out our</h4>
    <h1>User Diaries</h1>
    <div class="testcards">
        <div class="row">
            <div class="col">
                <div class="testcard">
                    
                    <div class="name">
                        Bonnie Bennet
                    </div>
                    <div class="stars">
                        <i class="fas fa-star"></i>
                        <i class="fas fa-star"></i>
                        <i class="fas fa-star"></i>
                        <i class="fas fa-star"></i>
                        <i class="fas fa-star"></i>
                    </div>
                    <p>Lorem ipsum, dolor sit amet consectetur adipisicing elit. Quos molestias, unde reprehenderit quo veniam consectetur at animi ab incidunt culpa suscipit inventore ullam harum omnis.</p>

                </div>
            </div>
            <div class="col">
                <div class="testcard">
                    
                    <div class="name">
                        Bode Locke
                    </div>

```



```

        <div class="stars">
            <i class="fas fa-star"></i>
            <i class="fas fa-star"></i>
            <i class="fas fa-star"></i>
            <i class="far fa-star"></i>
            <i class="far fa-star"></i>

        </div>
        <p>Lorem ipsum, dolor sit amet consectetur adipisicing elit. Quos molestias, unde reprehenderit quo veniam consectetur at animi ab incidunt culpa suscipit inventore ullam harum omnis.</p>
    </div>
</div>
<div class="col">
    <div class="testcard">
        
        <div class="name">
            Hailey Marshall
        </div>
        <div class="stars">
            <i class="fas fa-star"></i>
            <i class="fas fa-star"></i>
            <i class="fas fa-star"></i>
            <i class="fas fa-star"></i>
            <i class="far fa-star"></i>
        </div>
        <p>Lorem ipsum, dolor sit amet consectetur adipisicing elit. Quos molestias, unde reprehenderit quo veniam consectetur at animi ab incidunt culpa suscipit inventore ullam harum omnis.</p>
    </div>
</div>
</div>
</div>
</div>
</div>
</div>
<div class="container1">
    <footer>
        <div class="waves">
            <div class="wave" id="wave1"></div>
            <div class="wave" id="wave2"></div>
            <div class="wave" id="wave3"></div>
            <div class="wave" id="wave4"></div>
        </div>
        <ul class="social-icons">
            <li><a href="#"><ion-icon name="logo-facebook"></ion-icon> </a></li>
            <li><a href="#"><ion-icon name="logo-instagram"></ion-icon></a></li>
            <li><a href="#"><ion-icon name="logo-twitter"></ion-icon></a></li>
            <li><a href="#"><ion-icon name="logo-linkedin"></ion-icon></a></li>
        </ul>
    </footer>
</div>

```

```

    <ul class="menu">
      <li><a href="./index.html">Home</a></li>
      <li><a href="./assets/about-us/about-us.html">About</a></li>
      <li><a href="./signin.html">Register</a></li>
      <li><a href="./assets/about-us/team.member.html">Team</a></li>
      <li><a href="./signin.html">Login</a></li>
    </ul>
    <p>
      &copy;&nbsp; 2021 Eat-o-fit | All rights reserved
    </p>
  </footer>
</div>
</div>
<script type="text/javascript">
  const button = document.querySelector(".week1");
  const close = document.querySelector(".close");
  const trailer = document.querySelector(".trailer");
  const video = document.querySelector("video");

  button.addEventListener('click', ()=>{
    trailer.style.visibility = "visible";
    trailer.style.opacity = 1;
  });
  close.addEventListener('click', ()=>{
    trailer.style.visibility = "hidden";
    trailer.style.opacity = 0;

    video.pause();
    video.currentTime = 0;
  });

  document.querySelectorAll('.section5 button').forEach(button => {
    button.onclick = () => {
      document.querySelector('.pop-image').style.display = 'block';
    }
  });
  document.querySelector('.pop-image span').onclick = () => {
    document.querySelector('.pop-image').style.display = 'none';
  }
</script>
<script type="module"
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.esm.js"></script>
<script nomodule
src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.js"></script>
<script src="https://cdn.jsdelivr.net/npm/jquery@3.5.1/dist/jquery.slim.min.js"
></script>

```

```
<script
src="https://cdn.jsdelivr.net/npm/bootstrap@4.6.1/dist/js/bootstrap.bundle.min.js"
crossorigin="anonymous"></script>
<!-- chatbot -->

<script src="https://www.gstatic.com/dialogflow-
console/fast/messenger/bootstrap.js?v=1"></script>
<df-messenger
  intent="WELCOME"
  chat-title="Eat-O-Fit"
  agent-id="e57be360-97bf-4ff3-89a5-a5424de64630"
  language-code="en"
></df-messenger>

