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