

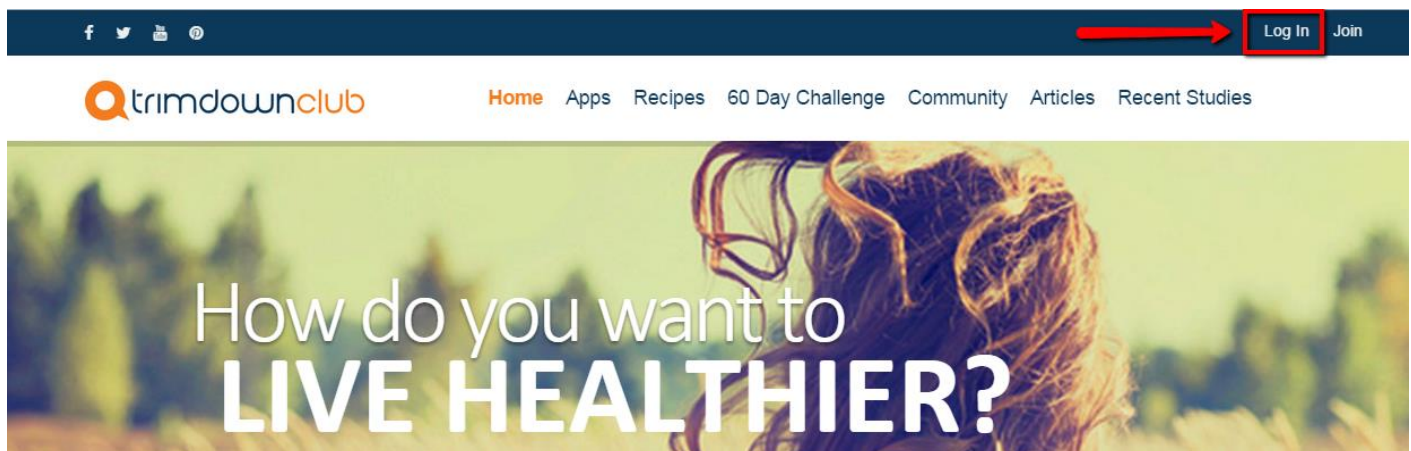
Menu Planner Tutorial

The Menu Planner is an online application in the Trim Down Club membership area that gives you the ability to create personal menus based on your favorite foods. Simply choose the foods you like and we combine them into meals that are beneficial to your specific dietary needs.

This state-of-the-art application is like having your very own nutritionist help plan your meals! You don't have to leave anything up to the imagination, as this tool helps you to easily plan out what to eat each day.

Are you ready to start? Here we go!

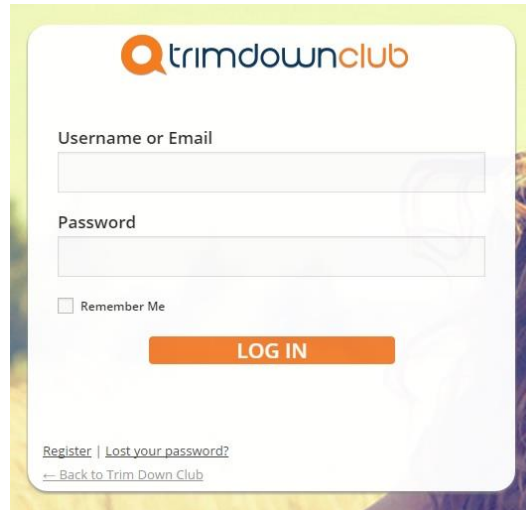
1. Go to <http://www.trimdownclub.com/>



2. In the top right corner, click Login.



3. Enter your username or email address and password.

A login form for TrimDownClub. At the top is the logo, an orange 'Q' followed by 'trimdownclub' in blue and orange. Below the logo are two input fields: 'Username or Email' and 'Password'. Under the password field is a checkbox labeled 'Remember Me'. A large orange button with the text 'LOG IN' in white is centered below the inputs. At the bottom left of the form are links for 'Register', 'Lost your password?', and '← Back to Trim Down Club'.

4. After logging in, access your profile by clicking on your Username at the top of the page.



Your Username will appear here.

5. At the bottom right corner of your profile, you can choose which dietetic route you would like, according to any special needs or preferences you may have. If you do not have any, you do not need to check anything, and can simply continue to the next step.

At this point, you can also choose the level of variety foods, and the amount of selected recipes you would like in your weekly choices.

Menu Planner Variety is the variety of foods you will see in your weekly menu.

Menu Planner Recipe Variety is the variety of recipes you will see in your weekly menu.

You can also input your body shape and bone size, which will help us in creating your menus based on your dietary needs.

Body Shape

Apple: More fat stored around the waistline.

Pear: More fat stored below the waistline: hips, thighs, or rear.

Hourglass: Fat distributed evenly above and below the waistline.