<style>
  df-messenger {
    --df-messenger-bot-message: #878fac;
    --df-messenger-button-titlebar-color: #df9b56;
    --df-messenger-chat-background-color: #fafafa;
    --df-messenger-font-color: white;
    --df-messenger-send-icon: #878fac;
    /* --df-messenger-height:var(34px); */
    --df-messenger-user-message: #479b3d;

  }
</style>

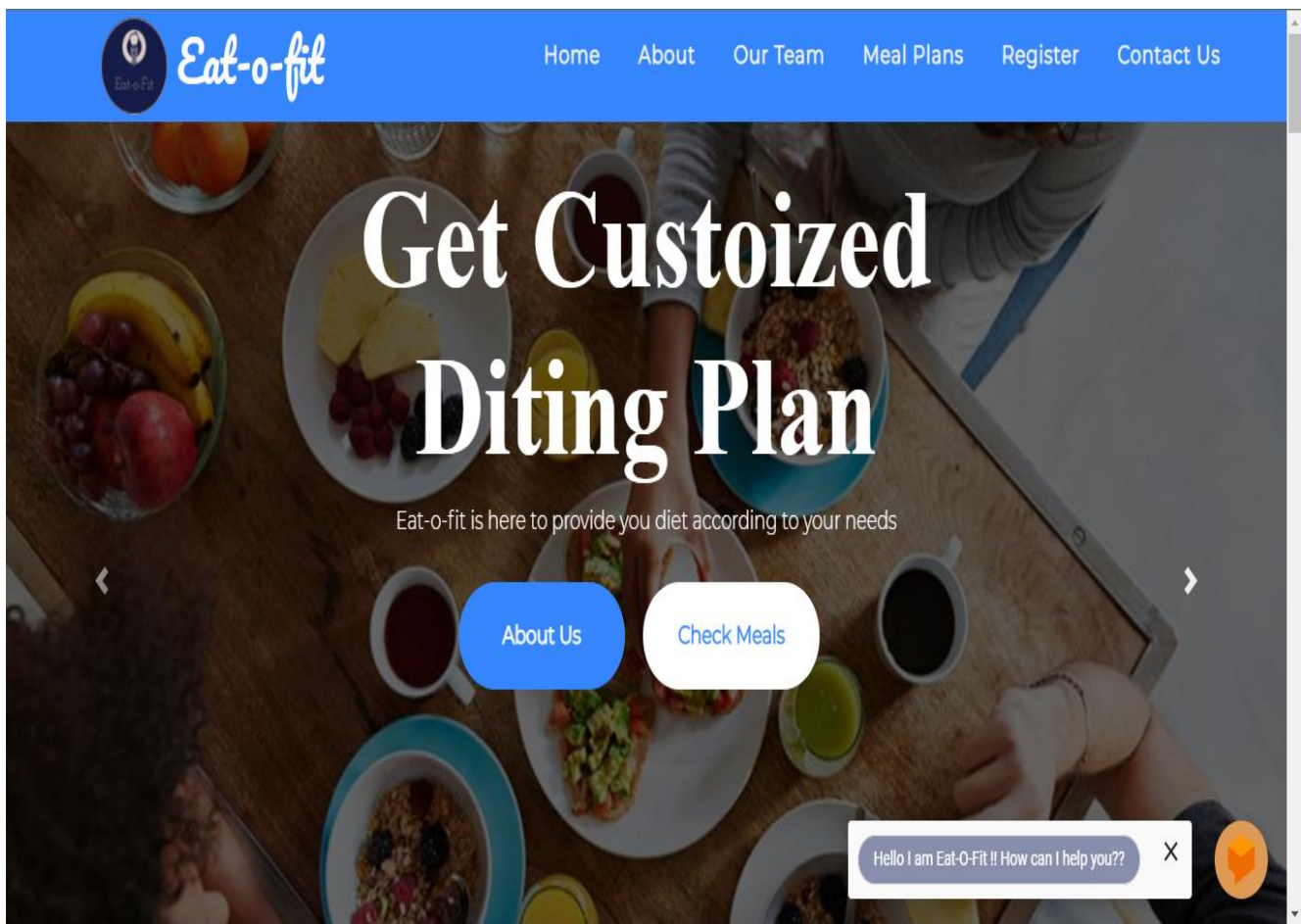
</body>
</html>
```



CHAPTER-5

5.1 Result

Home Page:



Our Benefits

Why Choose Us?

Eat-o-fit is not a diet system that promotes cleanses, pills, preserved foods or any kind of disordered eating habits. We're all about wholesome & nourishing foods that make you feel the best version of yourself.



Health Plans

We provide health and diet plans for all ages and genders to get you in shape



Correct Information

The data provided is verified and up to date to provide customer the best service



Preservative Free

Your ultimate plan for eating clean without added preservatives

Hello I am Eat-O-Fit !! How can I help you??



Try Some Exercises!

Watch our video

Watch our video

Watch our video

Hello I am Eat-O-Fit !! How can I help you??




Categories:

Want something healthy?

Check our Meal Plans

Weight Loss Meal Plan Keto Meal Plan Athletic Meal Plan Maintenance Meal Plan



Weight Loss Meal Plan

