



Meal Planner User Instructions

1. Place your cursor on the block 'Click to add an item' and click or tap.

Meal Plan Week 2021-03-29

Monday Tuesday Wednesday Thursday Friday **Saturday** Sunday

Daily Meal Plan for 2021-04-03

Breakfast	Lunch	Nutrient Analysis
<input type="text" value="Click to add an item"/>	<input type="text" value="Click to add an item"/>	
Dinner	Snacks	
<input type="text" value="Click to add an item"/>	<input type="text" value="Click to add an item"/>	

	Daily Nutrient Analysis	Weekly Nutrient Analysis
Calories	0 kCal	27 kCal
Protein	0 g	0 g
Carbohydrates	0 g	7 g
Fibre	0 g	1 g
Total Fat	0 g	0 g
Sodium	0 mg	1 mg
Phosphorus	0 mg	6 mg
Potassium	0 mg	57 mg

2. Once you click or tap, this menu box will pop up. In the field, Start typing..., type the name of the item you are searching for. If you are using a mobile device (tablet, smartphone), click on the field that appears below your food item to open the dropdown menu to see the choice available.

Add item to Breakfast [X]

Search our Recipes and Single Items

Start typing to search

Multiply chosen quantity

1

Portion Size

[Dropdown]

Add to meal plan

- When you begin typing many items will appear, starting with the recipes on the Kidney Community Kitchen, which are highlighted in blue. If you are using a mobile device (tablet, smartphone), click on the field that appears below your food item to open the dropdown menu to see the choice available. If you choose a recipe, you can add the number of portions from the recipe to the planner by selecting the portion size.

Add item to Lunch

Search our Recipes and Single Items

apple

- Apple and Blueberry Crisp
- Apple and Cranberry Cake
- Apple Cranberry Baked Brie
- Apple Mint French Toast
- Asian Apple Slaw
- Cauliflower Apple Soup with Roasted Garlic Crostini
- Pineapple Torte
- Shrimp and Apple Stir Fry
- Slow-Cooker Pineapple Pork Roast
- Apple juice, canned or bottled, added vitamin C
- Apple juice, canned or bottled, unsweetened, calcium and Vitamin C
- Apple juice, canned or bottled, without added vitamin C
- Apple juice, frozen concentrate, diluted, added vitamin C
- Apple juice, frozen concentrate, diluted, without added vitamin C
- Apple juice, frozen concentrate, undiluted, added vitamin C

Multiply chosen quantity

1

Portion Size

Add to meal plan

- If you keep scrolling, other items related to your search will be displayed. In this case, 'apple'. You will have multiple portion options to choose from, in various types of measures, both imperial and metric.

Add item to Breakfast

Search our Recipes and Single Items

apple

- Apple, dehydrated (low moisture), sulphured, cooked
- Apple, dehydrated (low moisture), sulphured, uncooked
- Apple, dried, sulphured, stewed, added sugar
- Apple, dried, sulphured, stewed, no added sugar
- Apple, dried, sulphured, uncooked
- Apple, frozen, sliced, unsweetened, heated
- Apple, frozen, sliced, unsweetened, unheated
- Apple, Fuji, raw, with skin
- Apple, Gala, raw, with skin
- Apple, Golden Delicious, raw, with skin
- Apple, Granny Smith, raw, with skin
- Apple, raw, with skin
- Apple, raw, without skin
- Apple, raw, without skin, sliced, cooked, boiled
- Apple, raw, without skin, sliced, cooked, microwaved
- Apple, Red Delicious, raw, with skin

Multiply chosen quantity

Portion Size

100 mL (1/2 cup) chopped

Add to meal plan



When you've found your item and the appropriate portion size and quantity, click 'Add to meal plan'.

5. You can also 'favourite' any of the recipes on the site. You will find a heart icon beside the name of each of the recipes. When you click on the heart it will be saved as one of your favorites.

Ginger-Lime Shrimp on Egg Noodles

6. In the planner, click on the heart icon at the top of the search box and all the recipes that you have made a favourite will appear.

Add item to Dinner ×

Search your Favourite Recipes  


Start typing to search

- Ginger-Lime Shrimp on Egg Noodles
- Pear and Arugula Salad
- Roasted Cranberry & Cinnamon Pork Tenderloin

Multiply chosen quantity

1

Portion Size



Add to meal plan

- Once you've made your choice, it will be added to the meal and the nutrient analysis will be automatically displayed.

Meal Plan Week 2021-03-29

Monday Tuesday Wednesday Thursday Friday **Saturday** Sunday

Daily Meal Plan for 2021-04-03

Breakfast

Apple, raw, without skin (100 mL (½ cup) slices)
 Click to add an item

Lunch

Click to add an item

Dinner

Click to add an item


Snacks

Click to add an item

Nutrient Analysis

	Daily Nutrient Analysis	Weekly Nutrient Analysis
Calories	22 kCal	3707 kCal
Protein	0 g	305 g
Carbohydrates	5 g	231 g
Fibre	0 g	6 g
Total Fat	0 g	156 g
Sodium	0 mg	1827 mg
Phosphorus	5 mg	3354 mg
Potassium	42 mg	6365 mg

- By clicking on any of the food items that you have added to your plan, the nutritional analysis for that item will be displayed. You can delete it from your meal plan by clicking the trash can icon.

Egg, chicken, whole, cooked, fried (2 x 50 g (1¾ oz)) 

Calories : 194 kCal	Protein : 12 g
Carbohydrates : 0 g	Fibre : 0 g
Total Fat : 14 g	Sodium : 330 mg
Phosphorus : 138 mg	Potassium : 124 mg

9. You can create a weekly plan by clicking on each of the tabs for the days of the week.

Meal Plan Week 2021-03-29

Monday Tuesday Wednesday Thursday Friday Saturday **Sunday** ←

Daily Meal Plan for 2021-04-04

Breakfast

Apple, raw, with skin (100 mL (½ cup) chopped)
+ Click to add an item

Lunch

+ Click to add an item

Dinner

+ Click to add an item

Snacks

+ Click to add an item

Nutrient Analysis

	Daily Nutrient Analysis	Weekly Nutrient Analysis
Calories	27 kCal	27 kCal
Protein	0 g	0 g
Carbohydrates	7 g	7 g
Fibre	1 g	1 g
Total Fat	0 g	0 g
Sodium	1 mg	1 mg
Phosphorus	6 mg	6 mg
Potassium	57 mg	57 mg

The Nutrient Analysis will display the daily total for each tab, and calculate your weekly total as well.

Daily Meal Plan for 2021-04-04

Breakfast

Apple, raw, with skin (100 mL (½ cup) chopped)
+ Click to add an item

Lunch

Low-protein tuna-salad sandwich
+ Click to add an item

Dinner

+ Click to add an item

Snacks

+ Click to add an item

Nutrient Analysis

	Daily Nutrient Analysis	Weekly Nutrient Analysis
Calories	345 kCal	518 kCal
Protein	10 g	12 g
Carbohydrates	44 g	72 g
Fibre	3 g	4 g
Total Fat	13 g	18 g
Sodium	570 mg	638 mg
Phosphorus	126 mg	172 mg
Potassium	199 mg	285 mg

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