

FitFork User Guide

Your AI-Powered Food & Health Companion

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Quick Start Guide

Get up and running with FitFork in just 5 minutes!

Step 1: Set Up Your Profile

1. Open FitFork and tap **Profile** in the bottom navigation
2. Enter your basic info (name, age, gender)
3. Set your height and current weight
4. Choose your activity level and weight goal

Step 2: Configure API Keys (For AI Features)

1. Go to **Settings** → **API Settings**
2. Add your **Google Gemini API Key** for AI food scanning
3. Optionally add **Spoonacular API Key** for recipe browsing

Step 3: Start Tracking!

- Scan food with the camera icon
- Log meals manually in the diary
- Track weight on the weight page
- Browse recipes for meal inspiration

Step 4: Enable Cloud Sync (Optional)

1. Go to **Settings** → **Cloud Sync**
2. Sign in with your account
3. Your data will sync automatically across devices

Key Features Overview

Feature	Description
AI Food Scanner	Point your camera at any food for instant nutrition analysis
Food Diary	Log meals, track calories, macros, and nutrition daily
Recipe Browser	Discover recipes from Spoonacular & TheMealDB
Recipe Ratings	Rate and save your favorite recipes
Weight Tracker	Monitor weight progress with visual charts

Smart Goals Feature	Set personalized calorie and macro targets
Water Tracking	Monitor daily water intake
Cloud Sync	Backup and sync data across devices
Progress Dashboard	7-day swipeable progress overview
Data Export	Export your data in JSON or CSV format

Getting Started

Installing FitFork

FitFork is a Progressive Web App (PWA), which means you can install it like a native app:

On Mobile (iOS):

1. Open FitFork in Safari
2. Tap the **Share** button (square with arrow)
3. Scroll down and tap "Add to Home Screen"
4. Tap "Add" to confirm

On Mobile (Android):

1. Open FitFork in Chrome
2. Tap the three-dot menu (⋮)
3. Tap "Add to Home Screen" or "Install App"
4. Confirm the installation

On Desktop (Chrome/Edge):

1. Open FitFork in your browser
2. Click the **install** icon in the address bar (or menu)
3. Click "Install"

First-Time Setup

1. **Profile Setup:** Enter your personal details for accurate calorie calculations
2. **Set Goals:** Configure your daily calorie and macro targets
3. **API Keys:** Add API keys for AI features (see Connecting Services section)

Food Diary & Tracking

Logging Meals

There are multiple ways to log your meals:

Method 1: AI Camera Scan

1. Tap the **camera icon** 📸 on the home screen or diary
2. Point at your food and capture
3. Review the AI analysis
4. Tap "Add to Diary" to log it

Method 2: Manual Entry

1. Go to **Diary** page
2. Tap the "+" button
3. Search for food or enter manually
4. Enter nutrition info and portion size
5. Select meal type (Breakfast, Lunch, Dinner, Snack)
6. Save the entry

Method 3: From Recipes

1. Open a saved recipe
2. Tap "**Log as Meal**"
3. Adjust serving size if needed
4. Confirm to add to diary

Viewing Your Diary

- **Daily View:** See all meals for the selected day
- **Nutrition Summary:** View total calories and macros at the top
- **Progress Bars:** Visual indicators show progress toward goals
- **Date Navigation:** Tap arrows or swipe to change dates

Editing & Deleting Entries

- **Edit:** Tap on any meal entry to modify it
- **Delete:** Swipe left on an entry or tap the delete icon

AI Food Scanner

How It Works

FitFork uses Google's Gemini AI to analyze food photos and estimate nutritional content.

Setting Up the Scanner

1. Go to **Settings → API Settings**
2. Enter your **Google Gemini API Key**
 - Get one free at: makersuite.google.com
3. Save the key
4. The camera feature is now ready!

