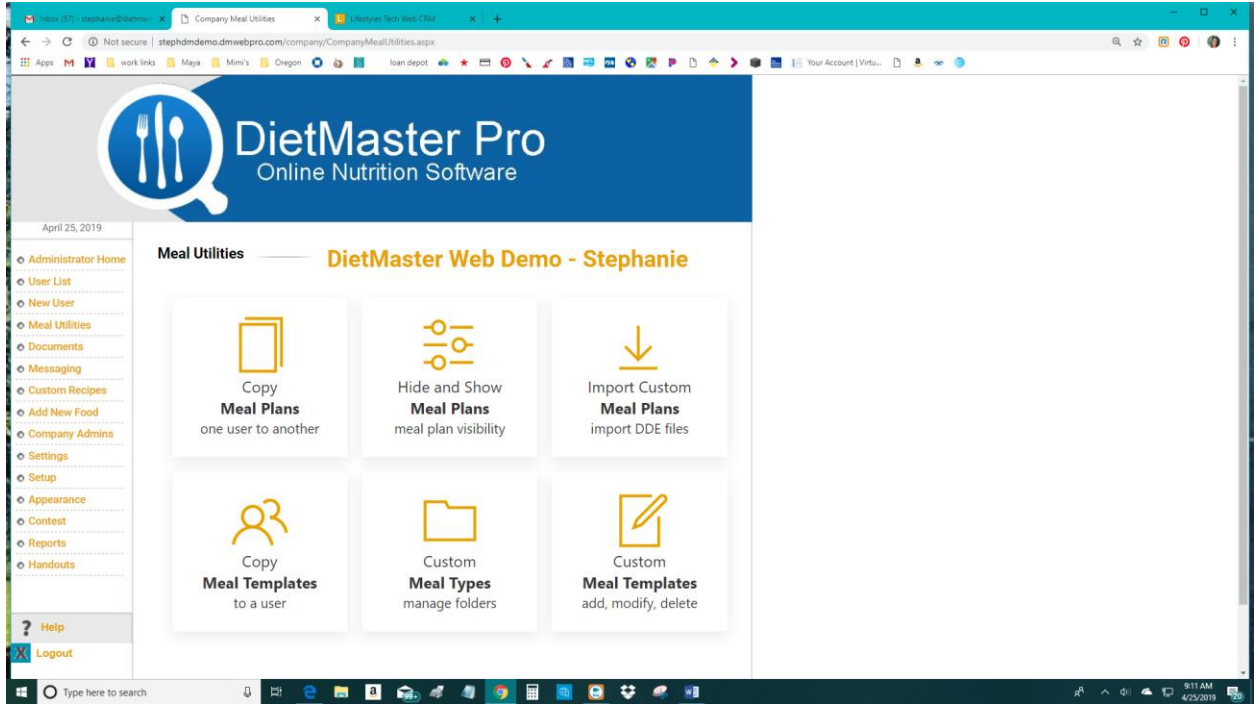


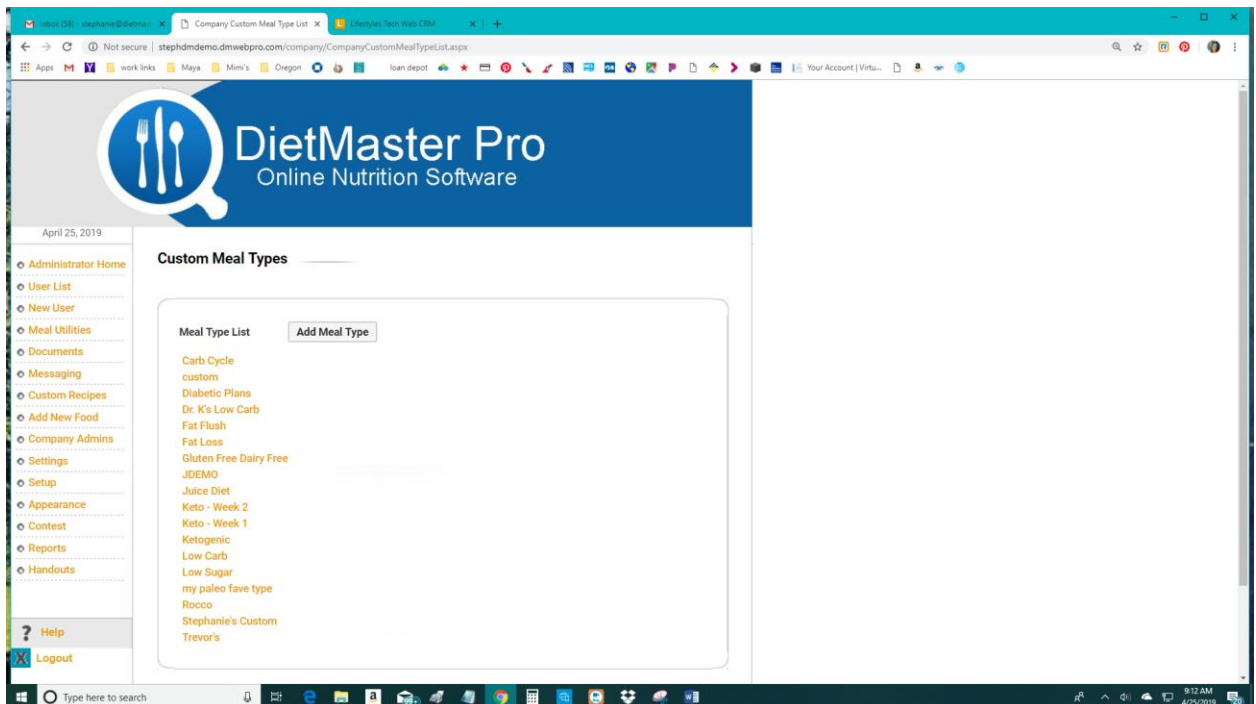
Creating a Meal Plan by copying an existing DietMaster Plan. Once copied you