Bone Size

To determine your bone size, wrap your thumb and index finger around your wrist tightly until you feel bone.

Small bones: If your fingers overlap more than 1 cm (half an inch), you have small bones.

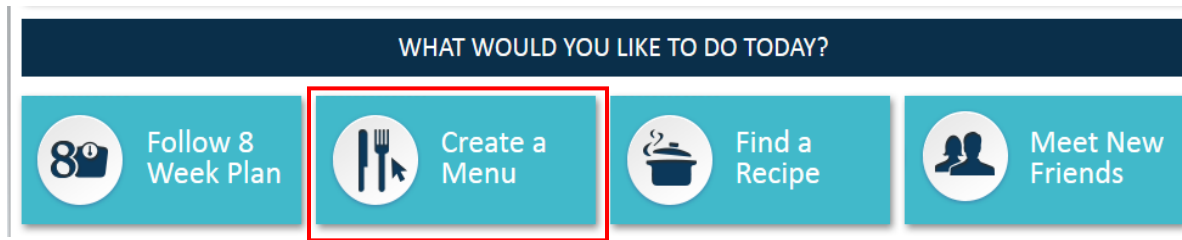
Medium bones: Thumb and finger touch or overlap less than 1 cm (half an inch).

Large bones: Thumb and index finger do not touch.

When you have made your selection, click on **SAVE CHANGES** to continue.

The image shows a web interface for editing a user profile. The top navigation bar includes links for Activity, Profile, Messages (0), Friends, Groups, and Settings. Below this is a sub-header with 'Edit' and 'Change Profile Photo' options. The main form is divided into two columns. The left column contains fields for Username, First Name, Last Name, Birthday, Status, Country, State, and City. The right column contains fields for Goal (Lose Weight, Maintain Weight), Gender (Female, Male), format (lbs, kg), Weight, Goal Weight, Height (ft, in), and Hobbies. A red box highlights the 'Dietary Needs' section, which includes checkboxes for Vegetarian, Non Dairy, Low Cholesterol, Gluten Free, and Low Sugar. Another red box highlights the 'Menu Planner' section, which includes 'Variety' and 'Recipe Amount' options with corresponding icons. A third red box highlights the 'Body shape' and 'Bone size' sections. The 'Body shape' section has radio buttons for Apple, Pear, and Hourglass. The 'Bone size' section has radio buttons for Small, Medium, and Large. A red arrow points to the 'SAVE CHANGES' button at the bottom right of the form.

6. In order to move on, go back to the home page and click on the Create a Menu button on your dashboard.



7. On the page that appears, you will see 3 menu creation options: Instant Menu, Favorite Foods and Personal Menu Planner. Each of these options are unique and have different levels of customization. Below is a brief explanation of all 3:

- **Instant Menu:** a quick done-for-you menu based on your dietary needs, using the most popular foods.
- **Favorite Foods:** an easy-to-follow menu based on the foods that you like, to reach your weight loss goals.
- **Personal Menu Planner:** a complete menu with full flexibility. Go through our entire list of foods and build a menu that fits you.

The "Menu Planner" page features a header with a bar chart icon and the title "Menu Planner". Below the header, the text "Choose the option that fits you the best!" is displayed. Three menu creation options are presented side-by-side. Each option includes a clock icon where the face represents the "Level of Customization" (indicated by a bar below the clock). The "Instant Menu" has a 1/4 filled clock and a 1/4 filled bar. The "Favorite Foods" option is highlighted with a light blue background and an orange "Most Popular!" banner; it has a 2/4 filled clock and a 2/4 filled bar. The "Personal Menu Planner" has a 3/4 filled clock and a 3/4 filled bar. Each option includes a brief description and an orange "Start Now!" button.

Instant Menu

Level of Customization

You will get a quick done-for-you menu based on your dietary needs, using the most popular foods.

Start Now!

Favorite Foods

Level of Customization

Get an easy-to-follow menu based on the foods that you like, to reach your weight loss goals.

Start Now!

Personal Menu Planner

Level of Customization

Take the time to go through our entire list of foods and build a menu that fits you.

Start Now!

8. Now that you understand the different tools for building a menu. Let's create a menu using the Instant Menu tool. Go ahead and click on "Start Now!" under Instant Menu to get started.

Instant Menu



Level of Customization




You will get a quick done-for-you menu **based on your dietary needs**, using the most popular foods.

Start Now!

9. 30 seconds and voila! Your new weekly menu will appear with options to help you further customize it. We will get into these options later on, as we discuss the Personal Menu Planner.

Weekly Meal Plan

This unique tool was developed to assist you, it's just like having your own personal nutritionist right by your side.

