

# Calories And Meal 🍔

## Objectives

The application has 3 main parts: setting health goals by calculating the BMR (Basal Metabolic Rate), adding foods to the weekly planning, and the planning itself. The principle of the application is to help you better manage your health and your meals, by planning your meals according to the calories in each dish.

## Team

- Maryline FERNANDES
- Vincent DOMINGUES
- Timothée LEFEBVRE

## Architecture

The application has been developed using the React Native Javascript framework. Each screen has its own file in the "screens" folder:

- screens/FoodDatabaseScreen.js
- screens/HealthGoalsScreen.js
- screens/MealPlanningScreen.js

## Libraries used

We've used several librairies to complete this project such as:

- React Navigation (bottom-tabs)
- RNPicker (picker with a better styling)
- Material UI
- MaterialCommunityIcons

## Results

Our screens work the way we wanted them to. We wanted a minimalist design, using the "Material UI" component library.

## Difficulties

A major difficulty we had to face was the time constraint. We were overloaded with all the projects requested by the ESIEE teachers. In the end, we're offering you a finished product, but one that could have been much better if we'd had more time.

## Screenshots

### Health Goals (BMR calculation)

Health goals

YOUR AGE :

Enter your age

YOUR GENDER :

Select your gender

YOUR HEIGHT :

Enter your height in cm

YOUR WEIGHT :

Enter your weight in kg

YOUR ACTIVITY LEVEL :

Select your activity level

YOUR GOAL :

Select your goal

SHOW MY BMR

Health goals Food database Meal Planning

21:41

Health goals

YOUR AGE :

21

YOUR GENDER :

Male

YOUR HEIGHT :

19

YOUR WEIGHT :

Enter your weight in kg

YOUR ACTIVITY LEVEL :

Sedentary

YOUR GOAL :

Weight loss

SHOW MY BMR

Health goals Food database Meal Planning


**Invalid inputs**

You should complete all inputs to discover your BMR.

OK

### Health goals


YOUR AGE :

 21


YOUR GENDER :

Male

YOUR HEIGHT :

 190



YOUR WEIGHT :

 95

YOUR ACTIVITY LEVEL :

Light exercise

YOUR GOAL :

  Done

Select your activity level



Sedentary

Light exercise

Moderate exercise


Heavy exercise

21:41

  61

### Health goals


YOUR AGE :

 21


YOUR GENDER :

Male

YOUR HEIGHT :

 190

YOUR WEIGHT :


 95




YOUR ACTIVITY LEVEL :

Sedentary

YOUR GOAL :

