

Name: food

- Account system, saves current plan's progress
- choosing fitness plan
  - current weight, height, workout intensity, body fat?
  - Gain, lose, maintain
  - Macro: protein, carb, fat
    - Keep track of daily calories left base on equations
    - User can manually subtract by entering food name and nutrient
- searching recipes fitting each macro within chosen fitness plan
  - can subtract from daily macro
- search recipes without default constraint
  - base on calorie/macro/type of food
  - can choose to add to current plan/subtract from daily macro
- keep track of what user subtract from macro on a daily basis
- user can save favorite recipes

implemented using ionic, firebase