

We hope you find our meal planner tool useful!

Originally conceived as a tool for planning meals on multi-day river trips, our meal planner is designed for situations where a group of people shares responsibility for planning and preparing meals. In addition to adventures like a 3-week float down the Grand Canyon or a 1-week stay in a helicopter-served ski hut, you'll find our meal planner tool useful for planning a weekend retreat to the coast or the mountains, or for planning shared meals in a housing co-op or a household where family members take turns cooking dinner.

Here's how you can use our meal planner tool:

Step 1: Make a meal plan! Go to the "Create or edit a meal plan" page, name your meal plan, and select the dates. In our example, Rosa is planning a multi-family gathering in a rented beach house for the Fourth of July weekend.

[Return to home](#) [Create or edit a meal plan](#) [Sign up on a meal plan](#)

Create a new meal plan

Meal plan name

Select the dates for your meal plan

Start date:

End date:

Submit

Select the

- Break
- Lunch
- Snack
- Dinner

Select the

- Breakfast

July 2021

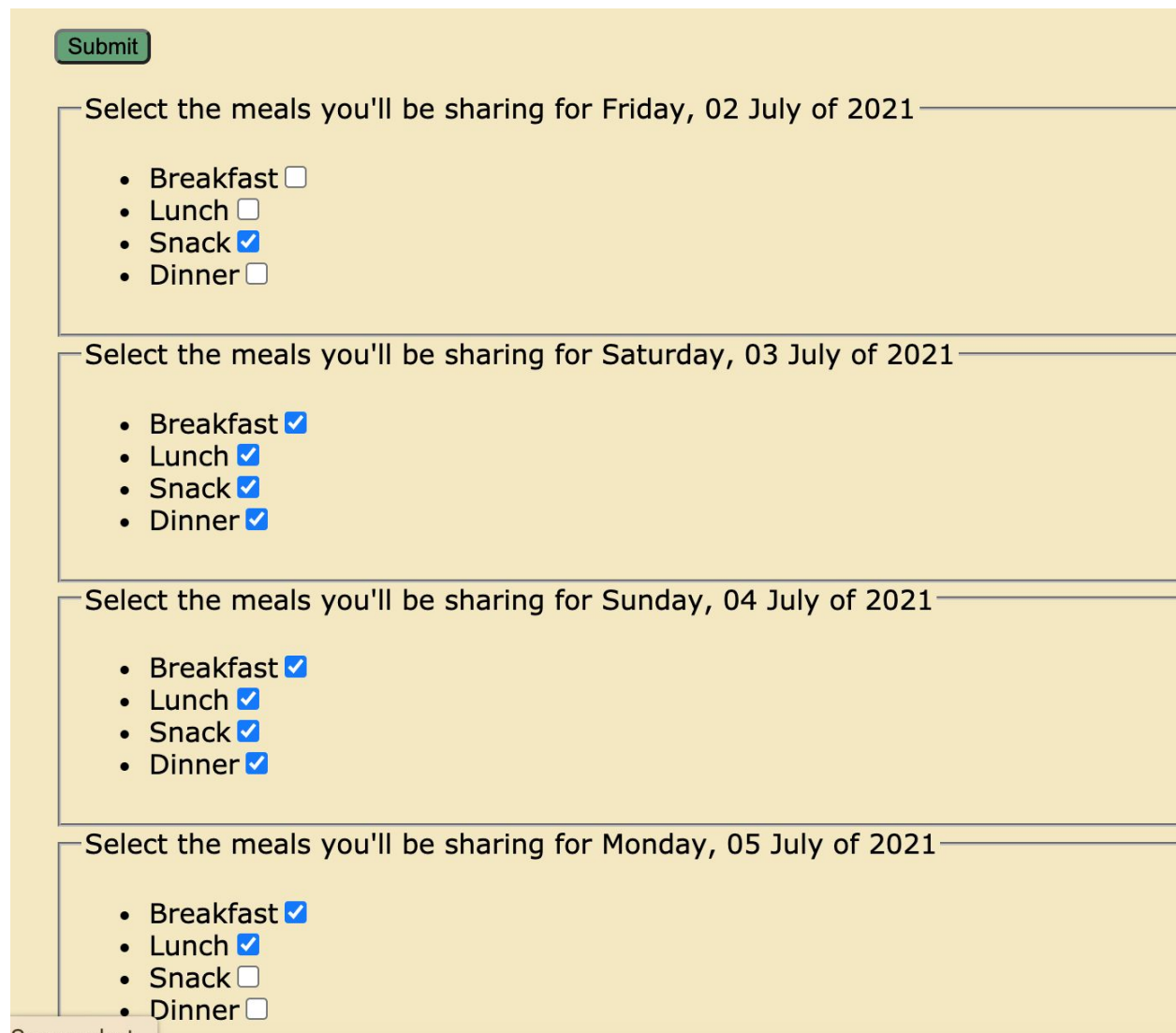
S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

Today

Friday, 02 July of 2021

Saturday, 03 July of 2021

Once you've selected the dates, indicate which meals will be shared. Rosa's friends will be driving in when they get off work Friday evening, and she'd like someone to have snacks waiting for the new arrivals. On Saturday and Sunday, everyone will share all three meals plus snacks. On Monday, the group will be heading for home, so all the group needs that day is breakfast and lunches to take on the road home.



The screenshot shows a web form with a yellow background. At the top left is a green 'Submit' button. Below it are four sections, each for a different day in July 2021. Each section has a title 'Select the meals you'll be sharing for [Day], [Date]' and a list of meal options with checkboxes. The first section is for Friday, 02 July 2021, with 'Snack' checked. The second is for Saturday, 03 July 2021, with all four options checked. The third is for Sunday, 04 July 2021, with all four options checked. The fourth is for Monday, 05 July 2021, with 'Breakfast' and 'Lunch' checked. The text 'Screenshot' is visible at the bottom left of the form area.