Weight loss

 SHOW MY BMR

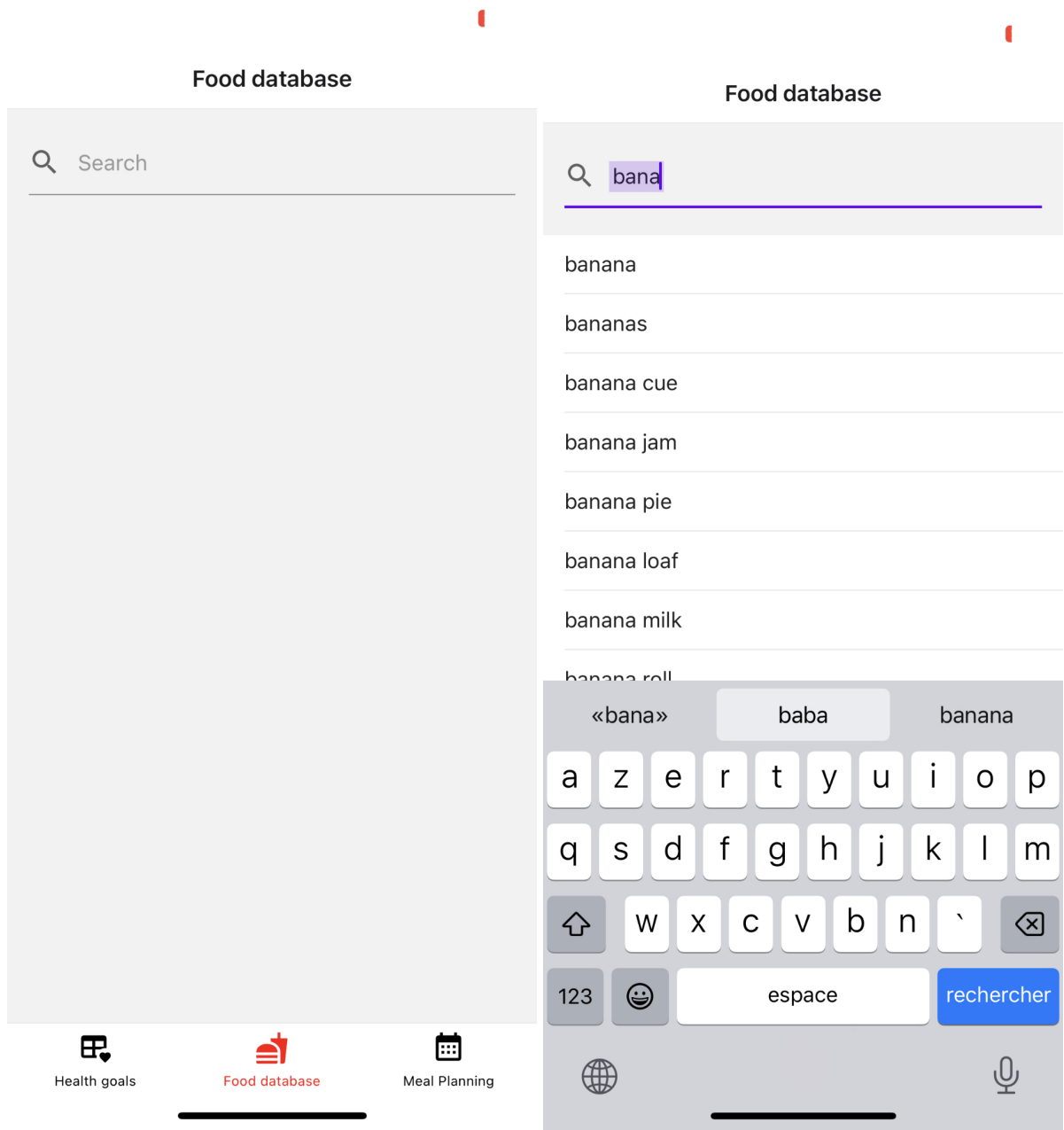
    
Health goals Food database Meal Planning

Your BMR

After numerous calculations,  
your BMR is : 2084.404  
calories/day

OK

Food Database





Banana  
Calories: 89  
Carbohydrates: 22.8  
Protein: 1.09  
Fat: 0.33

ADD CANCEL

Quantity:

1

Meal:

Day :

Breakfast

Select the day

SAVE CANCEL

^ v

Done

Select the meal

Breakfast

Lunch

Dinner

Meal Planning

Meal Planning

Monday

Breakfast  
Nom: Apple  
Quantité: 2  
Calories: 25  
Nom: Egg  
Quantité: 1  
Calories: 25

Lunch  
Nom: Apple  
Quantité: 2  
Calories: 25  
Nom: Egg  
Quantité: 1  
Calories: 25

Dinner  
Nom: Apple  
Quantité: 2  
Calories: 25  
Nom: Egg  
Quantité: 1  
Calories: 25

Snack  
Nom: Apple  
Quantité: 2  
Calories: 25  
Nom: Egg  
Quantité: 1  
Calories: 25

Health goals

Food database

Meal Planning

Meal Planning

Breakfast  
Nom: Apple  
Quantité: 2  
Calories: 38  
Nom: Egg  
Quantité: 1  
Calories: 39

Lunch  
Nom: Apple  
Quantité: 2  
Calories: 25  
Nom: Egg  
Quantité: 1  
Calories: 25

Dinner  
Nom: Apple  
Quantité: 2  
Calories: 25  
Nom: Egg  
Quantité: 1  
Calories: 25

Snack  
Nom: Apple  
Quantité: 2  
Calories: 25  
Nom: Egg  
Quantité: 1  
Calories: 25

Total Calories of the day: 227  
Total Calories (All Meals): 1498

Health goals

Food database

Meal Planning