will be able to modify this plan as your own.

1. Create a meal type –

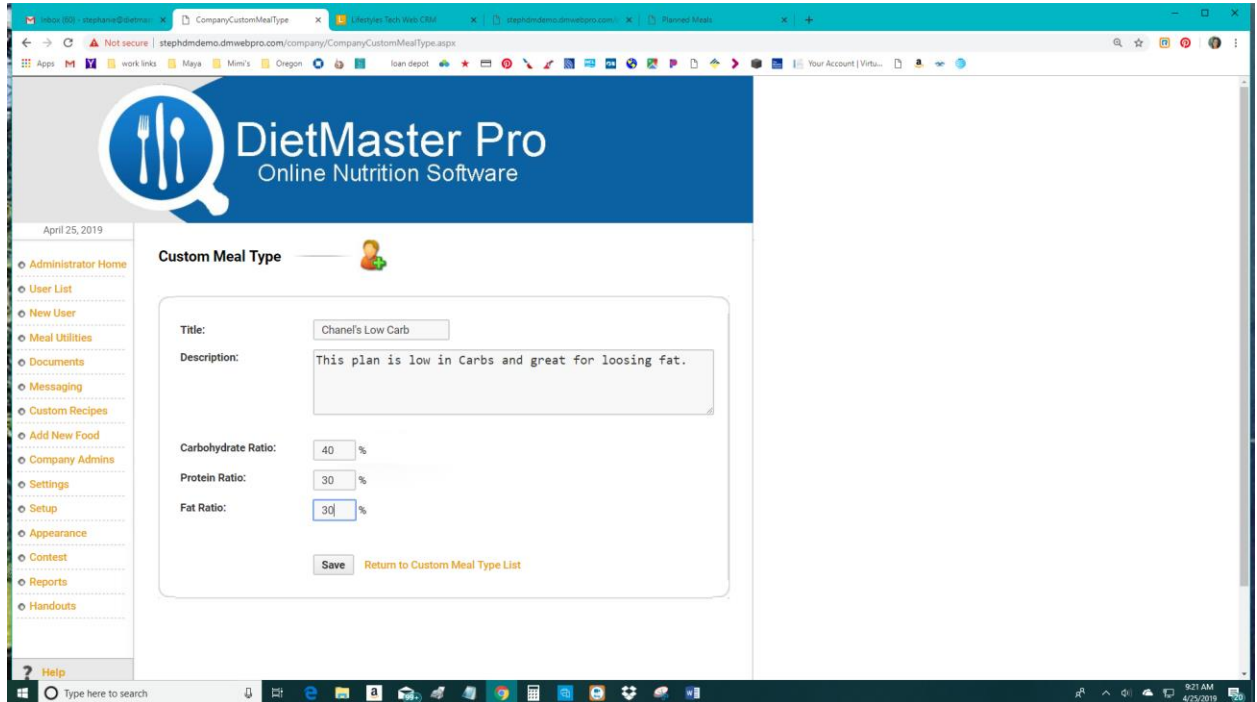
- **Meal Utilities**
- **Custom Meal Types**