1200-1400 kcal

If your aim is to lose weight in a gradual, healthy manner then this diet would meet your requirements. The meals are well balanced and consist of complex carbohydrates, lean protein

[Learn more](#)

Hello I am Eat-O-Fit !! How can I help you??

It's not just food It's Lifestyle!!!

Healthy eating doesn't have to be overly complicated. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. The truth is that while some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important.




- ✓ Diet plans
- ✓ Different menu
- ✓ Flexibility of plans
- ✓ Free from refined sugars
- ✓ Meal plans for all gender


[Read More](#)

Hello I am Eat-O-Fit !! How can I help you??

Login:

Login

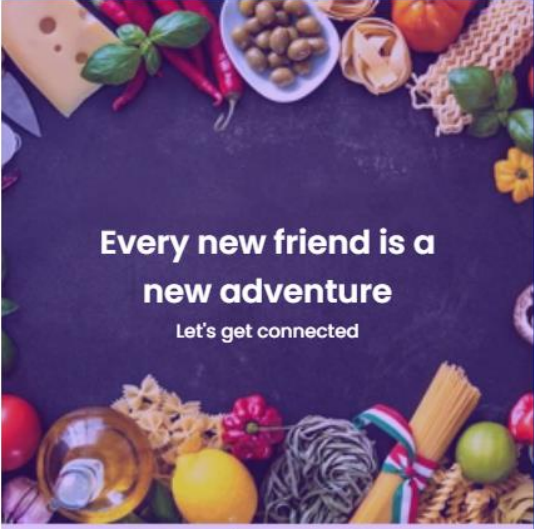
 Enter your email

 Enter your password

[Forgot password?](#)

Submit

Don't have an account? [Sign up now](#)







Every new friend is a
new adventure

Let's get connected

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Feedback:

Feedback



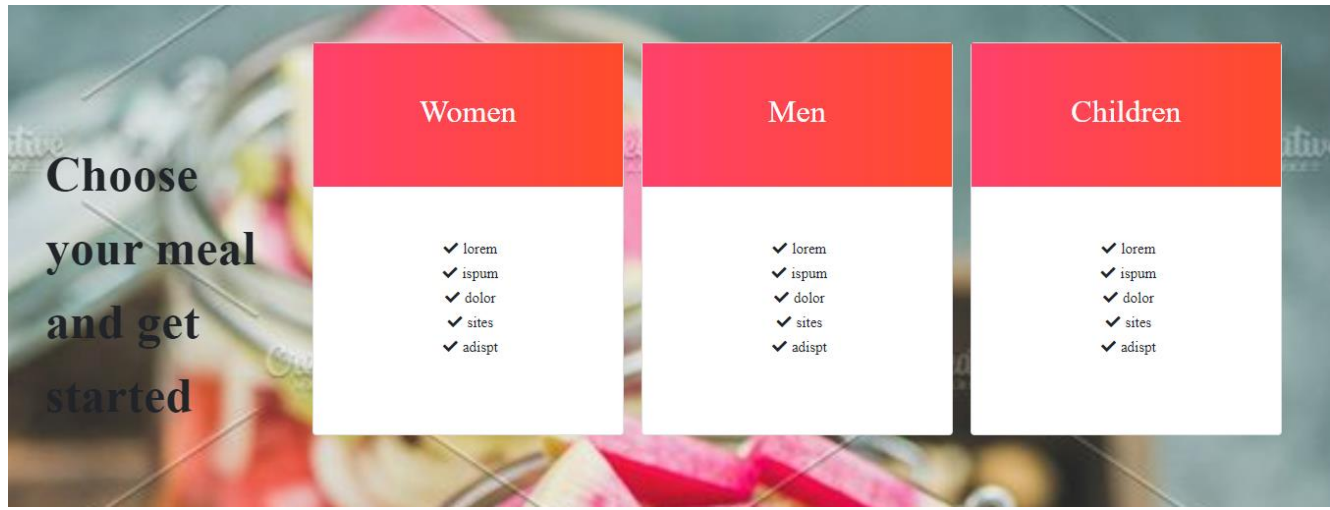
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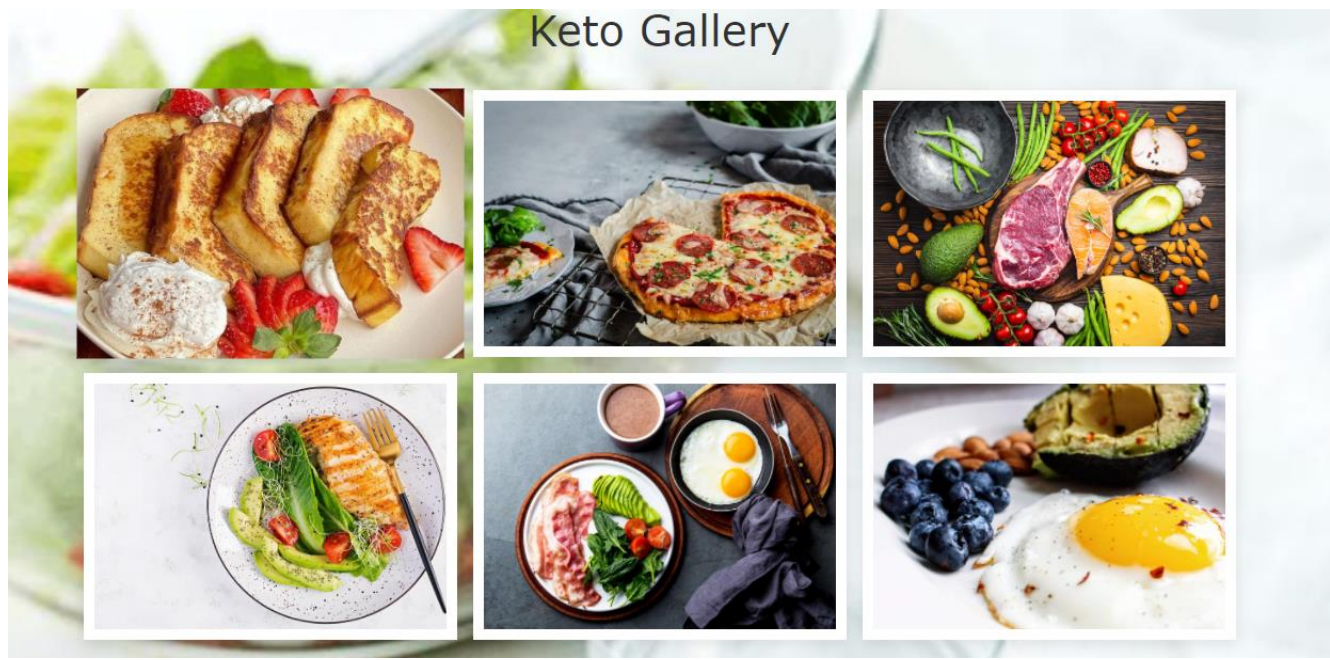
Give suggestions:

Send

Meal Plans:



Our Gallery:



One Week Plan:

One Week Clean Eating Plan

Weekly Clean Eating Schedule

Day	7am	10pm	12pm	3pm	5pm	8pm
