

DietBase Business Requirements

1. Implement real-time updates to food inventories and grocery lists, allowing users to see what they currently have and what they need instantly.
2. Include an advanced formula to calculate a user's maintenance calories based off their height, age, weight, and gender.
3. Implement a system to add up total calories, protein, fats, and carbs input by an account for a day. The system will then give feedback if they met their met their caloric goal or not.
4. Include precise calculations of calories, proteins, fats, and carbs when the user puts an entry into their diet log that is based on how many servings was input and what the nutritional information says.
5. Manage how long users are logged during a session, which includes both a login date and time, and a logout date and time.
6. Provide users with the ability to track their progress on their weight gain or weight loss journeys by allowing them to put multiple weight log entries.
7. Provide a way for users to filter foods by a food tag that will help the user fulfill their specific nutritional needs.
8. Provide searching for users to efficiently find specific foods, medications, supplements, and recipes to put into their diet logs.
9. Allow for users to track their past and present goals. This includes a starting date and a complete by date, as well as a title and description.
10. Implement system to register new users only with unique usernames and emails.

11. Allow users to edit their account settings to adjust their location, languages, measurement system, time zone, and main goal.
12. Implement notification system that will notify users to drink water, keep up with their nutrition goals, take medication, or exercise.
13. Incorporate a system for accounts to receive new recipes that they might want to try based off the entries in their diet log.
14. Implement an algorithm to match current entries in a user's food inventory to a recipe that the user can make.
15. Implement a system where a user can put in their dietary restrictions and allergies, so that they won't get recommended foods and recipes that these allergies and recipes restrict them from having.