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)

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Visualize a week’s worth of meals