Using the Scanner

1. **Open Camera:** Tap the camera icon from home or diary
2. **Capture Food:** Take a clear photo of your meal
3. **Wait for Analysis:** AI processes the image (2-5 seconds)
4. **Review Results:** See identified foods and nutrition breakdown
5. **Adjust if Needed:** Modify portions or nutrition values
6. **Add to Diary:** Confirm to log the meal

Tips for Best Results

Do:

- Use good lighting (natural light is best)
- Capture the entire plate/food item
- Take photos from directly above
- Keep the camera steady

Avoid:

- Blurry or dark photos
- Partial food in frame
- Multiple mixed dishes (scan separately)
- Extreme angles

Recipe Management

Browsing Recipes

FitFork connects to two recipe databases:

1. **Spoonacular** - Comprehensive recipe database with nutrition info
2. **TheMealDB** - Free recipe database with meal categories

Using Spoonacular (Requires API Key)

1. Go to **Settings → API Settings**
2. Add your Spoonacular API key
 - Get one at: spoonacular.com/food-api
3. Go to **Recipes** page
4. Browse or search recipes
5. View full nutrition information

Using TheMealDB (Free, No Key Required)

1. Go to **Recipes** page

2. Switch to **TheMealDB** tab
3. Browse by category or search
4. Note: Basic nutrition info only

Saving Recipes

1. Find a recipe you like
2. Tap the **heart icon** ❤ or "Save Recipe"
3. The recipe is added to your **Saved Recipes**
4. Access saved recipes from the Recipes page carousel

Rating Recipes

1. Open a saved recipe
2. Tap the **star rating** ⭐
3. Select 1-5 stars
4. Ratings help sort your favorites

Creating Custom Recipes

1. Go to **Recipes** → **Create**
2. Enter recipe name and details
3. Add ingredients with nutrition info
4. Add cooking instructions
5. Save your custom recipe

⚖️ Weight Tracking

Logging Weight

1. Go to the **Weight** page (scale icon)
2. Tap the "+" button
3. Enter your current weight
4. Optionally add notes
5. Save the entry

Viewing Progress

- **Chart View:** Visual graph of weight over time
- **History List:** All weight entries with dates
- **Statistics:** See trends, averages, and progress

Setting Weight Goals

1. Go to **Profile** → **Goals**
2. Set your **target weight**
3. Choose your goal type:
 - **Lose Weight:** Calorie deficit
 - **Maintain:** Balance calories
 - **Gain Weight:** Calorie surplus
4. FitFork adjusts your daily calorie target accordingly

🍽 Goals & Nutrition

Setting Daily Goals

1. Go to **Goals** page or **Profile** → **Daily Goals**
2. Set targets for:
 - **Calories** (kcal)
 - **Protein** (g)
 - **Carbohydrates** (g)
 - **Fat** (g)
 - **Fiber** (g)
 - **Sugar** (g)
 - **Water** (glasses/ml)

Auto-Calculated Goals

FitFork can calculate recommended goals based on:

- Your age, gender, height, weight
- Activity level (sedentary to very active)

- Weight goal (lose, maintain, gain)

To use auto-calculation:

1. Complete your **Profile** information
2. Go to **Goals**
3. Tap "**Calculate Recommended**"
4. Review and save the suggested values

Tracking Progress

- **Home Dashboard:** See today's progress at a glance
- **Progress Page:** 7-day swipeable overview
- **Diary:** Daily breakdown with progress bars

Cloud Sync & Backup

What Gets Synced

- Food diary entries
- Saved recipes
- Weight history
- Water intake
- Goals and profile
- App settings

Setting Up Cloud Sync

1. Go to **Settings** → **Cloud Sync**
2. Sign in or create an account
3. Enable **Auto Sync**
4. Your data syncs automatically!

Manual Sync

1. Go to **Settings** → **Connected Devices**
2. Tap "**Sync Now**"
3. Wait for sync to complete

Using Multiple Devices

1. Install FitFork on your other device
2. Sign in with the same account
3. Your data appears automatically!

Connecting Services

Google Gemini (AI Food Scanner)

What it does: Powers the AI food recognition and nutrition analysis

How to connect:

1. Visit makersuite.google.com
2. Sign in with your Google account
3. Click "**Create API Key**"
4. Copy the key
5. In FitFork: **Settings** → **API Settings** → **Gemini API Key**
6. Paste and save

Cost: Free tier includes generous usage limits

Spoonacular (Recipe Database)

What it does: Provides access to 5,000+ recipes with full nutrition data

How to connect:

