

Your Weekly Diet

What you eat, when, and what's in it

Every time a person eats, there will be a log event with a type (Breakfast, Lunch, Brunch, Dinner, Snack) and day/time

The body of that log event will be the different foods that were eaten at that time. Each food will have:

- Name
- Calories
- Food group
- Carbohydrates
- Protein
- Fat
- Sugar
- Salt (Sodium)
- ...

Visualize a week's worth of meals