- **Add Meal Type**

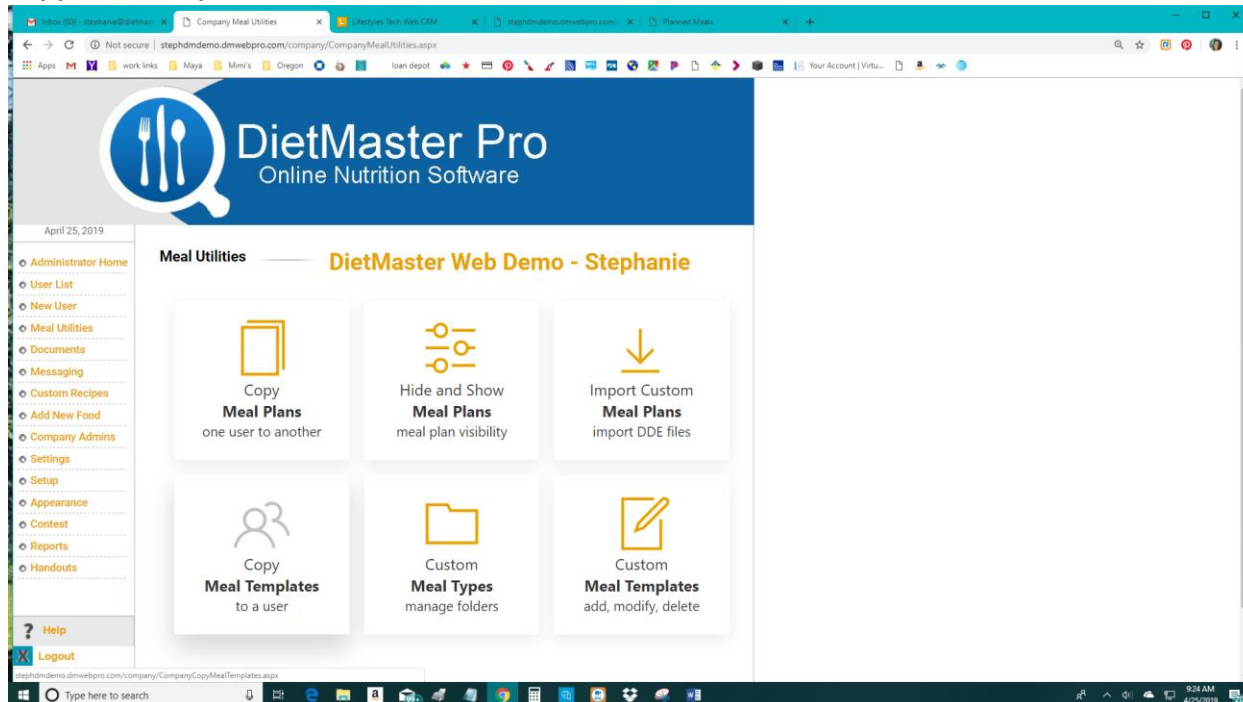


- Enter the Title Of Your Meal Type – this is the *folder* that your will put in all of the calorie ranges of your meal type. In this example below, the meal type is “Chanel’s Low Carb” Within this folder, there will be several meal templates which you will also call “Chanel’s Low Carb” with the individual calorie ranges.

