

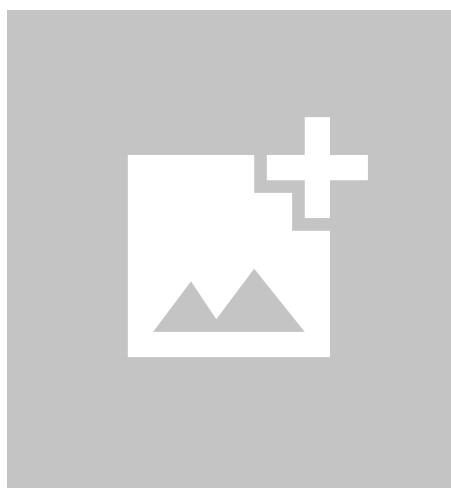
< Back

New User



Name

John Doe...



Picture

Image Path...

Browse...

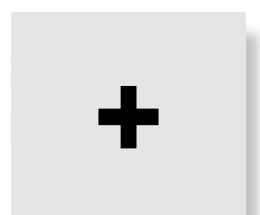
Add Dietary
Restrictions

My Stores



Fred
Meyer

Walmart



Save



Profile



Meals



Add Meal



Add Store



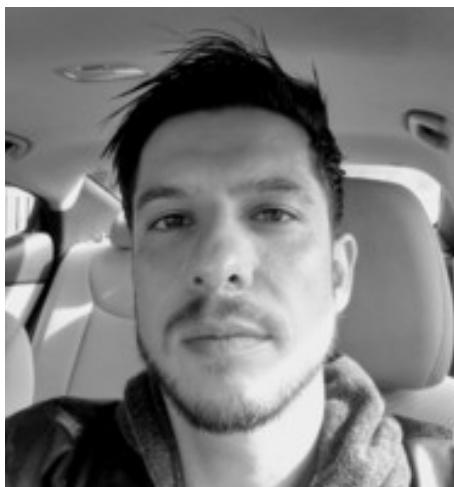
Shop

< Back

Profile



John Doe



My name is Philipp Jordan and you can call me simply Phil (or Dr. Jordan if you prefer a more formal way to address me). I am happy to be your online instructor for CS 352 - Introduction to Usability Engineering.

Dietary Restrictions

Vegan

Paleo

Gluten Free

Pescatarian

Edit

My Stores

 Fred
Meyer®

 Walmart

 WHOLE
FOODS
MARKET



Profile



Meals



Add Meal



Add Store



Shop

< Back

Plan It



Search for a day or an item, ex: Chicken Bake

Wed
Feb 12

Lunch



Dinner



Thu
Feb 13

Lunch



Dinner



Fri
Feb 13

Lunch



Dinner



Profile



Meals



Add Meal



Add Store



Shop

< Back

Plan It



Wed
Feb 12

Lu

Lunch



Sort List By:

Date (Newest)



Date (Oldest)



