

AddDietTracking

Adding Meal Plans

How it Works

1. Setup a standard user account. In your control panel, make it a staff account.
2. Sign into that staff user account, then track a food item you wish to add to the meal plan.
3. At the point where you would assign an item to a meal, you can instead add it to a new meal plan or an existing meal plan.
4. Repeat until all your meal plans are made.

Just Crack An Egg Protein Packed Scramble Kit
Serving Size: 1 Bowl
Calories: 240



Staff Only: Add to a Meal Plan

Add to: Sample Meal Plan

New Meal Plan Name (if none selected above). Letters, numbers, space and dash only.

Optional. Add to an existing meal plan or start a new meal plan.

Tips and Tricks

- Meal plans can consist of database foods, entered foods, recipes and your own foods that you've uploaded on the control panel.
- Meal plans are displayed in the Meal Plans tab when planning or tracking foods.
- Meal plans can also be added to your custom page by adding the tag.
- Additional meal plan options are located in your control panel, under the "Foods, Exercises and Videos" tab. From there, you have these options:
 - Turn meal plan visibility on or off
 - Hide the meal plans from standard users while you are working on them
 - Rename meal plans
 - Copy a meal plan
 - Group a meal plans into categories