 Your menu's health level is **90%**
80% and above 70% to 79% below 70%

Measurement Portion mode Exchange mode My Food Choices New menu Menu History Grocery List Print Menu

Oz Gr

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Start walkthrough

To Switch a Food
Move your mouse over a food and click on the pencil icon

Created On: 8/17/2015

Breakfast

1/2 cup of Egg Substitute, Egg White Based, Cooked in Oil

1/2 Bagel, Wheat or Rye

1 serving of "Free" Spread

2 Tbsp of Raisins

Snack #1

1 serving of Vegetables of Your Choice

1/2 ounce of Hazelnuts

Lunch

4 ounces of Fu

1/2 cup of Edamame

1/2 ounce of Pumpkin Seeds

1 cup of Tomato-Stewed Okra & Carrots

Snack #2

1 ounce of Filberts

4 ounces of Vegan Pudding (Non-Soy)

Dinner

2 ounces of Pork, Loin Chop, Lean, pastured

1 cup of Pasta, White (Cooked)

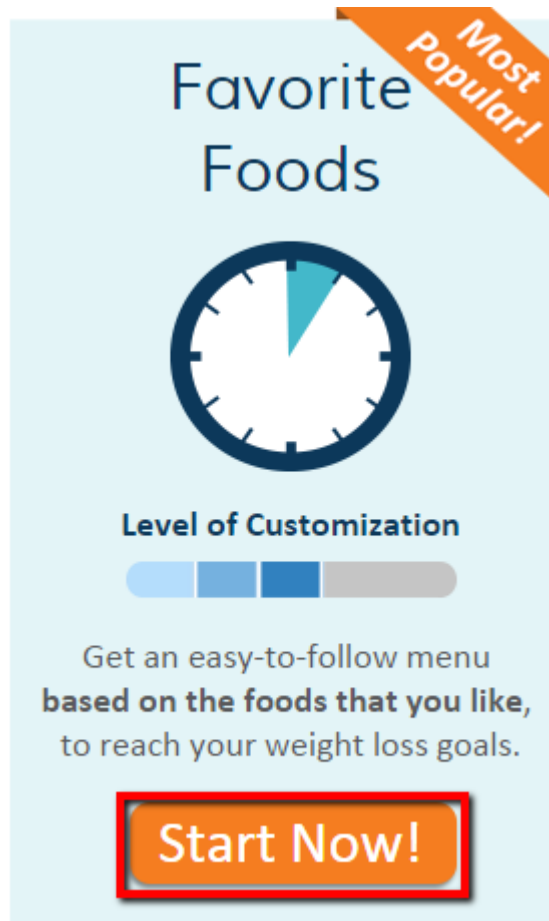
1 serving of Vegetables of Your Choice

1 tsp of Oil, Olive

Snack #3

1/2 cup of Lupin Seeds (Cooked)

10. Now that we've finished creating an Instant Menu, let's move on to the Favorite Foods tool. This is by far our most popular tool amongst our members. To get started, return to the Menu Planner page and click on "Start Now!" under Favorite Foods.









11. We are now taken to the Food Groups area, step one of 3 simple steps to creating a menu. Here you will mark the Food Groups that you love, would eat, or dislike. Once you've finished making your selections, simply click on "CONTINUE" to move on to step 2.

 **Menu Planner**

Food Groups

Click on the icons below so we can create a list of your favorite foods:

- ♥ – I love it / Add more of this to my menu
- ✓ – I'd eat it / Add this to my menu
- ✗ – I don't like it / Don't add this to my menu

 Breads	 Pastries	 Breakfast Foods	 Rice	 Pasta
 Grains	 Legumes	 Meats	 Poultry	 Fish and Seafood
 Eggs	 Milk	 Cheese	 Yogurt	 Cottage
 Nuts	 Snacks	 Desserts	 Vegan dairy	 Vegan meat

CONTINUE

12. Based on your selections in Step 1, we've put together a list of foods to help you build a menu. In order to get a menu that suits you, add a heart icon to the right of the foods you would like to add to your menu more frequently or place an x on the foods you don't want in your menu. You can also skip this step, but it is important to know that if you skip this step, your menu will be created based on all of the foods within the list, regardless of your likes and dislikes. Once you've finished going through the list, click on "SAVE & CREATE MENU" to finalize your weekly menu.

Please Notice The lighter the color of the food name, the healthier it is

FOOD NAME	Favorites	Remove
^ Bread		
Bagel, Whole-Grain, 3-in / 7.5 cm		
Bread, Rye		
Bread, 100% Whole-Grain		
Bun, Hamburger, Whole-Grain		
Muffin, English, 100% Whole Grain		
Rice Cake		
Roll, 100% Whole Grain		
^ Grains		
Couscous (Cooked)		
Quinoa (Cooked)		
Rice, Brown (Cooked)		
^ Breakfast Meal		
Cereal Cold, Bran-based		
Cereal Cold, Oat-based		
Oatmeal (Cooked)		
Shredded Wheat / Shreddies		
^ Legumes		
Beans, Black		
Beans, Kidney		
Edamame		
Lentils		
^ Fruits		
Apple		





BACK TO FOOD GROUPS

SAVE & CREATE MENU

13. You are all set! You now have your very own menu based on your favorite foods. Your new weekly menu will appear with options to help you further customize it. We will get into these options later on, as we discuss the Personal Menu Planner.