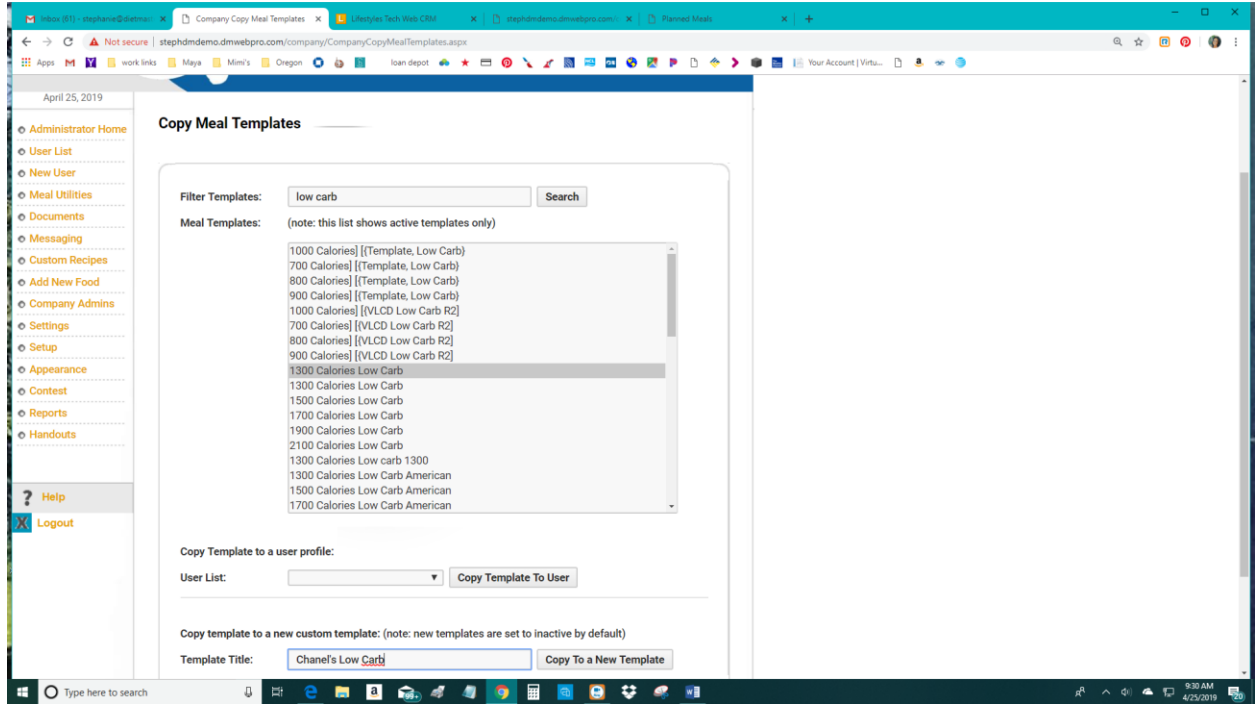


- **Save**
2. Now you will create each calorie range for this folder.