Submit

Select the meals you'll be sharing for Friday, 02 July of 2021

- Breakfast ☐
- Lunch ☐
- Snack ☒
- Dinner ☐

Select the meals you'll be sharing for Saturday, 03 July of 2021

- Breakfast ☒
- Lunch ☒
- Snack ☒
- Dinner ☒

Select the meals you'll be sharing for Sunday, 04 July of 2021

- Breakfast ☒
- Lunch ☒
- Snack ☒
- Dinner ☒

Select the meals you'll be sharing for Monday, 05 July of 2021

- Breakfast ☒
- Lunch ☒
- Snack ☐
- Dinner ☐

Screenshot

Step 2: Pre-enter cooks and menu items. Rosa has a clear vision for the July 4th lunch, but is happy to leave the rest of the menu planning to the group. She goes to the "Enter recipe" page and selects her meal plan from the pull-down menu.

[Return to home](#)
[Create or edit a meal plan](#)
[Sign up on a meal plan](#)
[Enter recipe](#)
[Enter cook](#)

## Enter a recipe

- Select a meal plan to assign the dish to:

Now she enters the recipe for the potato salad she wants at this meal. To add more ingredients, click on the "Add Ingredients" button. At the bottom of the page, you can add allergens separated by a comma, as well as special diets that this recipe is appropriate for. When done, click on the Submit Recipe button.

Recipe title:  Servings:

**Ingredients**

Item: <input type="text" value="potatoes"/>	Quantity: <input type="text" value="12"/>	Unit of measurement: <input type="text" value="oz, cups, etc"/>
Item: <input type="text" value="mayonnaise"/>	Quantity: <input type="text" value="3"/>	Unit of measurement: <input type="text" value="cups"/>
Item: <input type="text"/>	Quantity: <input type="text"/>	Unit of measurement: <input type="text"/>

**Directions**

Scrub potatoes (do not peel) and slice into 1/2-inch cubes.  
 Boil in a pot with salted water until tender when pierced with a fork.  
 Meanwhile, mix together

Enter Several Restrictions Separated by a Comma:  
 Allergens:  Special diets:

You can also enter information about yourself and other cooks if you'd like. This is available on the "Enter cook" page.

[Return to home](#) [Create or edit a meal plan](#) [Sign up on a meal plan](#) [Enter recipe](#) [Enter cook](#)

## Create a cook profile

This information isn't required, but it may make meal planning easier for the entire group.

- Select a meal plan to assign the cook to:

Name:  Allergies:  Other dietary restrictions:

Your email allows us to send you the link to a meal plan you're signed upon. We won't share it with others.

Email:

Step 3: Now that a meal plan has been created, the cooks can sign up. Each person who wants to sign up should go to the "Sign up on a meal plan" page and select their meal plan from the pull-down menu near the top.

[Return to home](#) [Create or edit a meal plan](#) [Sign up on a meal plan](#) [Enter recipe](#)

## Sign up page for cooks and dishes.


Select one meal plan:

- Meal plans: 
  - New plan
  - Epic Ski Bash
  - Deschutes River Trip
  - Jones Family Week 48
  - Thanksgiving Gathering
  -

Once the plan is selected, the schedule of meals appears.

## Sign up page for cooks and dishes.

Meal plan: Fourth of July Beach Bash

• Meal plans: None 

**2021-07-02**

Snack

**Cooks:**

[Add cook](#)

**Dishes:**

[Add cook](#)

**2021-07-03**

Breakfast

**Cooks:**

[Add cook](#)

**Dishes:**

[Add cook](#)

Lunch

**Cooks:**

[Add cook](#)

**Dishes:**

[Add cook](#)

Snack

**Cooks:**

[Add cook](#)

**Dishes:**

[Add cook](#)

Dinner

**Cooks:**

[Add cook](#)

**Dishes:**

[Add cook](#)

**2021-07-04**

Breakfast

**Cooks:**

[Add cook](#)

**Dishes:**

[Add cook](#)

Lunch

To add a pre-entered recipe, use the pull-down menu, and then click on "Add recipe."

2021-07-04

Breakfast

Cooks:

Add cook

Dishes:

Add cook

Lunch

Cooks:

Add cook

Dishes:

Jaquez Family Pota ▼

Add cook

Jaquez Family Potato Salad

To sign up to cook a meal, type your name into the space under "Cooks:" and click the "Add cook" button. Your name will appear on the list. Click on the "X" button to remove your name from a meal.

2021-07-04

Breakfast

Cooks:

Add cook

Dishes:

Add cook

Lunch

Cooks:

Rosa

Add cook

Dishes:

Jaquez Family Potato Salad X

Add cook

Snack

Your name will appear on the list. Click on the "X" button to remove your name from a meal.

**2021-07-04**

Breakfast

**Cooks:**

**Dishes:**

Lunch

**Cooks:**  
Rosa

**Dishes:**  
Jaquez Family Potato Salad

Other cooks can sign up, too. Soon, you'll have a meal plan, with menu items and cooks for each meal!

# Sign up page for cooks and dishes.

Meal plan: Fourth of July Beach Bash

- Meal plans:  ▼

**2021-07-02**

Snack

**Cooks:**

Sachiko ☒

Tom ☒

Add cook

**Dishes:**

Chex Party Mix ☒

Lil' Smokies, cheese, and crackers ☒

Add cook

**2021-07-03**

Breakfast

**Cooks:**

Ursula ☒

Victor ☒

Add cook

**Dishes:**

Scrambled eggs ☒