Weekly Meal Plan

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1 serving of "Free" Spread

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Lunch

4 ounces of Fu

1/2 cup of Edamame

1/2 ounce of Pumpkin Seeds

1 cup of Tomato-Stewed Okra & Carrots

Snack #2

1 ounce of Filberts

4 ounces of Vegan Pudding (Non-Soy)

Dinner

2 ounces of Pork, Loin Chop, Lean, pastured

1 cup of Pasta, White (Cooked)

1 serving of Vegetables of Your Choice

1 tsp of Oil, Olive

Snack #3

1/2 cup of Lupin Seeds (Cooked)

14. With only one option left to explore, let's build a menu using the Personal Menu Planner tool. This will take more time than the other 2 options, so please set aside a little more time. Go back to the Menu Planner page and click on "Start Now!" under Personal Menu Planner to get started.

Personal Menu Planner



Level of Customization



Take the time to **go through our entire list of foods** and build a menu that fits you.

Start Now!

15. The main menu planner interface will now open.

Menu Planner

My Food Choices

Below you will see that the Menu Planner is organized by food groups.

For each food group, please select your favorite foods based on the mealtimes listed below.

For help, simply click on "[Start walkthrough](#)" at the bottom left of the screen and we will go through each step with you.

[Click here](#) to download the Menu planner User Guide.

Once you have selected the minimum amount of required foods and all food group boxes are solid blue, click on "Save & Create Menu".

We will create you a menu based on the perfect combinations to support your weight loss goals. Enjoy!

Please Notice The lighter the color of the food name, the healthier it is

CARBS

PROTEINS

FATS

SWEETS

VEGETABLES

FRUITS

FREE FOODS

Proteins	Breakfast	Lunch	Dinner	Snacks	Favorite
select a total of 8 proteins for each meal from the list below					
Legumes					
Eggs					
Red Meat					
Seafood					
Poultry					
Vegan Substitutes					
Recipes					
Beef, Cold Cuts, Lean, Uncured					
Beef, Cold Cuts, Regular, Uncured					
Beef, Frankfurter, Uncured					
Beef meat, Lean					
Beef, Sausage, Natural, Uncured					
Bison / Buffalo, Fillet or Steak					
Bison / Buffalo meat, Ground / Minced					
Breakfast Steak					
Goat meat					
Kidney, Beef / Pork / Lamb (Cooked)					
Kidney, Game (Cooked)					
Liver, Beef / Pork / Lamb (Cooked)					
Liver, Game (Cooked)					
Mutton (Lamb, Sheep), Lean					
Pork, Cold Cuts, Regular, Uncured					
Pork, Ham, Lean, Uncured					

Start walkthrough

PREV

NEXT

CLEAR ALL FOODS

CLEAR & ADD POPULAR


SAVE

SAVE & CREATE MENU

Are we missing a favorite food? [Click here to add it](#)

SWG = sprouted whole grain


16. For a complete step by step guide on how to select foods using the Personal Menu Planner, simply click on "Start walkthrough" which can be found at the top or bottom left of the Menu Planner.


 **Menu Planner**


My Food Choices


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For help, simply click on **"Start walkthrough"** at the bottom left of the screen and we will go through each step with you.
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FATS



SWEETS


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FREE FOODS


	Breakfast	Lunch	Dinner	Snacks	Favorite
Proteins select a total of 8 proteins for each meal from the list below					
Legumes					
Eggs					
Red Meat					
Seafood					
Poultry					
Vegan Substitutes					
Recipes					
Beef, Cold Cuts, Lean, Uncured					
Beef, Cold Cuts, Regular, Uncured					
Beef, Frankfurter, Uncured					
Beef meat, Lean					
Beef, Sausage, Natural, Uncured					
Bison / Buffalo, Fillet or Steak					
Bison / Buffalo meat, Ground / Minced					
Breakfast Steak					
Goat meat					
Kidney, Beef / Pork / Lamb (Cooked)					
Kidney, Game (Cooked)					
Liver, Beef / Pork / Lamb (Cooked)					
Liver, Game (Cooked)					
Mutton (Lamb, Sheep), Lean					
Pork, Cold Cuts, Regular, Uncured					
Pork, Ham, Lean, Uncured					

 Start walkthrough

PREV


NEXT

CLEAR ALL FOODS

CLEAR & ADD POPULAR

SAVE

SAVE & CREATE MENU

 Are we missing a favorite food? [Click here to add it](#)
SWG = sprouted whole grain

This will generate a series of text balloons to guide you through the features of the Menu Planner.

My Food Choices

For each food group, select as many favorite foods as you can.
Make sure all meal bars are solid blue.

