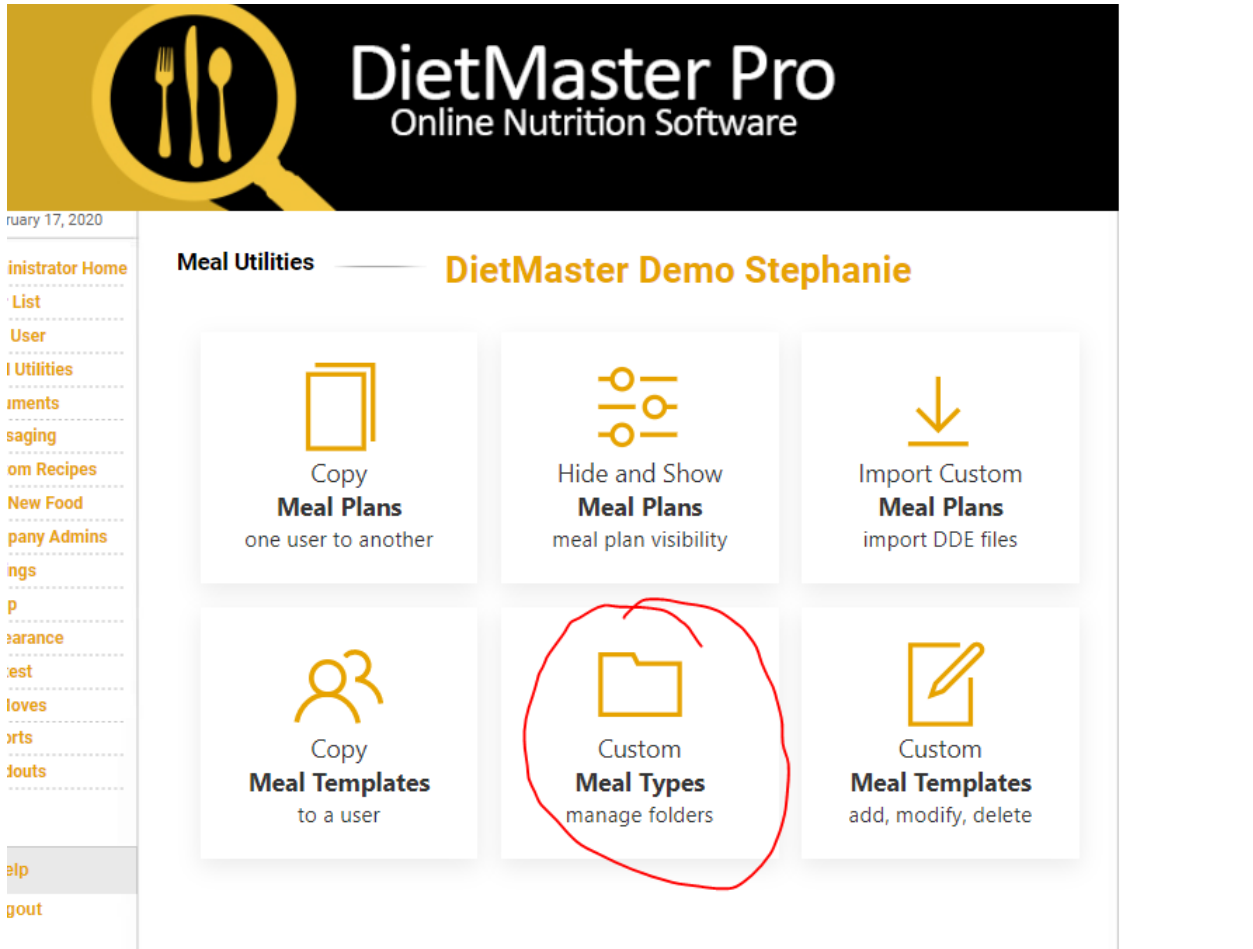


Creating a meal template from scratch:

## Meal Utilities

- 1) First create a Meal Type



The screenshot displays the DietMaster Pro Online Nutrition Software interface. At the top, there is a header with a logo of a magnifying glass over a fork, knife, and spoon, and the text "DietMaster Pro Online Nutrition Software". Below the header, the page title is "Meal Utilities" followed by "DietMaster Demo Stephanie".

The main content area features six utility cards arranged in a 2x3 grid:

- Copy Meal Plans**: one user to another
- Hide and Show Meal Plans**: meal plan visibility
- Import Custom Meal Plans**: import DDE files
- Copy Meal Templates**: to a user
- Custom Meal Types**: manage folders (This card is circled in red in the original image)
- Custom Meal Templates**: add, modify, delete

A left-hand navigation menu is visible, listing various options such as "Administrator Home", "List", "User", "Meal Utilities", "Meal Plans", "Meal Templates", "Meal Types", "Meal Recipes", "New Food", "Company Admins", "Reports", "Settings", "Help", and "Logout".

