

38 x 28

Nutriplan

Menu items

Home | Recipes | Ingredients

Intro text

Add a meal:

Type recipe name

Select meal type

Add

Recipe name

Breakfast

X

Recipe name

Lunch

X

Nutritional summary

Protein:

Fat:

Carbs:

38 x 28

Nutriplan

Menu items

Home | Recipes | Ingredients

Intro text

Enter recipe details:

Type name of recipe

1

servings

Ingredients

Type name of ingredient

0

g

Add

Ingredient name

0

g

X

Ingredient name

0

g

X

Steps

Step #

Step description

Add

1

Step description

X

Delete

Save

38 x 28

Nutriplan

Menu items

Home | Recipes | Ingredients

Intro text

Enter ingredient details:

Type name of ingredient

0

g

Energy

0

kcal

Carbohydrates

0

g

Fats

0

g

Protein

0

g

Calcium

0

mg

Iron

0

mg

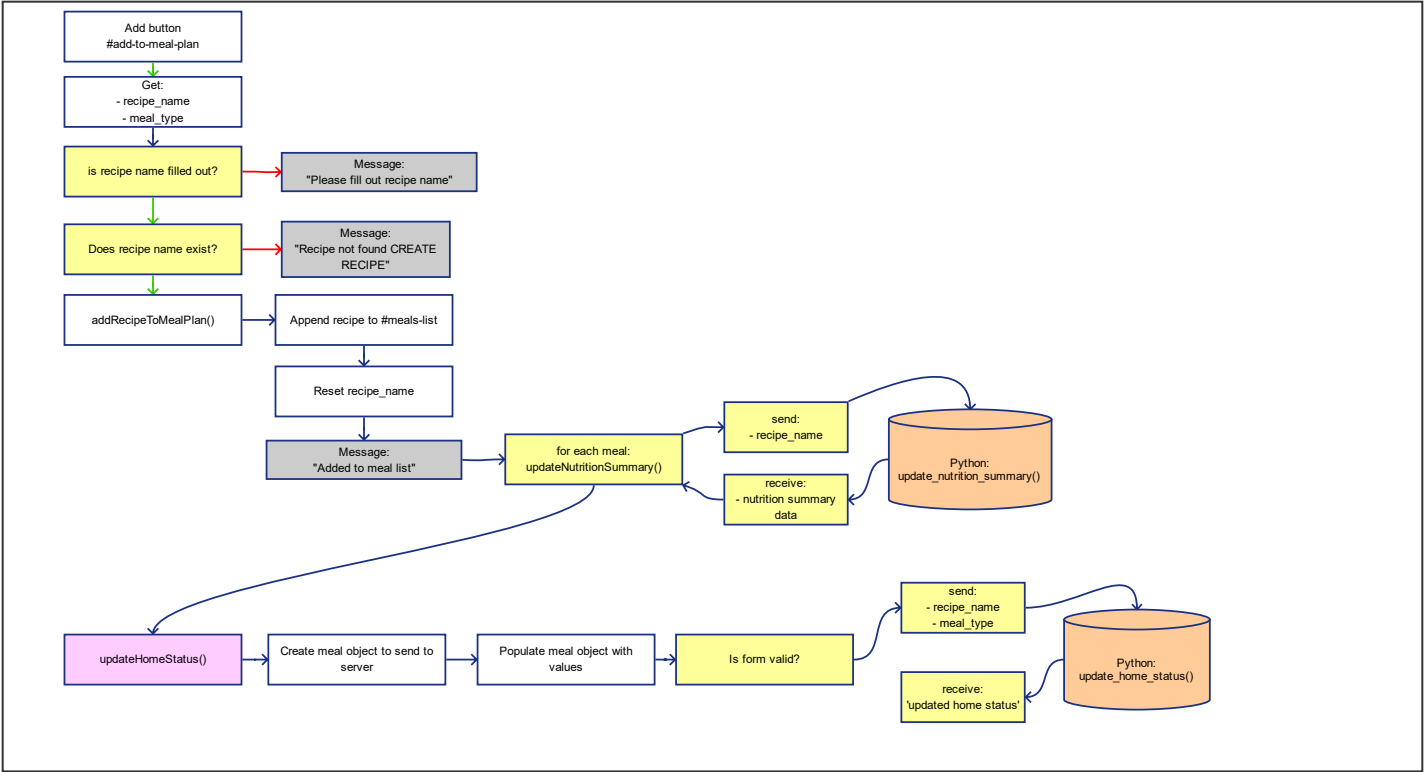
Zinc

0

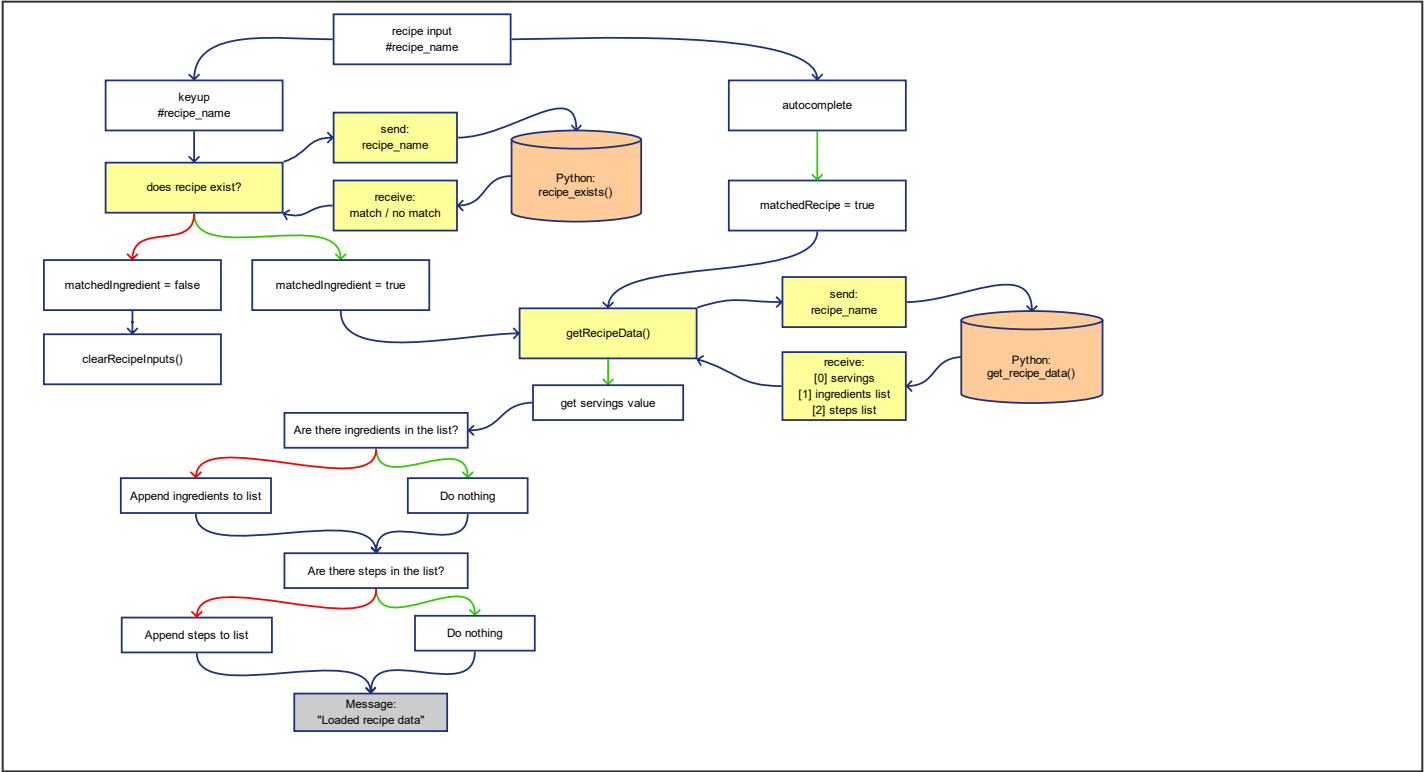
mg

Delete

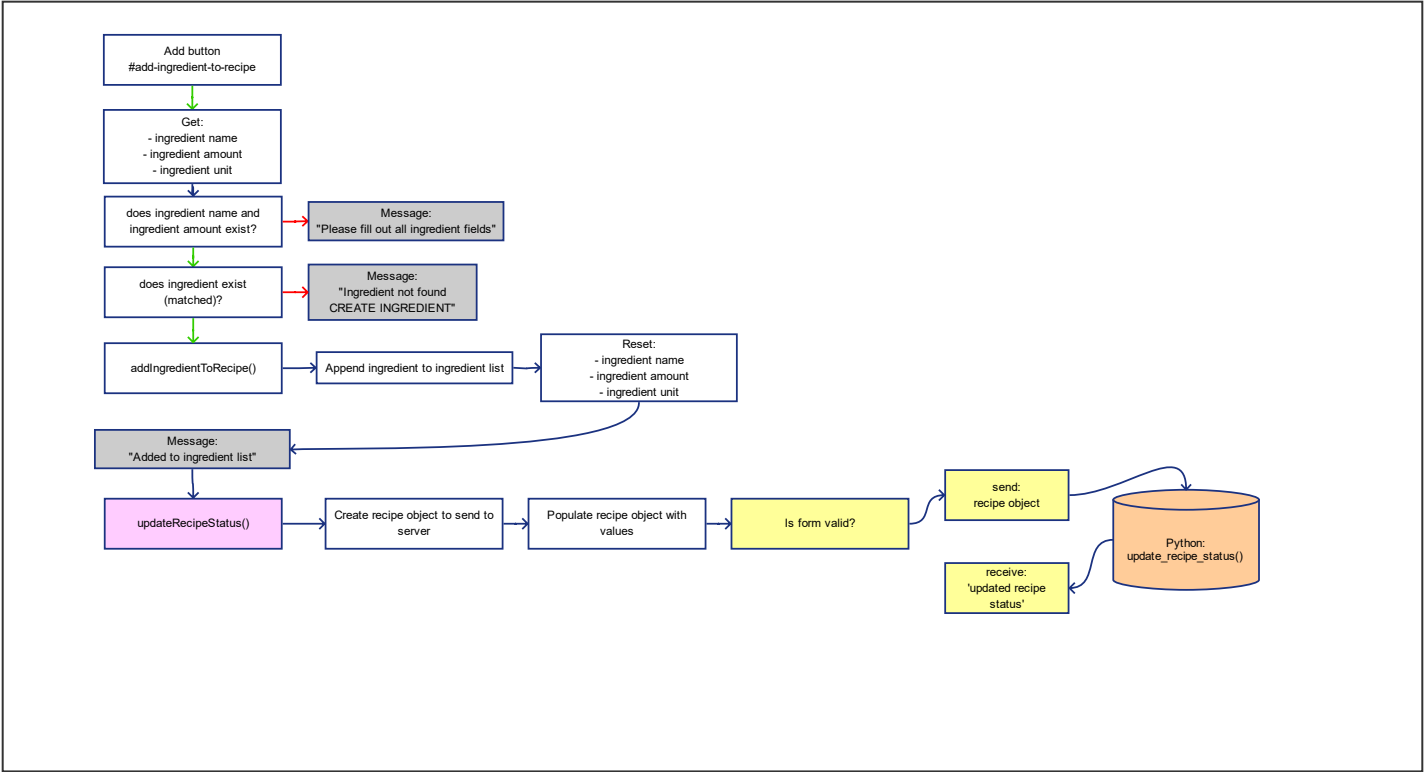