The lighter the color of the food name, the healthier it is

CARBS

PROTEINS

FATS

SWEETS

VEGETABLES

FRUITS

FREE FOODS

Carbs

select a total of 6 Carbs for each meal from the list below

Bread

Grains

Breakfast Meal

Legumes

Desserts and Sweets

Salads/Vegetables

Dairy

Miscellaneous

Starchy Vegetables

Soup

Spreads/Sauces

Vegan Substitutes

Pizza, Pasta, Focacce

Recipes

Breakfast

Lunch

Dinner

Snacks

100% Whole Grain English Muffin				
100% Whole Grain Roll				
100% Whole Grain Tortilla/Wrap (small)				
100% Whole Grain Wrap (medium)				
Barley Bread				
Brown Rice Bread				
Chapati/Roti, Whole Grain, Gluten-Free				
Chapati/Roti, Whole Wheat				
Crumpet, Wholemeal				
Flatbread/Focaccia, Whole Grain, Plain or				
Herbed/Wholemeal				
Gluten-Free Whole Grain Bread				
Granary Bread				
Naan, Whole Grain, Gluten-Free				
Naan, Whole Wheat				

Go over the entire list of foods, and select as many favorite foods for each meal.

skip walkthrough

next

Start walkthrough

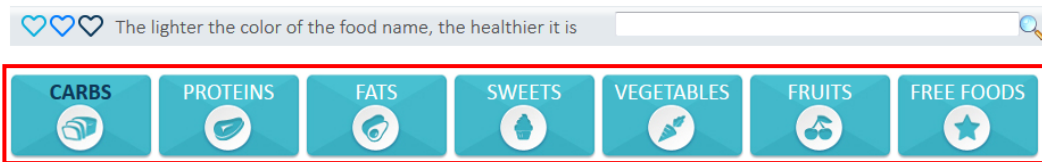
We encourage you to stick around as the directions below can also help guide you through the menu-building process.

17. Near the top of the page, you will see seven different food group buttons near the top.

My Food Choices

For each food group, select as many favorite foods as you can.

Make sure all meal bars are solid blue.



- The first three – **carbs** (carbohydrates), **proteins**, and **fats** – serve as the main all-inclusive groups
 - The second three, also included in carbs – **sweets**, **vegetables**, and **fruits** – get special attention:
 - Sweets, because they are generally a combination of at least two food groups (carbs and fats)
 - Vegetables and fruits, because their unique contribution to good health warrants emphasis on a variety in the menu
 - The last category is free foods, which you can eat without any limitations.
- Jump from tab to tab by clicking on the one you want to view.

18. When you click on a food group button, the food subgroups appear to the left below.

My Food Choices

Below you will see that the Menu Planner is organized by food groups.

For each food group, please select your favorite foods based on the mealtimes listed below.

For help, simply click on "[Start walkthrough](#)" at the bottom left of the screen and we will go through each step with you.

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Once you have selected the minimum amount of required foods and all food group boxes are solid blue, click on "Save & Create Menu".

We will create you a menu based on the perfect combinations to support your weight loss goals. Enjoy!

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FRUITS

FREE FOODS

Carbs
select a total of 6 Carbs for each meal from the list below

Bread

Grains

Breakfast Meal

Legumes

Salads/Vegetables

Miscellaneous

Starchy Vegetables

Soup

Beverages

Spreads/Sauces

Vegan Substitutes

Pizza, Pasta, Focacce

Recipes

	Breakfast	Lunch	Dinner	Snacks	Favorite
Bagel, Whole-Grain, 3-in / 7.5 cm					
Bagel, Wheat or Rye					
Bagel, SWG, 3-in / 7.5 cm					
Bagel, White, 3-in / 7.5 cm					
Baguette, Whole-Grain					
Baguette, White					
Bread, SWG					
Bread, Brown Rice					
Bread, Spelt					
Bread, Pumpernickel					
Bread, Rye					
Bread, Whole-Grain, Gluten-Free					
Bread, Oat					
Bread, Barley					
Bread, Potato					
Bread, Whole-Grain/Wholemeal					

Start walkthrough

PREV

NEXT

CLEAR ALL FOODS

CLEAR & ADD POPULAR

SAVE

SAVE & CREATE MENU

Are we missing a favorite food? [Click here to add it](#)
SWG = sprouted whole grain

- ## My Food Choices

We will create you a menu based on the perfect combinations to support your weight loss goals. Enjoy!

