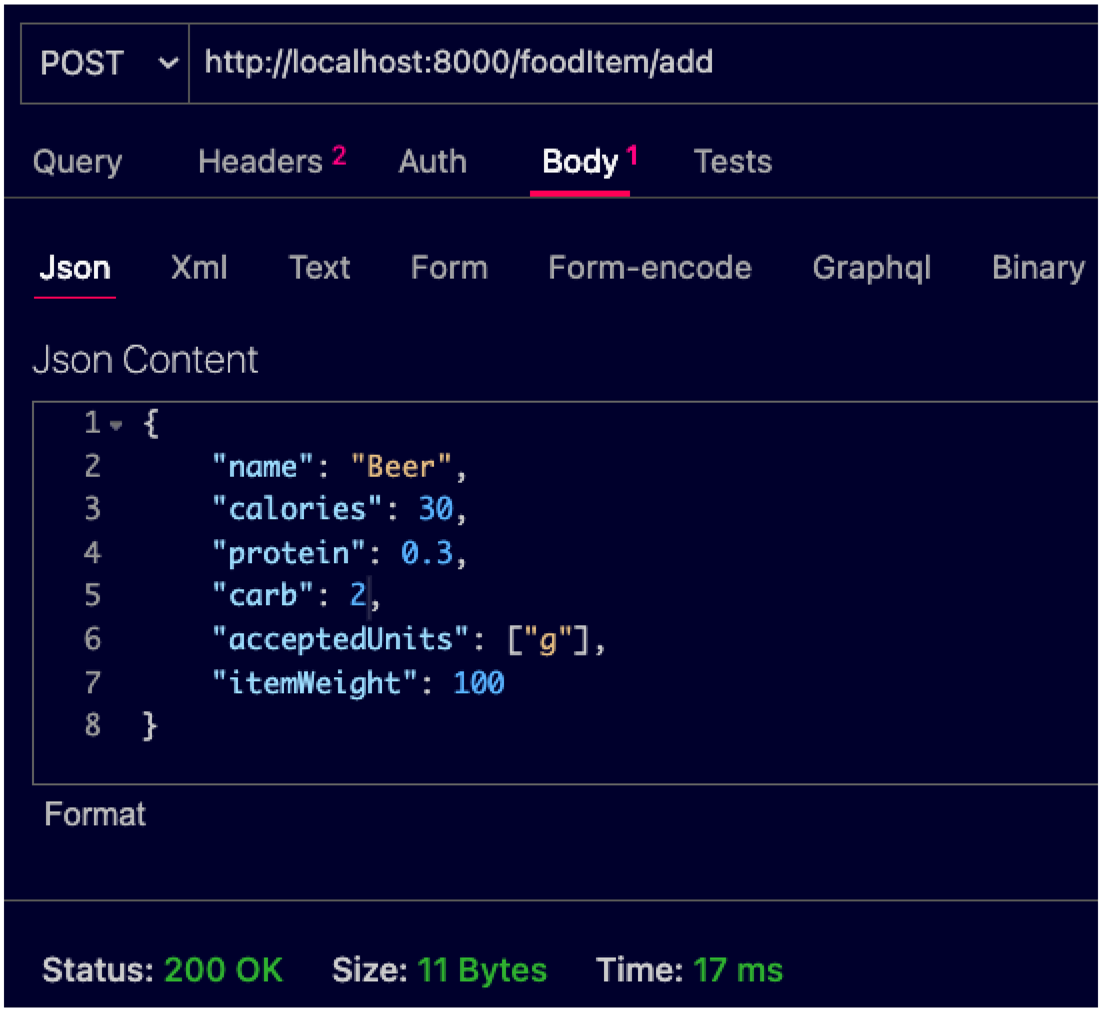
To run the code, do the following -

1. Clone the repository and go inside the folder
2. Run the command “npm install”
3. Run the command “npm start”

1. Adding food items using POST API

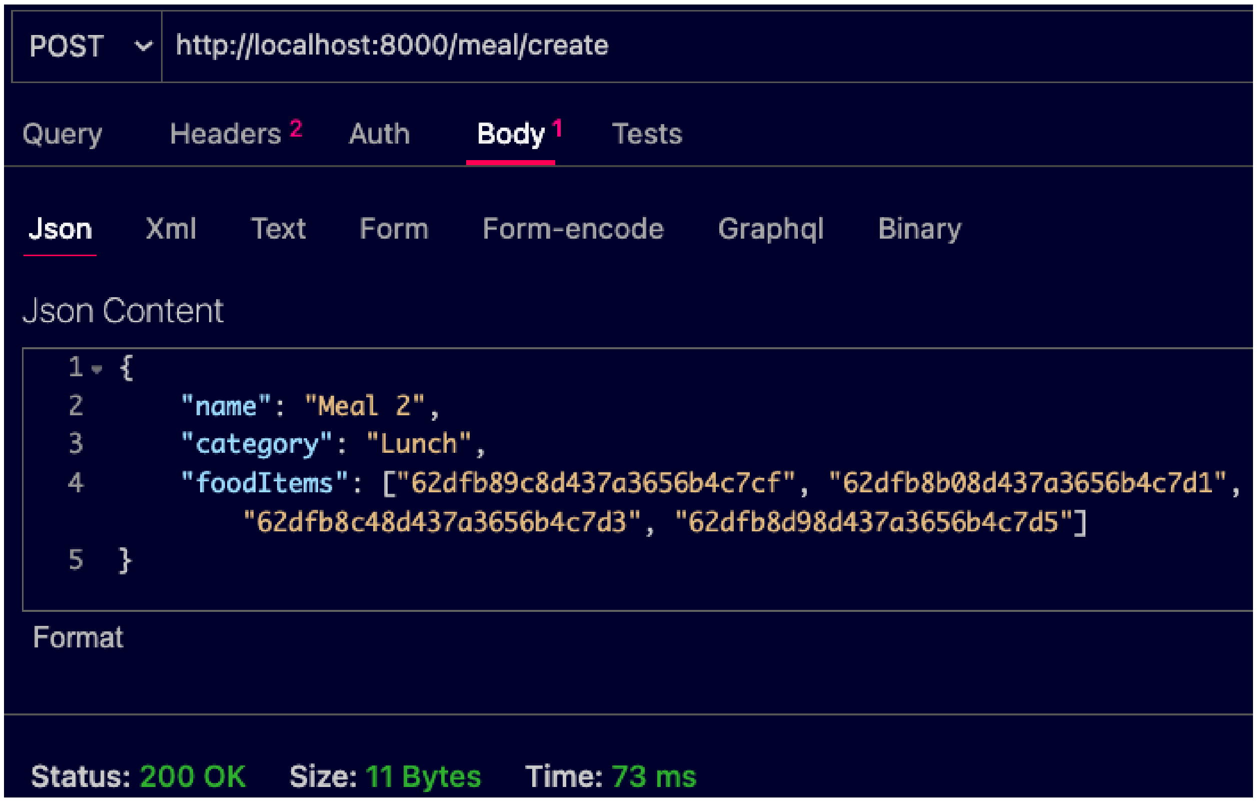


```
http://localhost:8000/foodItem/add
```

```
{
    "name": "Beer",
    "calories": 30,
    "protein": 0.3,
    "carb": 2,
    "acceptedUnits": ["g"],
    "itemWeight": 100
}
```

```
Status: 200 OK    Size: 11 Bytes    Time: 17 ms
```