Save



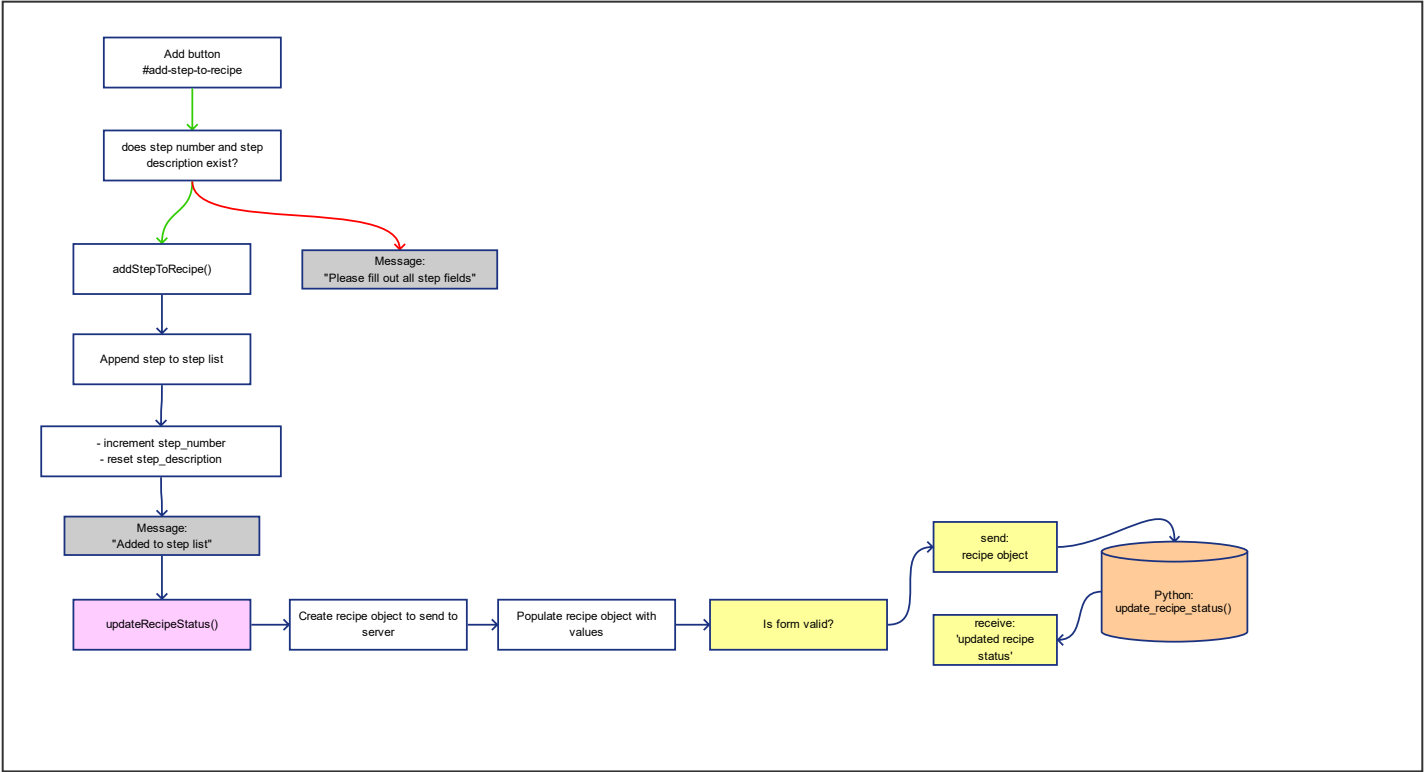
Recipe>Input name



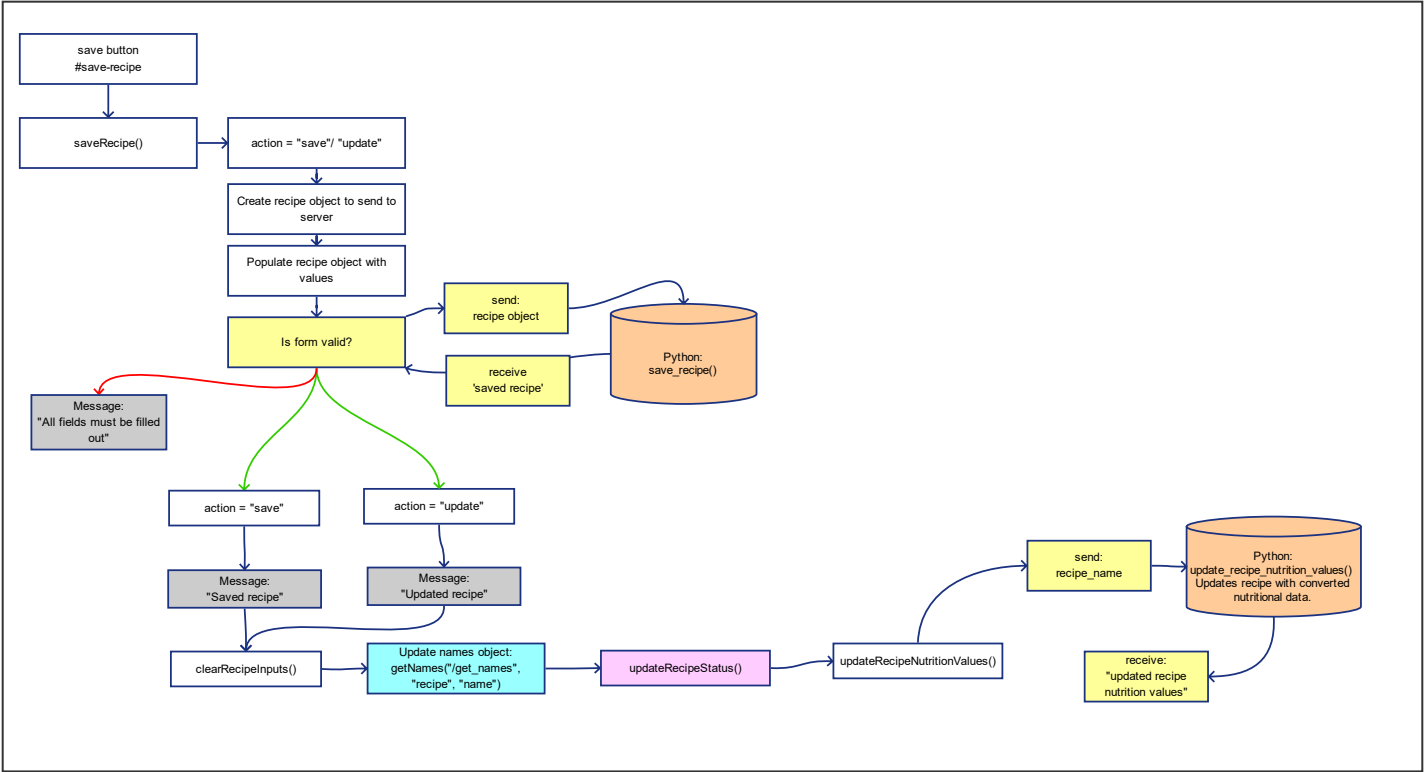
Recipe>Add ingredient



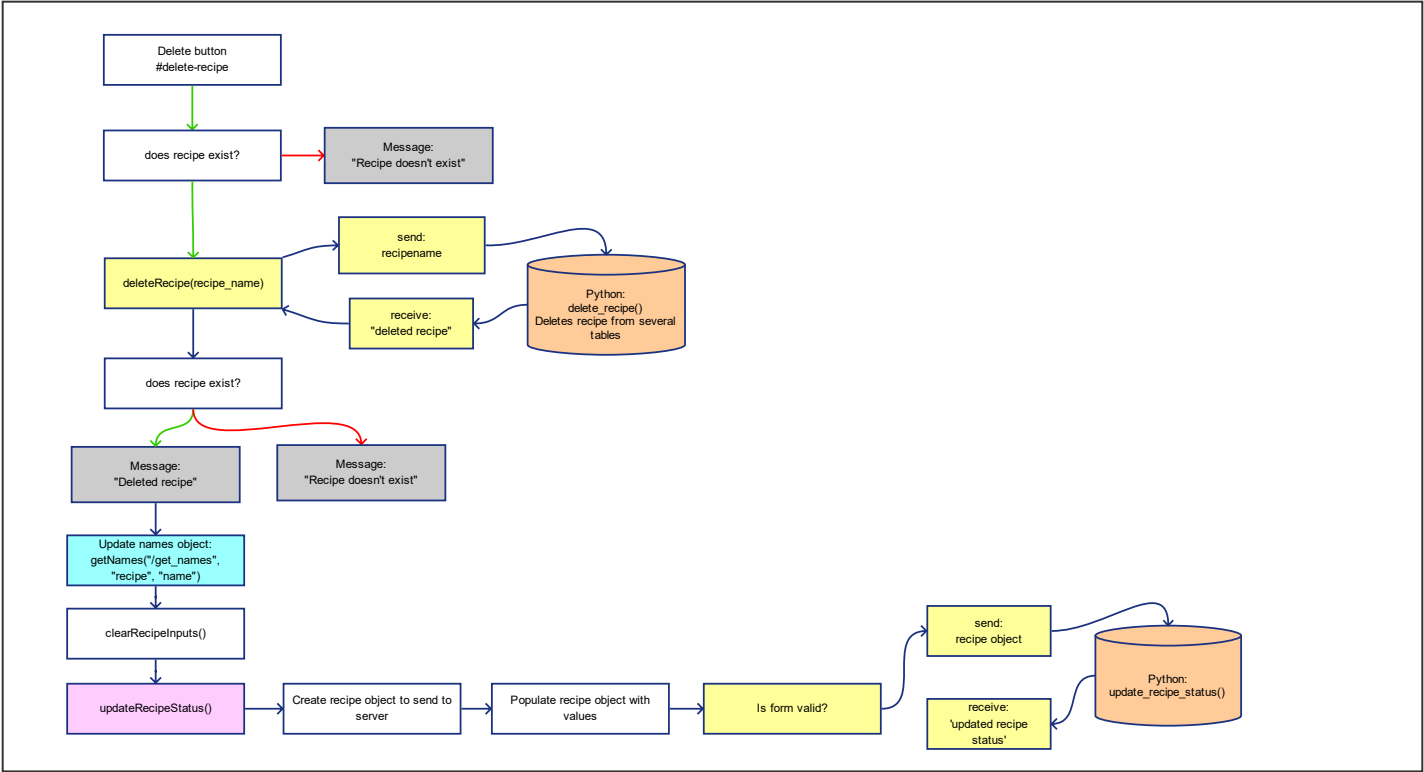