CARBS

PROTEINS

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VEGETABLES

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FREE FOODS

Carbs

select a total of 6 Carbs for each meal from the list below

Bread

Grains

Breakfast Meal

Legumes

Salads/Vegetables

Miscellaneous

Starchy Vegetables

Soup

Beverages

Spreads/Sauces

Vegan Substitutes

Pizza, Pasta, Focacce

Recipes

Breakfast

Lunch

Dinner

Snacks

Favorite

Bagel, Whole-Grain, 3-in / 7.5 cm					
Bagel, Wheat or Rye					
Bagel, SWG, 3-in / 7.5 cm					
Bagel, White, 3-in / 7.5 cm					
Baguette, Whole-Grain					
Baguette, White					
Bread, SWG					
Bread, Brown Rice					
Bread, Spelt					
Bread, Pumpernickel					
Bread, Rye					
Bread, Whole-Grain, Gluten-Free					
Bread, Oat					
Bread, Barley					
Bread, Potato					
Bread, Whole-Grain/Wholemeal					

Start walkthrough

PREV

NEXT

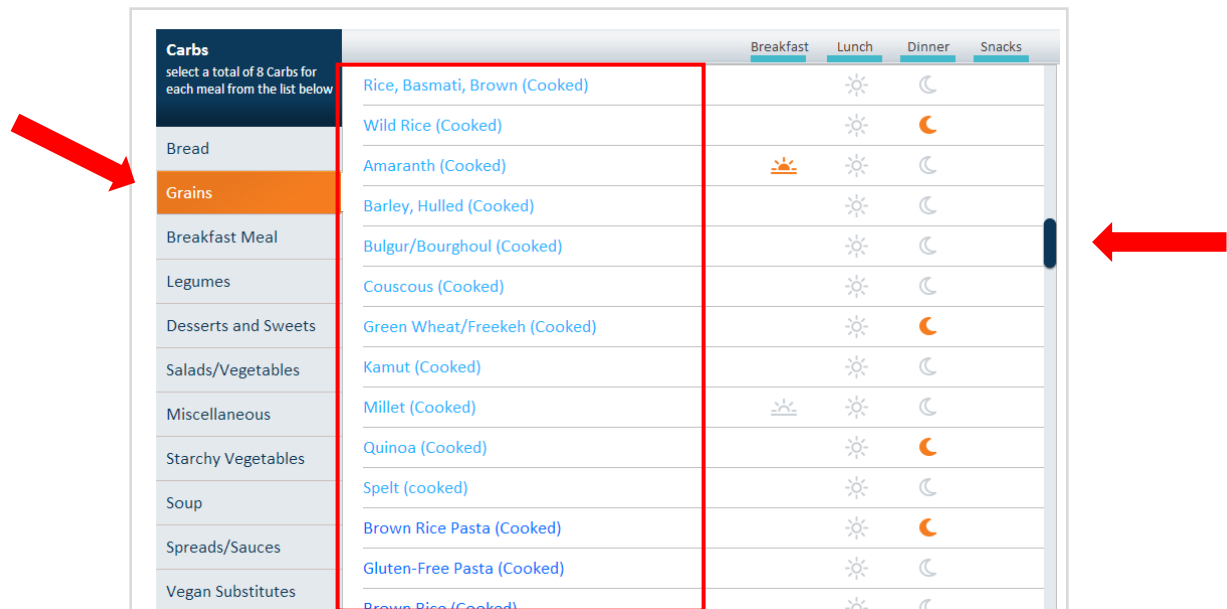
CLEAR ALL FOODS

CLEAR & ADD POPULAR

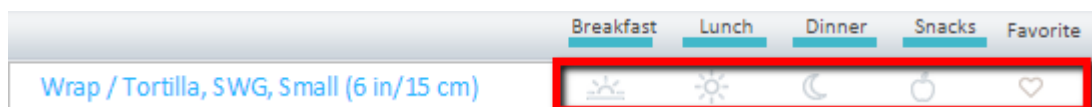
SAVE

SAVE & CREATE MENU

20. Because the food list contains all items in the larger category, it continues through the next subcategory – which you will see will then be automatically selected as you continue to scroll down.




21. To the right of the food list are the meal categories: **Breakfast, Lunch, Dinner, Snacks**. Underneath each meal at which the food is intended, you will see symbols. Simply click on the symbols of foods you'd like to add to your menu. Also, please note that there is a special button called **Favorite**. Mark a food as favorite to frequently include it in your menu.



22. Let's start by selecting foods. Under each food group you'll need to select a minimum amount of items for each meal. **For example:** at least **6 Carb** items, **8 Protein** items and **5 Fat** items, **2 sweet** items, and **6 fruits**. You will not need to select from Vegetables and Free Foods, as these items can be added freely to your menu. Please note that it is important to select as much different foods as possible, as this will help give your menu greater variety and combinations.

23. We've made it easy to know which choices are healthier than others. As noted at the top of the page, the lighter the text color, the healthier the food will be.


Menu Planner



Menu Planner

My Food Choices

For each food group, select as many favorite foods as you can.
Make sure all meal bars are solid blue.












The lighter the color of the food name, the healthier it is

For instance, foods in dark blue color text are the least recommended, but are still available to help you transition to healthier choices. Medium blue foods are healthier than the dark blue foods, and the lightest blue foods are the healthiest out of all the groups. We recommend you stick to them as much as you can.