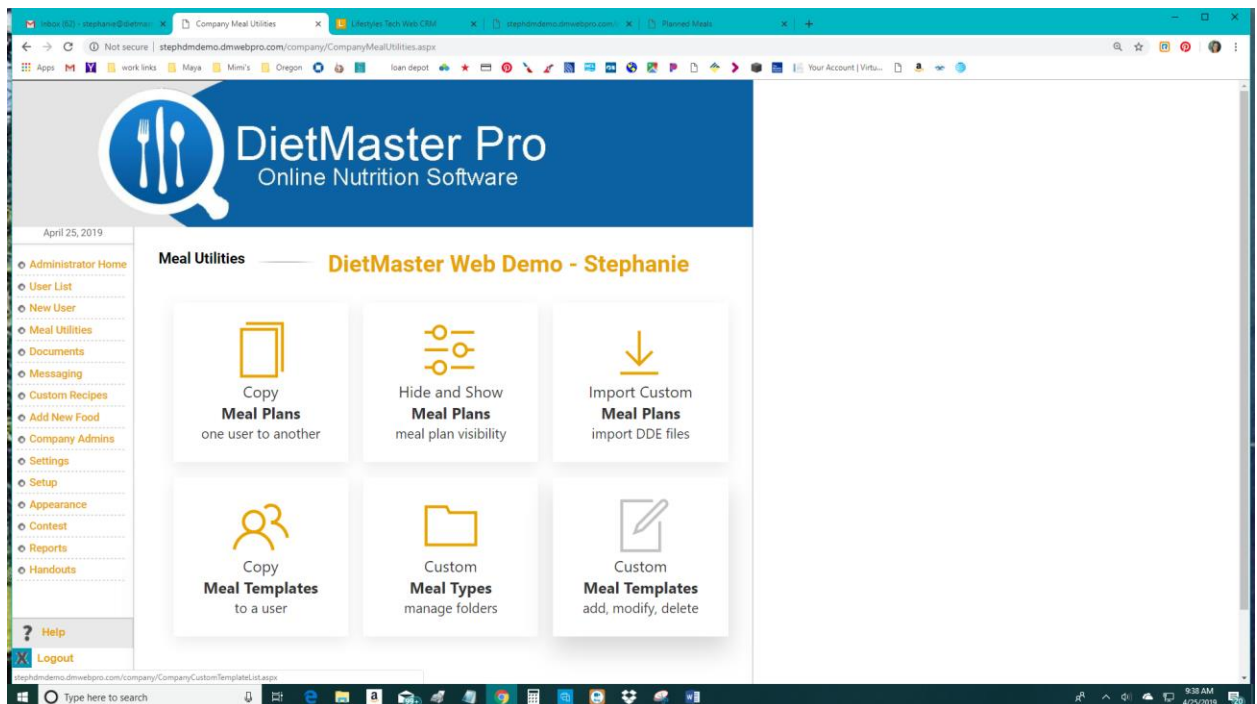
- **Meal Utilities**
- **Copy Meal Templates to a User**



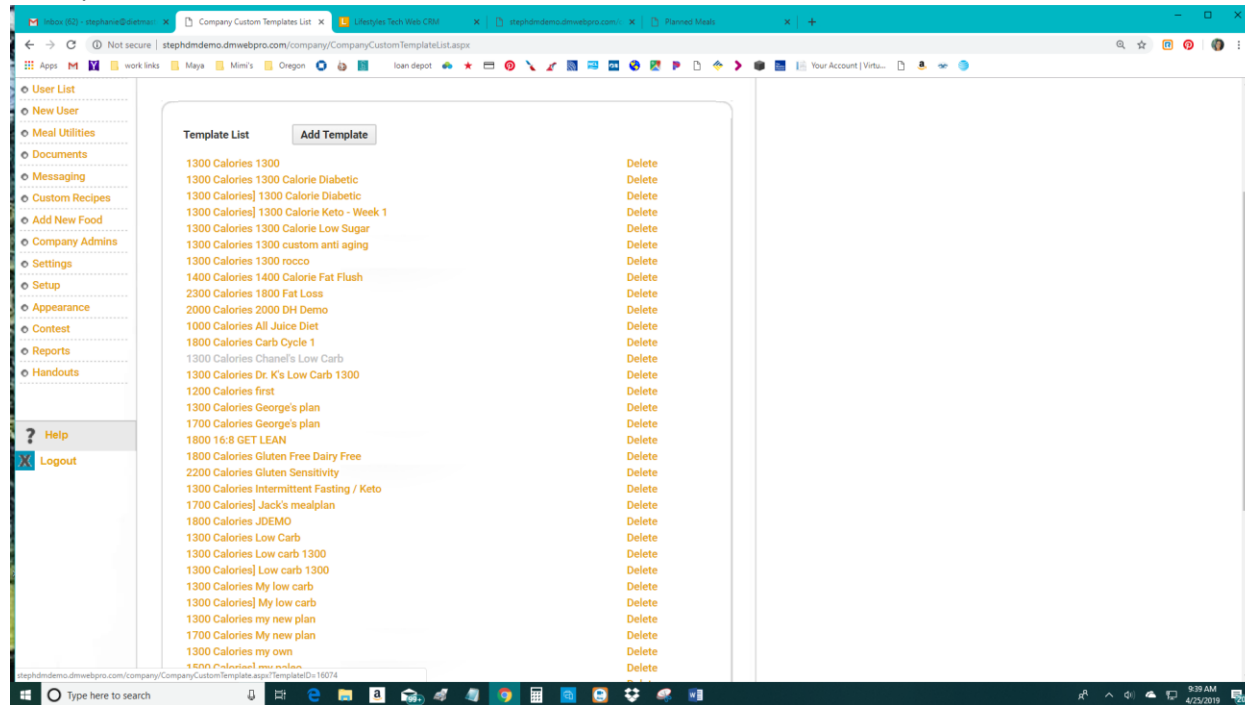
- Choose the template that you want to copy from the list. Name your new template at the bottom of the screen – the calorie amount will automatically show matching the one that you copied so you do not need to put the calorie amount in the title. **Click Save**