Sunday	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Tuesday	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Wednesday	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Thursday	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Friday	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Saturday	Breakfast	Snack	Lunch	Snack	Dinner	Snack

Breakfasts (Pick 2)

- 1/2 cup Oatmeal
- 3 boiled Eggs
- 1/2 cup Ezekiel Cereal with 1/2 cup Almond Milk
- 1/2 Grapefruit
- 1 Banana
- 3 slices Turkey Bacon
- Greek Yogurt

Lunches

- Tuna salad on Wheat
- Grilled Chicken Salad
- Stuffed Bell Peppers
- Lemon Pepper Fish
- Apple Walnut Chicken Salad
- Grilled Chicken Wrap

Dinners

- Baked Tilapia with Broccoli & Green Beans
- Grilled Pork Chops with Baked Sweet Potato
- 6 oz. Grilled Sirloin with Baked Squash Slices
- Kashi Pizza

Snacks

- Apple with 1 tbsp. peanut butter
- Carrots & hummus
- Fresh fruits
- Fruit Smoothie
- Nuts
- Greek Yogurt

Hello I am Eat-O-Fit !! How can I help you??

Our team:

OUR TEAM

MEET OUR TELENATED TEAM MEMBER

PRIYA

Web Developer

Lorem ipsum dolor sit amet,

SAKSHI GARG

Web Developer

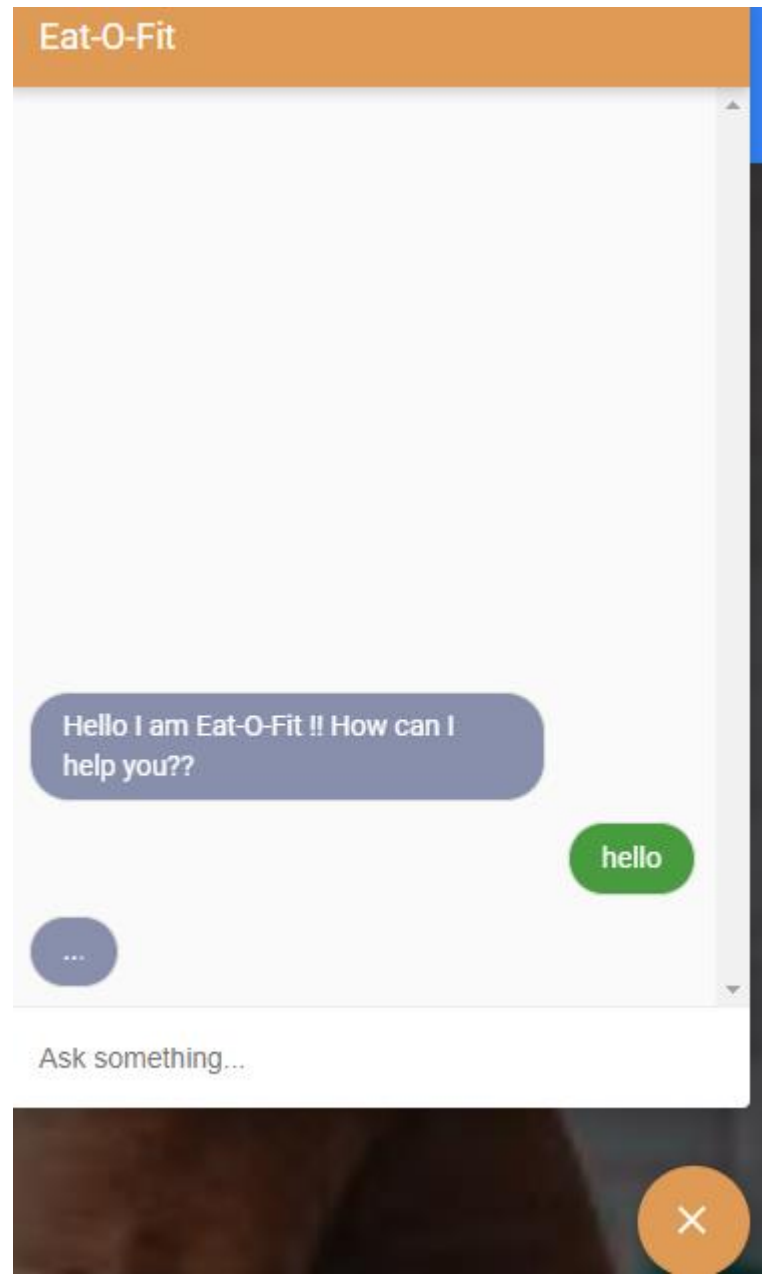
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SHUBHI AGRAWAL

Web Developer

Lorem ipsum dolor sit amet,

Chatbot:



5.2 Conclusion

This project is only a humble venture to satisfy the need of balanced diet and exercise

in daily life especially after pandemic . Several user friendly coding have also adopted. This package shall prove to be a powerful package in satisfying all the requirements of the organization. The objective of software planning is to provide a frame work that enables the manager to make reasonable estimates made within a limited time frame at the beginning of the software project and should be updated regularly as the project progresses.

This website provides a computerized version of diet planning management for people of different age groups according their problems. It makes entire process online where users can search diet and exercise according their age group. It also has a facility for common user by login into the system where user can login and can also get advice from good dietician or give some suggestions. It provide the facility of admin's login where admin can add their suggestions , review diet that how much it and also add info about different disease for the next user.

5.3 References

- www.beta-labs.in
- <https://www.w3schools.com>
- <https://stackoverflow.com>
- www.wikipedia.org

- <https://github.com/>
- www.Fitmeal.co.in
- www.youtube.com

