

# FoodBuilder User Manual

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## Thank you for choosing FoodBuilder!

This manual will guide you through the FoodBuilder system  
and help you start planning your meals more efficiently.

### Notes:

- FoodBuilder comes pre-loaded with a default food library stocked with multiple food items and recipes.
- Food items can be added in the Add Food window which can be reached by clicking the “Add Food to Database” button located on the Main Menu.
- Recipes can be added in the RecipeBuilder by clicking the “Create Recipe” button located on the Main Menu.
- Meal Plans do not save. Closing and reopening the MealPlanBuilder will clear previous Meal Plans.
- The Grocery List is populated by the Meal Plan and will not display items until you have saved your Meal Plan.
- The system occasionally requires clicking buttons multiple times to register the click event.
- I use the word “database,” but this program is not actually connected to a database.

### Suggested order of operation for custom\* recipes:

1. Add Food to Database
2. Create Recipe
3. Meal Plan Builder
4. Grocery List

*\*Custom foods and recipes must be added before opening the MealPlanBuilder in order to use them.*

### **To Add Food to Database:**

1. Click the “Add a Food to the Database” button in the Main Menu. The AddFood window will open.
2. Enter the name of your food item in the “Name” text box.
3. Enter the cost of your food item in the “Cost” text box.
4. Select a category from the Category dropdown menu.
5. Click the “Add Food” button to add your food item. A success message will appear when saved.
6. Once food has been saved, click the “Main Menu” button or the exit button in the top right corner of the window to return to Main Menu.

### **To Create a Recipe:**

1. Click the “Create a Recipe” button in the Main Menu. The RecipeBuilder window will open.
2. Enter the name of your dish in the text box at the top.
3. Click one of the radio buttons depending on whether it is a Main Course or a Side Dish.
  - a. *If no choice is made, the system will assume you are creating a Main Course*
4. Select one of the categories from the Categories dropdown on the left to view potential ingredients.
5. Click on chosen ingredient and click the “Add” button to add the ingredient to your recipe. You will see your ingredient appear in the list on the right.
6. Repeat step 4 for additional ingredients.
7. (Optional) Add notes or instructions to your recipe in the text box at the bottom.
8. When finished, click the “Save Recipe” button to add your recipe to the database. A success message will appear when saved.
9. Once recipe has been saved, click the “Main Menu” button or the exit button in the top right corner of the window to return to Main Menu.

### **To Build a Meal Plan:**

1. Click the “Meal Plan Builder” button in the Main Menu. The MealPlanBuilder window will open.
2. Select the day of the week you would like to plan a meal for. The selected day is denoted with a green border.
3. Choose a Main Course (list on left) or a Side Dish (list on right) and click the “Add” button at the bottom of the list to add it to the current day’s meal plan. The dish will be added to the day’s list at the bottom and will also show on the dinner plate graphic.
4. When you have completed a day, you may select another day to plan.

5. When your entire week's meal plan is complete, click the "Save Meal Plan" button at the bottom. A success message will appear when saved.
6. Once food has been saved, click the "Main Menu" button or the exit button in the top right corner of the window to return to Main Menu.

**To See Grocery List:**

1. Click the "See My Grocery List" button in the Main Menu. The Grocery List window will open.
2. Your grocery list will be automatically populated with the ingredients of the recipes chosen for your meal plan. The total cost will also be displayed at the top.
3. Print functionality will be added in a later release and you will be notified of updates to newer versions. Until then, we recommend taking a screenshot of the list to print in a different program, or taking a picture of the list with your smartphone as an environmentally friendly option.

**Questions?**

**Contact our Support team:**

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