2) Name it and save it



February 17, 2020

[Administrator Home](#)

[Meal List](#)

[User](#)

[System Utilities](#)

[Meal Plans](#)

[Meal Logging](#)

[Meal Recipes](#)

[New Food](#)

[Company Admins](#)

[Settings](#)

[Help](#)

[Appearance](#)

[Logout](#)

[Meal Plans](#)

[Reports](#)

[Meal Plans](#)

[Help](#)

[Logout](#)

## Custom Meal Type



Title:

Description:

Carbohydrate Ratio:  %

Protein Ratio:  %

Fat Ratio:  %

[Return to Custom Meal Type List](#)

3) Create a meal template:

February 17, 2020

Administrator Home

Meal Utilities — DietMaster Demo Stephanie

- Copy Meal Plans: one user to another
- Hide and Show Meal Plans: meal plan visibility
- Import Custom Meal Plans: import DDE files
- Copy Meal Templates: to a user
- Custom Meal Types: manage folders
- Custom Meal Templates: add, modify, delete

- 4) Name it and choose the desired calorie range. The start and end calorie numbers should coincide with the calorie recommendation for a client that you wish to have assigned to this plan (1300 calorie plan)



February 17, 2020

- Administrator Home
- Users List
- User
- Utilities
- Meal Plans
- Meal Logging
- Meal Recipes
- New Food
- Company Admins
- Settings
- Reports
- Help
- Logout

## Custom Meal Template

Title:

Meal Type:    
 [Add New Meal Type](#)

Calories/KJ:

Description:

Calorie/KJ Range Start:  ?

Calorie/KJ Range End:  ?

Active:

[Return to Custom Templates List](#)

Meal List

5) Save



February 17, 2020

- Administrator Home
- List
- User
- Utilities
- Reports
- Diagnosing
- Common Recipes
- New Food
- Company Admins
- Settings
- Help
- Logout

## Custom Meal Template

Title:

Meal Type:  [Add New Meal Type](#)

Calories/KJ:

Description:

Calorie/KJ Range Start:  ?

Calorie/KJ Range End:  ?

Active:

[Return to Custom Templates List](#)

Meal List

6) Add the desired meal days

Meal Type: New Meal type tester - (C=60%, P=20%, F=20%) ▾  
[Add New Meal Type](#)

Calories/KJ:

Description:

Calorie/KJ Range Start:  ?

Calorie/KJ Range End:  ?

Active:

Successfully Saved

[Return to Custom Templates List](#)

[Preview Template](#)

---

**Meal List**  
[Add New Meal](#)

Day	Name	Copy	Delete	Order
-----	------	------	--------	-------

7) Start adding foods to your meals:

17, 2020

ator Home

ties

ts

g

ecipes

Food

Admins

ce

### Custom Template Meal

Meal Name (Optional) :

Label

Breakfast **Snack 1** Lunch Snack 2 Dinner Snack 3

Meal Note:

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats	
------	-------	---------	------	------	-------	------	--

[Return to Custom Template](#)

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8) Once you are done with this day return to custom template to add more days

Meal Name (Optional) :

Label

**Breakfast**

Meal Note:

Food	Srvgs	Measure	Cals	Prot	Carbs	Fats	
Egg, whole, cooked, hard-boiled	1.00	1 large	77.50	6.29	0.56	5.30	<a href="#">Edit</a> <a href="#">Exchange</a> <a href="#">Delete</a>
Totals for Meal			77.50	6.29	0.56	5.30	
Totals for Day			77.50	6.29	0.56	5.30	

**■ Fat (65%)**  
**■ Protein (32%)**  
**■ Carbs (3%)**  
**■ Alcohol (0%)**

**■ Recommended Calories ( 1 )**  
**■ Total Calories ( 78 )**

[Return to Custom Template](#)

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- aging
- om Recipes
- New Food
- any Admins
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- lp
- out

Meal Type: New Meal type tester - (C=60%, P=20%, F=20%) ▼

[Add New Meal Type](#)

Calories/KJ: 1300

Description:

Calorie/KJ Range Start: 1200 ?

Calorie/KJ Range End: 1401 ?

Active:

Save Template Info

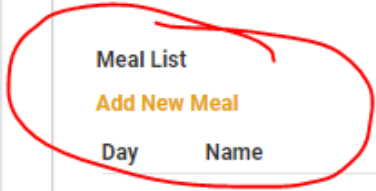
[Return to Custom Templates List](#)

[Preview Template](#)

**Meal List**

[Add New Meal](#)

Day	Name	Copy	Delete	Or
Day 1		<a href="#">Copy</a>	<a href="#">Delete</a>	



9) Return to custom template list and repeat steps 3-8 for additional calorie ranges:

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icipes  
ood  
Admins  
e

**Title:**

**Meal Type:**  [Add New Meal Type](#)

**Calories/KJ:**

**Description:**

**Calorie/KJ Range Start:**  ?

**Calorie/KJ Range End:**  ?

**Active:**

[Save Template Info](#)

[Return to Custom Templates List](#)

[Preview Template](#)

---

**Meal List**

[Add New Meal](#)

Day	Name	Copy	Delete	Order
Day 1		Copy	Delete	