Calories



Favorite



Dinner



Thu
Feb 13

Lunch



Dinner



Fri
Feb 13

Lunch



Dinner



Profile



Meals



Add Meal



Add Store



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< Back

This Weeks Meals



Chicken Bake



Ribeye Steak



Cheese Pizza



Mushroom Hamburger



Chicken Bake



Profile



Meals



Add Meal



Add Store



Shop

Better Meal Planning



Home



Profile

Better Meal Planning

Home
 Sign Up

< Back

New Store

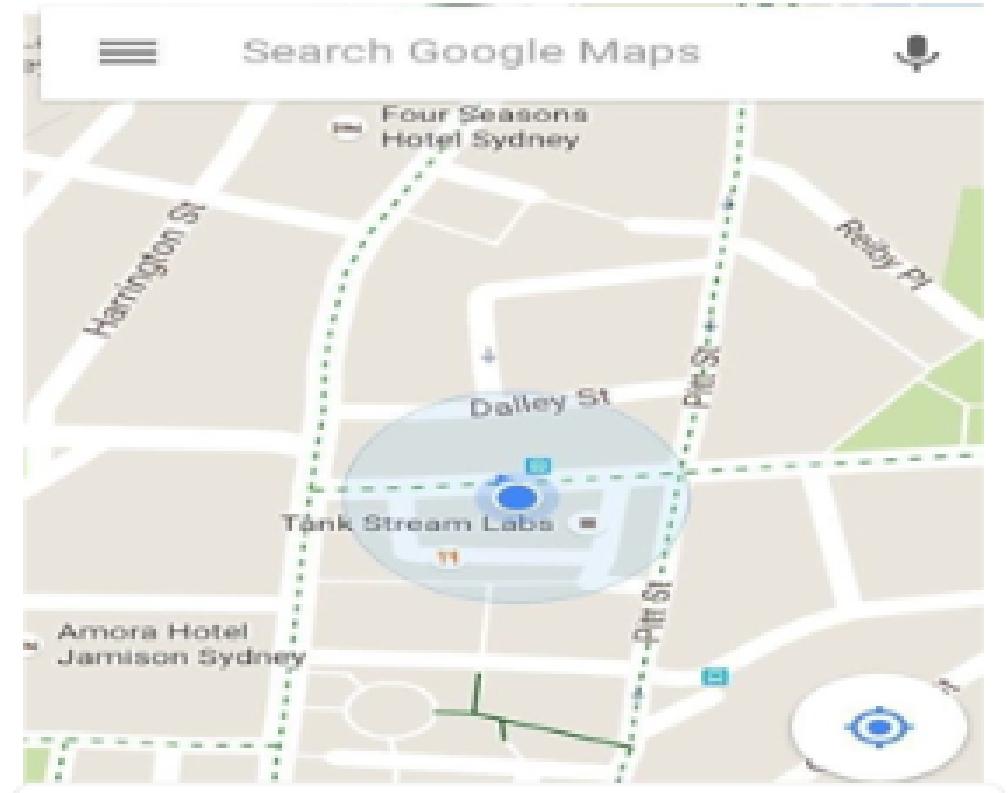


Name

My Store

Good For

e.g. Standard ingredients and foods,
Cookware, Asian ingredients...



Save



Profile



Meals



Add Meal



Add Store



Shop

< Back

New Item



Name



Image path...

Browse

Amount

Unit

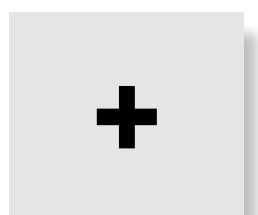


Stores



**Fred[⊖]
Meyer[®]**

Walmart



Save



Profile



Meals



Add Meal



Add Store



Shop

< Back

New Meal



Day: Wed Feb 13

Meal: Dinner



Recipe

Select a recipe... ▾

Butter	50mg	
Butter	50mg	
Butter	50mg	

Save



Profile



Meals



Add Meal

Add Store



Shop

< Back

New User



Name

John Doe...



Picture

Image Path...

Browse...

About

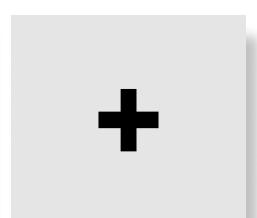
Tell us about yourself!

My Stores



Fred (-)
Meyer (+)


Walmart



 Save



Profile



Meals



Add Meal



Add Store



Shop

< Back

Plan It



Jump to Today

Wed
Feb 12

Lunch



Dinner



Thu
Feb 13

Lunch



Dinner



Fri
Feb 13

Lunch



Dinner



Profile



Meals



Add Meal



Add Store



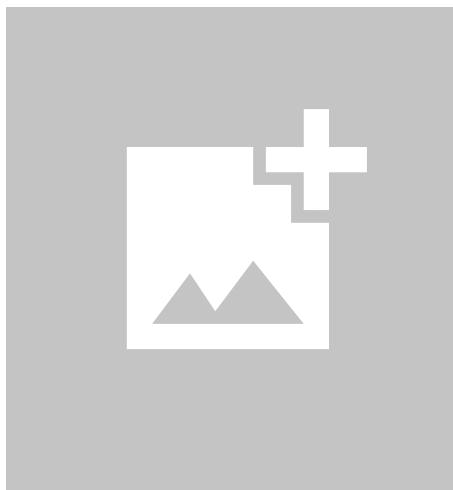
Shop

< Back

New Recipe



Name



Picture

[Browse...](#)