1. Visit spoonacular.com/food-api
2. Click "**Start Now**" and create an account
3. Get your API key from the dashboard
4. In FitFork: **Settings** → **API Settings** → **Spoonacular API Key**

5. Paste and save

Cost: Free tier = 150 requests/day

Supabase (Cloud Sync)

What it does: Enables cloud backup and multi-device sync

How to connect:

1. Visit supabase.com
2. Create a free account and project
3. Go to **Settings → API** in Supabase dashboard
4. Copy your Project URL and anon/public key
5. In FitFork: **Settings → API Settings**
6. Enter Supabase URL and Key
7. Run the database schema (provided in app docs)

Cost: Free tier includes 500MB database

Strava (Fitness Tracking)

What it does: Imports your workouts and exercise data

How to connect:

1. Go to **Settings → Connected Devices or Fitness**
2. Tap "**Connect Strava**"
3. Sign in to your Strava account
4. Authorize FitFork
5. Your activities will sync automatically

Cost: Free (requires Strava account)

Google Fit (Coming Soon)

What it does: Syncs steps, workouts, and health data

Status: Integration in development

☰ Data Export

Exporting Your Data

1. Go to **Settings → Export Data**
2. Select what to export:
 - Meals & Food Diary
 - Recipes
 - Weight History
 - Water Intake
 - Goals & Profile
3. Choose format: **JSON** or **CSV**
4. Tap "**Export**"
5. File downloads to your device

Export Formats

JSON: Best for backups and importing to other apps

- Complete data structure
- Easy to parse programmatically

CSV: Best for spreadsheets and analysis

- Opens in Excel, Google Sheets
- Human-readable format
- Full nutrition details included

☰ Tips & Tricks

Faster Food Logging

1. Use the camera for quick logging - faster than manual entry
2. Save frequent meals as recipes for one-tap logging
3. Copy previous days if you eat similar meals

Accurate Tracking

1. Log as you eat - don't wait until end of day
2. Use a food scale for precise portions
3. Adjust AI estimates if portions differ

Staying Motivated

1. Check the dashboard daily - visual progress helps!
2. Set realistic goals - small deficits are sustainable
3. Don't stress over single days - focus on weekly averages
4. Celebrate milestones - weight goals, streaks, etc.

Battery & Performance

1. Enable offline mode - works without internet
2. Sync periodically rather than constantly
3. Clear old diary entries if app feels slow

☒ Troubleshooting

Camera Not Working

Problem: Camera doesn't open or shows black screen

Solutions:

1. Check browser camera permissions
2. Ensure no other app is using the camera
3. Try refreshing the page
4. On iOS: Use Safari (Chrome has camera limitations)

AI Scan Fails

Problem: "Analysis failed" or no results

Solutions:

1. Check your Gemini API key is valid
2. Ensure you have internet connection
3. Try a clearer, well-lit photo
4. Check API quota hasn't been exceeded

Cloud Sync Not Working

Problem: Data not syncing between devices

Solutions:

1. Check internet connection
2. Verify Supabase credentials are correct
3. Try manual sync in Settings → Connected Devices
4. Ensure you're signed in on both devices
5. Check Supabase dashboard for errors

Recipes Not Loading

Problem: Recipe search returns no results

Solutions:

1. Check Spoonacular API key (if using Spoonacular)
2. Try TheMealDB tab (no key required)
3. Check internet connection
4. Verify API quota hasn't been exceeded

App Running Slow

Problem: App feels sluggish or unresponsive

Solutions:

1. Clear browser cache
 2. Close other browser tabs
 3. Restart the browser
 4. Try reinstalling the PWA
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Data Lost

Problem: Diary entries or recipes disappeared

Solutions:

1. Check if you're viewing the correct date
 2. Try refreshing the page
 3. If using cloud sync, try manual sync
 4. Check if data exists on another device
 5. Restore from exported backup if available
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✉ Getting Help

If you can't find an answer here:

1. **In-App Help:** Settings → Help Center
 2. **Email Support:** support@fitfork.app
 3. **FAQ:** Check the Help Center for common questions
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✉ Thank You!

Thank you for using FitFork! We're committed to helping you achieve your health and nutrition goals.

Happy tracking! ☺

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