**Personalized nutrition and training system**

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A balanced diet and consistent physical activity are key to maintaining a healthy lifestyle, yet many individuals struggle to plan meals and workouts effectively. This project presents a Personalized Nutrition and Training System, a web-based application designed to provide users with customized meal plans, workout programs, and calorie-tracking tools. By leveraging advanced algorithms and a user-friendly interface, the system tailors recommendations based on individual preferences, dietary restrictions, and fitness goals

Keywords: calorie tracking, fitness, meal planning, nutrition, training