Recipe>Add step

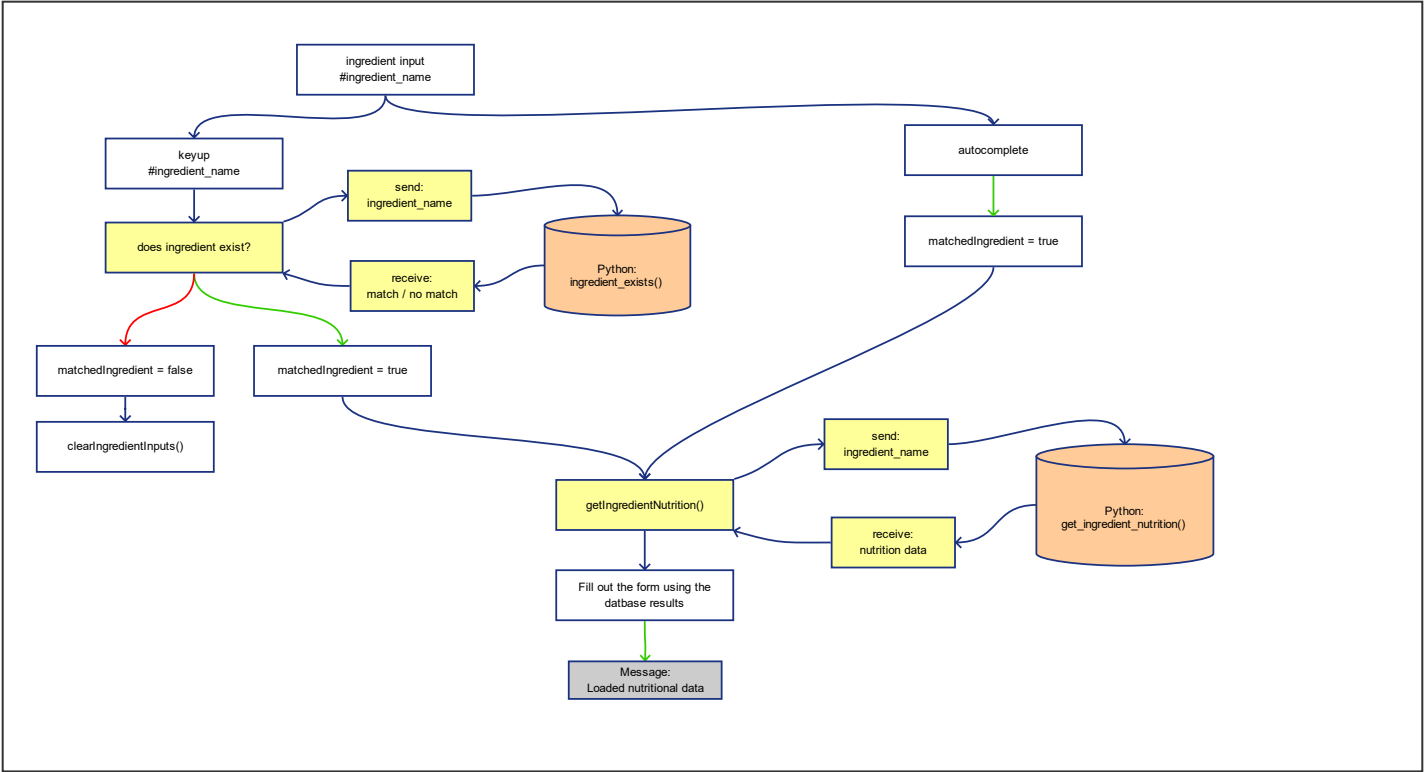


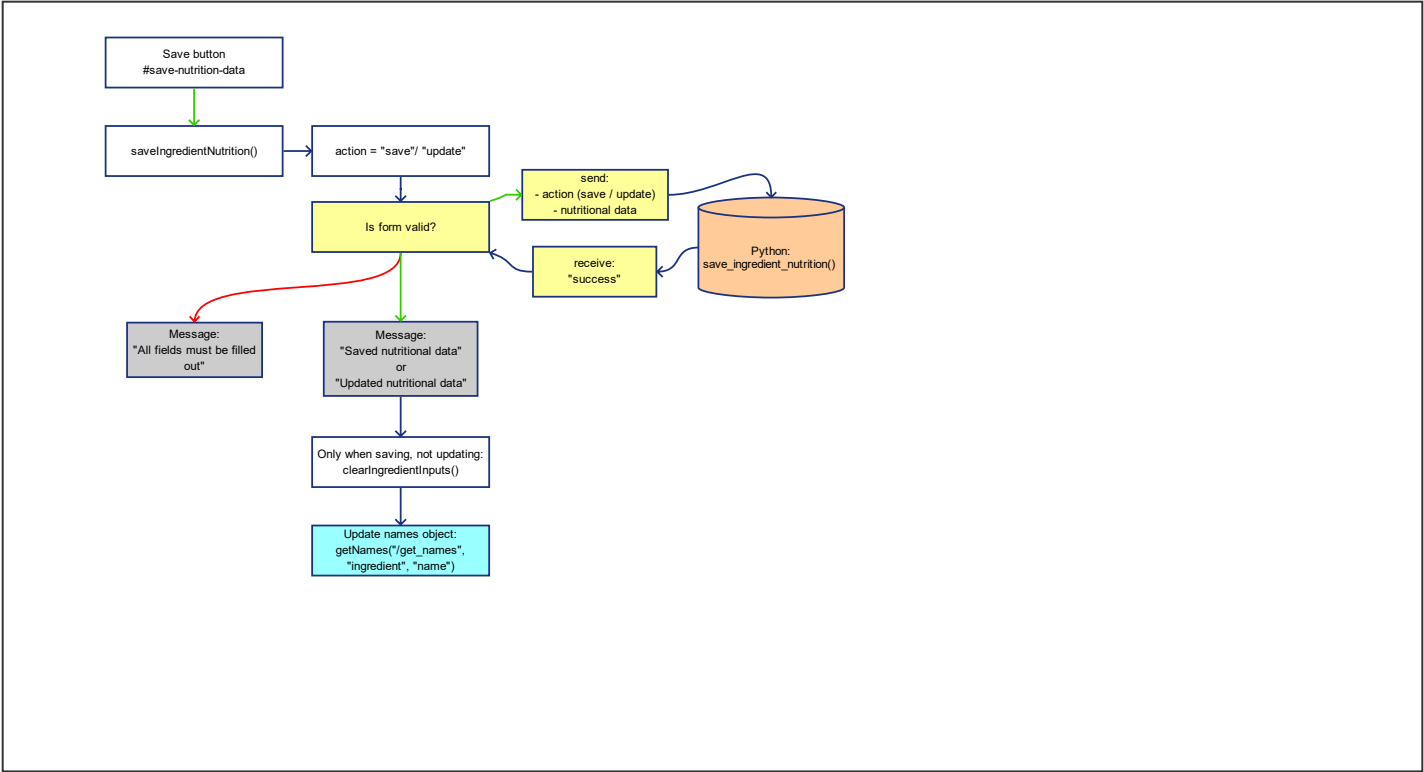
Recipe>Save/Update



Recipe>Delete







Ingredient>Delete