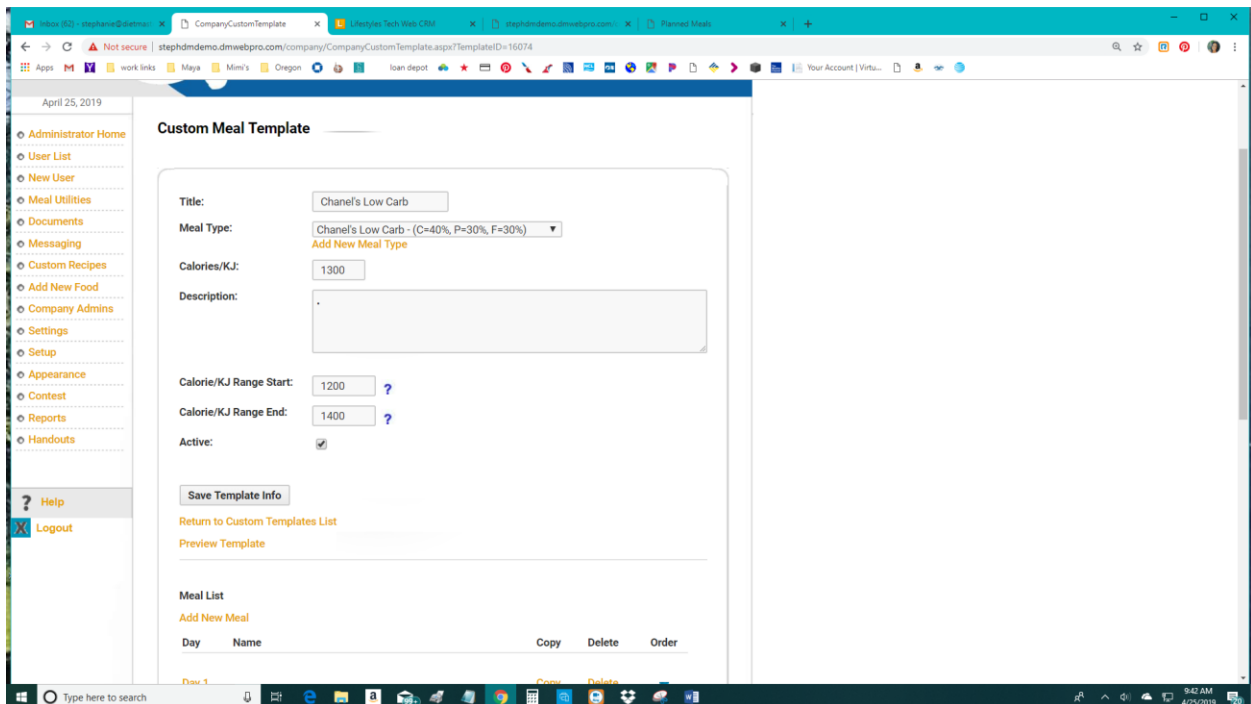
3. Meal Utilities – Custom Meal Templates



4. Find your template from the list. Notice that the calorie amount is in front of the title.



- Open your template.
- Choose your meal type from the drop down menu. Click the box next to **Active**. This will make your plan visible on your list for your clients/ patients. **Save Template info.**



Repeat Steps 2 through 4 for each calorie range.