Ingredient



Butter

50mg



Butter

50mg



Butter

50mg



Save



Profile



Meals



Add Meal

Add Store



Shop

< Back

Friday Feb 13



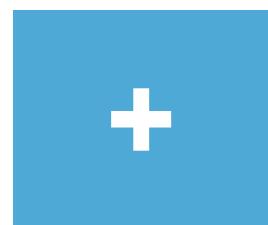
Lunch Recipes:



Chicken Bake



Salad



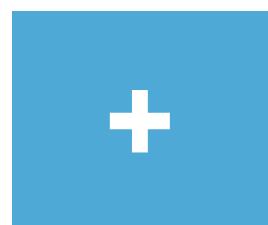
Dinner Recipes:



Chicken Bake



Salad



Save



Profile



Meals



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View Recipe



Chicken Bake

Ingredients

Butter	50mg	+
Butter	50mg	+
Butter	50mg	+

Edit



Profile



Meals



Add Meal



Add Store



Shop

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Home

Profile

Shopping List

Pick Stores

Shop

Today

Plan It!

Add A Meal

Add A Recipe

Add A Store

Add A User

Add An Item



Profile



Meals



Add Meal



Add Store



Shop

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Shopping List



3x Onions -



2 lbs Lamb -



1 bunch Cilantro -



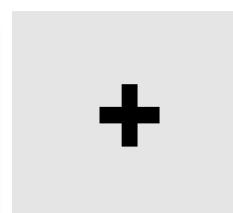
1 tbs cumin -



Stores



**Fred
Meyer** -



Ready To Shop



Profile



Meals



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Shop

 Back

Select Stores



Best Deal!

**Fred
Meyer**

3x onions \$2.50
1 bunch Cilontro \$1.00



2 lbs lamb \$5.00

Stores: 2 Total: \$8.50

Select

▼ Other Deals:

Max Stores:

e.g. 2

e.g. \$ 10.00

Stores: 2 Price: \$10.00

View

Stores: 1 price \$10.25

View

Stores 1 Price \$11.05

View


Profile


Meals


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Shop

< Back

My shopping Trip



Fred Meyer

3x Onions



1 bunch Cilantro



Walmart

2 lbs Lamb



Done Shopping



Profile



Meals



Add Meal



Add Store



Shop

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Plan It

≡ Q ≡

Feb 12



Dinner

Thu
Feb 13

Lunch



Dinner



Fri
Feb 13

Lunch



Dinner



Profile



Meals



Add Meal



Add Store



Shop

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Chicken Bake



Chicken Bake

Begin Cooking

Prep Time: 15 min

Cook Time: 30 min

Ingredients

Instructions

Chicken	2 lbs
Butter	50 mg
Parmesan Cheese	1 cups
Dough	1 lb
Salt	1/4 tsp
Garlic Powder	1/4 tsp



Profile



Meals



Add Meal



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Chicken Bake



Chicken Bake

Cancel

Prep Time: 15 min

Cook Time: 30 min

Step 1/15:



Heat oven to 375°F. Spray 8-inch square (2-quart) baking dish with cooking spray. In small bowl, mix melted butter and bread crumbs until well mixed. Set aside.

Next Step



Profile



Meals



Add Meal



Add Store



Shop

< Back

Chicken Bake



Chicken Bake

Cancel

Prep Time: 15 min

Cook Time: 30 min

Step 2/15:

Heat oven to 375°F. Spray 8-inch square (2-quart) baking dish with cooking spray. In small bowl, mix melted butter and bread crumbs until well mixed. Set aside.

Next Step



Profile



Meals



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Shop

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Chicken Bake



Chicken Bake

Begin Cooking

Prep Time: 15 min

Cook Time: 30 min

Ingredients

Instructions

1. Heat oven to 375°F. Spray 8-inch square (2-quart) baking dish with cooking spray. In small bowl, mix melted butter and bread crumbs until well mixed. Set aside.
2. In baking dish, mix chicken, rice, salt, pepper, garlic powder, chicken broth and 1 1/2 cups of the cheese until well mixed.
3. Bake 45 to 50 minutes or until rice is tender and most of the liquid is absorbed.



Profile



Meals



Add Meal



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Shop