2. Creating meals by referencing food items into the meal items array using POST API

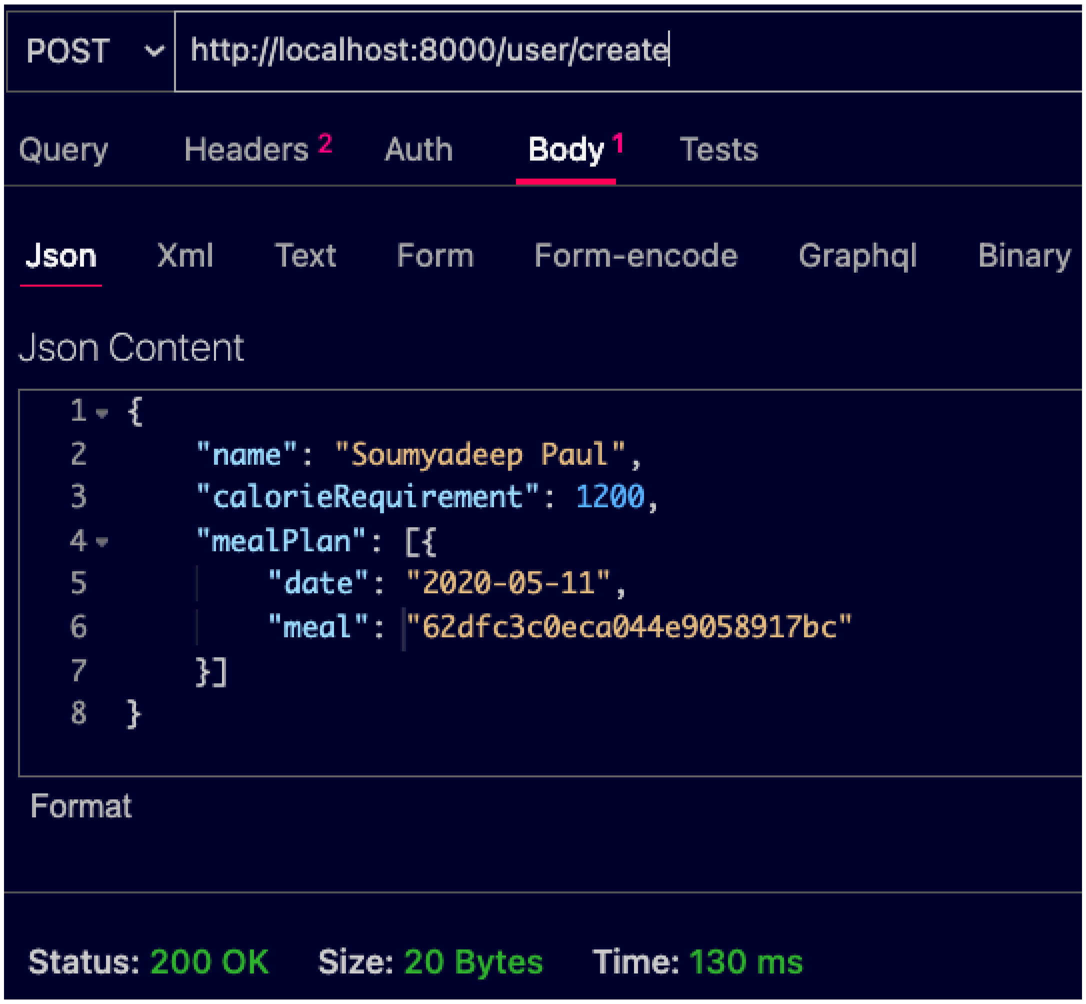


http://localhost:8000/meal/create

```
{
    "name": "Meal 2",
    "category": "Lunch",
    "foodItems": ["62dfb89c8d437a3656b4c7cf", "62dfb8b08d437a3656b4c7d1",
        "62dfb8c48d437a3656b4c7d3", "62dfb8d98d437a3656b4c7d5"]
}
```