Carbs select a total of 8 Carbs for each meal from the list below				
	Breakfast	Lunch	Dinner	Snacks
Bread Grains Breakfast Meal Legumes Desserts and Sweets Salads/Vegetables Miscellaneous Starchy Vegetables Soup Spreads/Sauces Vegan Substitutes	Rice, Basmati, Brown (Cooked)	☀	☾	
	Wild Rice (Cooked)	☀	🌙	
	Amaranth (Cooked)	🌅	☀	☾
	Barley, Hulled (Cooked)		☀	☾
	Bulgur/Bourghoul (Cooked)		☀	☾
	Couscous (Cooked)		☀	☾
	Green Wheat/Freekeh (Cooked)		☀	🌙
	Kamut (Cooked)		☀	☾
	Millet (Cooked)	🌅	☀	☾
	Quinoa (Cooked)		☀	🌙
	Spelt (cooked)		☀	☾
	Brown Rice Pasta (Cooked)		☀	🌙
	Gluten-Free Pasta (Cooked)		☀	☾
	Brown Rice (Cooked)		☀	☾


24. You'll find many quick and easy recipes in the subcategory list, at the bottom. Each is marked with a pot icon.


Miscellaneous	Wild Rice Nut-&-Fruit Toss 
Starchy Vegetables	Cheesy Spinach-Brown Rice Bake 
Soup	Classic Green Bean & Onion Casserole 
Spreads/Sauces	Classic Mashed Potatoes 
Vegan Substitutes	Classic Tuna Casserole 
Recipes	Coco Banana Pancakes 
	Homemade Granola Cereal 
	Lima Bean Bake 


 [Start walkthrough](#)

25. Click on the recipe name or icon to open the full recipe in a new window.

 **Cheesy Spinach-Brown Rice Layer Bake**







Ingredients

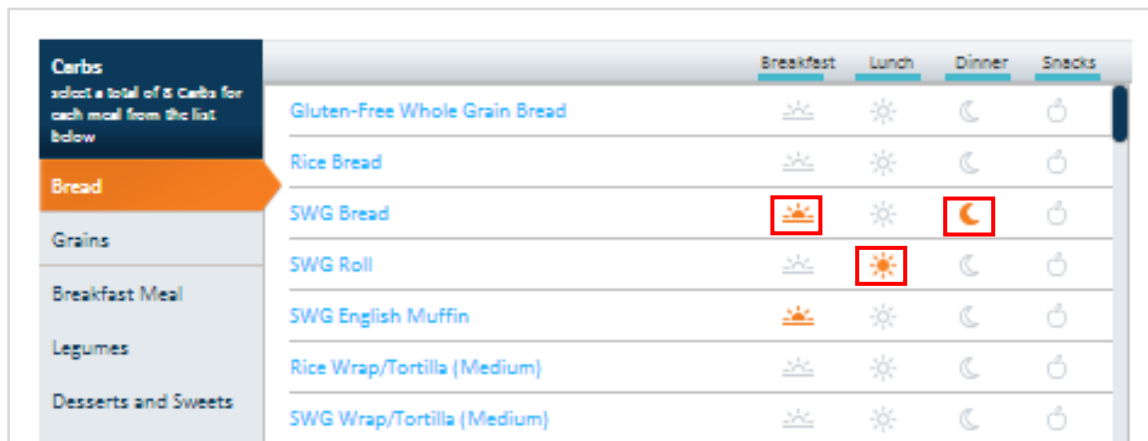
- ¼ cup / 60 ml organic grass-fed or vegan milk
- 1 cup / 240 ml organic grass-fed cottage cheese
or organic 1 cup / 240 ml organic soymilk + 3 Tbsp. apple cider vinegar, mixed and allowed to curdle for 10 minutes
- 5 plump tomatoes, parboiled, peeled, and chopped
- 7 pcs brown rice wide lasagna pasta, cooked
- 1 lb. / 450 gm baby spinach, torn, sprigs removed, and blanched
- 2½ cups / 600 ml organic, grass-fed hard or vegan meltable cheese
- ½ cup / 60 gm sliced almonds

Directions

Preheat your oven to 375°F / 190°C. In a small bowl, combine the milk, tomatoes, and cottage

If you have a busy schedule and prefer a time-saving menu, we recommend selecting more of the non-recipe items on the foods list, or selecting quicker recipes – such as those with “simple,” “homemade,” “classic,” or “basic” in the name.

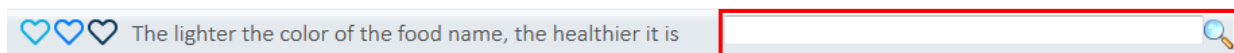
26. To select foods for each meal, simply click the meal symbol to the right of each choice.



