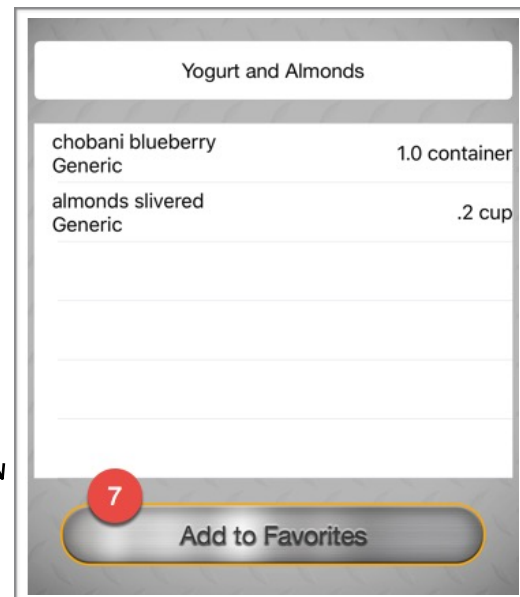
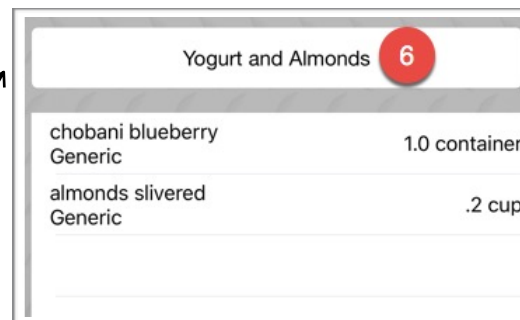
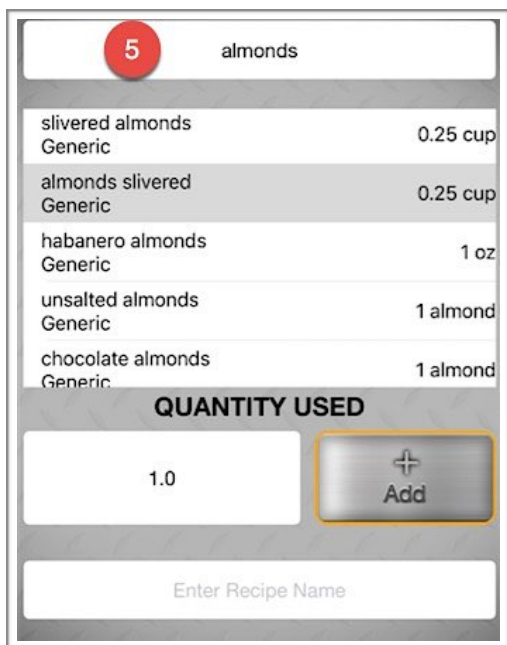


Create A Recipe

On the Nutrition Page > select **Create a Recipe** button

1. **Type in a food item** in the search box
2. **Select** desired food item from the returned food list with finger (it will highlight gray)
3. Type in a **“number” for Quantity**
4. Select **“Add”**
5. **Search and add** each recipe food item repeating steps 1-4

**Each food item you “add” will be listed under the “Recipe Name” text box



6. Once all food items have been added, type in your **Recipe Name** in the “Enter Recipe Name” text box

7. Scroll to the bottom, select **“Add to Favorites”** button

You have successfully created a recipe!

To View your Recipe go to Food Favorites > under Recipes you will always have your created recipes for easy food logging.

To Log recipe as eaten, select the 3 dots by the recipe and choose “Log Food”. It will appear in your meal history for that day.

Note: Create recipe can also be used for easy logging of any simple meal or snack you eat often. For example: a user eats **yogurt** and **almonds** every day. Instead of searching each item separately each day to log, the user can create a recipe of this combination: **Yogurt and Almonds**. Then, all they have to do to log when eaten is go to **Food Favorites**, select the 3 dots by *Yogurt and Almonds* from the recipe list, the select log food.