Status: 200 OK   Size: 11 Bytes   Time: 73 ms

3. Creating user using dummy data using POST API

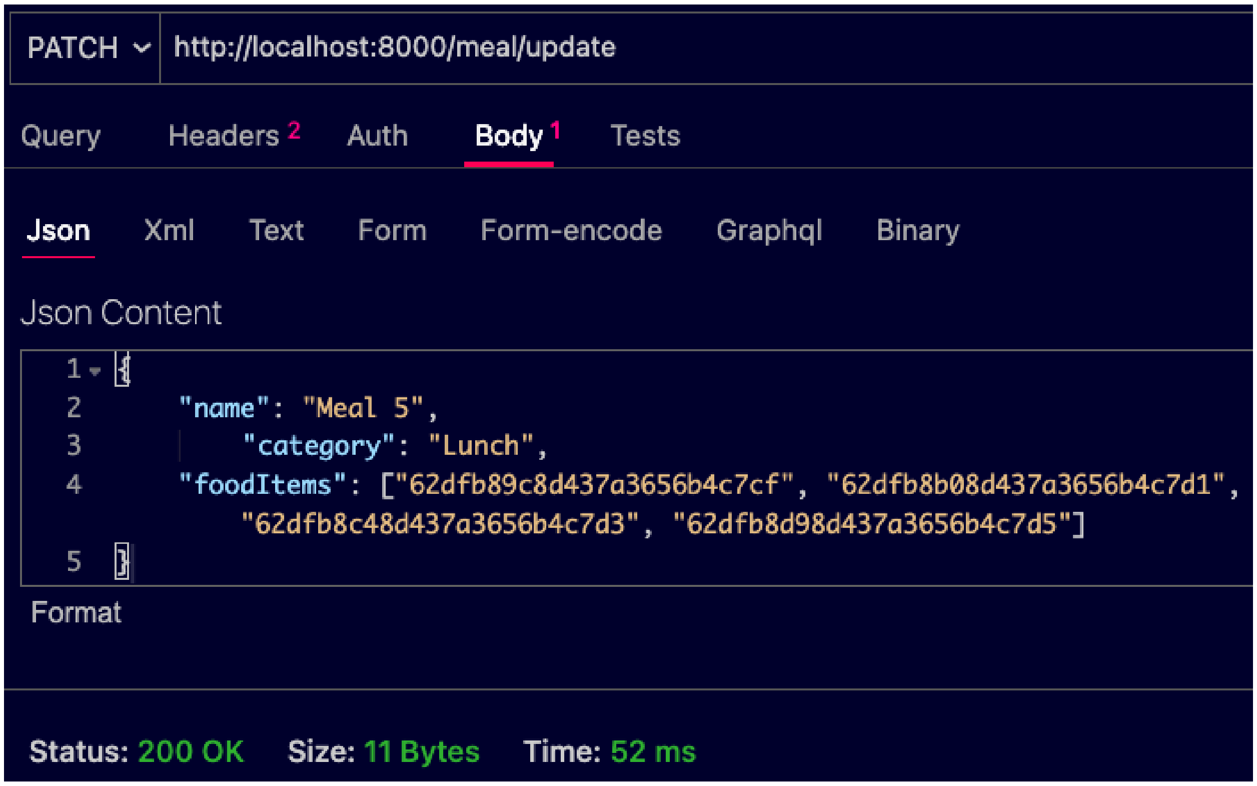


http://localhost:8000/user/create

```
{
    "name": "Soumyadeep Paul",
    "calorieRequirement": 1200,
    "mealPlan": [{
        "date": "2020-05-11",
        "meal": "62dfc3c0eca044e9058917bc"
    }]
}
```

Status: 200 OK   Size: 20 Bytes   Time: 130 ms

4. Updating meals using PATCH API



```
http://localhost:8000/meal/update
```

```
{
    "name": "Meal 5",
        "category": "Lunch",
    "foodItems": ["62dfb89c8d437a3656b4c7cf", "62dfb8b08d437a3656b4c7d1",
        "62dfb8c48d437a3656b4c7d3", "62dfb8d98d437a3656b4c7d5"]
}
```

Status: 200 OK Size: 11 Bytes Time: 52 ms