**Scrum-tious Help**

**How to use the Week Plan**

You can use the Week Plan feature of Scrum-tious to keep track of what dishes you are having in the next 7 days.

**To view the dishes for the next week:**

1. Navigate to the home page by opening the app or clicking on the cutting board icon from any page in the app.
2. Press the middle button (it says “Week Plan”).
3. Pres on an upcoming date (e.g. “Saturday, December 12”) to view the dishes for that day. Dishes will be in chronological order

**How to use the Shopping List**

One of Scrum-tious’s handy functions is that it creates a shopping list from the items that are required for the meals that you have chosen for the upcoming week.

**To view the ingredients you need to buy for next week’s meals:**

1. Navigate to the home page by opening the app or clicking on the cutting board icon from any page in the app.
2. Press the bottom button (it says “Shopping List”).
3. Press on an ingredient type (“Produce”, “Meat”, etc.) to view the ingredients of that type.