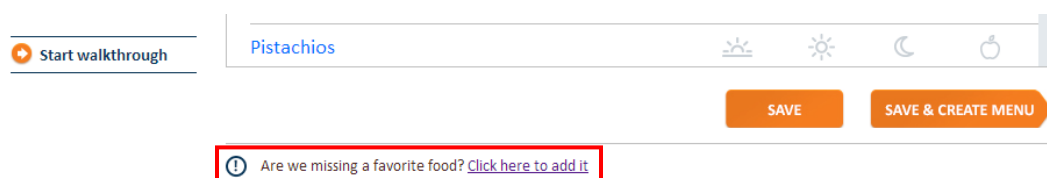
Note: The more items you select the richer your weekly menu will be, so feel free to choose as many food choices as you can from each category.

If you made a mistake or change your mind, you can always click on the box you ticked to de-select items.

27. We’ve gathered hundreds of delicious food ideas that suit any taste, so if you don’t find anything you like in one category, simply click the next one to find other tasty options.
28. If you are looking for a specific food, you can type it into the search bar, located near the top of the page.



29. If you still can’t find the food you want, at the bottom of the food list, find the following question: “Are we missing a favorite food?” – then click on “Click here to add it”.



30. When the “Foods to Add” window opens, read the instructions carefully. If you still have a food you would like to submit for consideration to be added to the Menu Planner food lists, enter it along with your Name and contact information, as well as the security code.

The screenshot shows a web form titled "Suggest Foods" with a blue header. Below the header is a sub-header "Suggest Foods" with a pencil icon. The main content area contains instructions and a list of tips for suggesting foods. At the bottom, there is a form with fields for "Name" and "Email", a large text area for "Which foods would you like to add to the Menu Planner?", a security code field with the code "6 Z DG" and a prompt "Please type the letters in the text box below:", and a "SEND" button.

Suggest Foods

Suggest Foods

Did you search for a food item in the Menu Planner and didn't find it?
We welcome your suggestions!

First, we encourage a thorough search of the Menu Planner lists. Then, if you are absolutely positive that the item is not listed, here are a couple of tips to keep in mind when deciding if/what to suggest:

1. The Menu Planner mainly features foods in their purest form, and some in forms considered healthiest. Many of the descriptions are purposely very generic, to keep them flexible – therefore, food names that feature preparation methods or combinations may not necessarily be a new food.
2. The Menu Planner purposely omits brand names, again to keep things flexible for our many users with differing access to foods. Think of the main category or type of food you are seeking, as it may indeed be in a list here, more loosely worded.
3. Consider if the item would add or at least not significantly detract from the purpose of this program – to enhance health. While we want you to eat the foods you like, perhaps some are healthier than others, and might make better choices for everyone.

Individual foods are different from prepared recipes. If there is a type of recipe you would like to see on the site, but did not find it upon searching the Recipes section, you're more than welcome to submit your own recipe through this "Add New Recipe" link.

Name Email

Which foods would you like to add to the Menu Planner?

6 Z DG Please type the letters in the text box below:

SEND


Click “Send”. The suggestion will be reviewed, and if it meets the program’s criteria, it will be added in the next upgrade cycle of the Menu Planner.




31. After choosing the minimum items required per category, the “Save and Create Menu” button at the bottom right hand corner of the page will turn orange, signifying it is available. Click on this button to generate a week-long set of daily menus, composed according to your food selections for each meal.

32. The weekly menu will then appear, generated according to your personal parameters and with the right combination of proteins and carbs to help you reach your weight loss goals.








Weekly Meal Plan

This unique tool was developed to assist you,
it's just like having your own personal nutritionist right by your side.


Your menu's health level is **90%**

 80% and above
  70% to 79%
  below 70%

Measurement
Portion mode
Exchange mode
My Food Choices
New menu
Menu History
Grocery List
Print Menu

Oz
Gr








Monday

Tuesday


Wednesday

Thursday

Friday

Saturday

Sunday

 Start walkthrough


To Switch a Food
Move your mouse over a
food and click on the
pencil icon

Created On: 8/17/2015

Breakfast


1/2 cup of Egg Substitute, Egg White Based, Cooked in Oil

1/2 Bagel, Wheat or Rye

1 serving of "Free" Spread 

2 Tbsps of Raisins

Snack #1

1 serving of Vegetables of Your Choice 


1/2 ounce of Hazelnuts

Lunch

4 ounces of Fu

1/2 cup of Edamame

1/2 ounce of Pumpkin Seeds

1 cup of Tomato-Stewed Okra & Carrots 

Snack #2


1 ounce of Filberts

4 ounces of Vegan Pudding (Non-Soy)

Dinner

2 ounces of Pork, Loin Chop, Lean, pastured

1 cup of Pasta, White (Cooked)

1 serving of Vegetables of Your Choice 

1 tsp of Oil, Olive

Snack #3

1/2 cup of Lupin Seeds (Cooked)

33. At the bottom of the Menu Planner page you will find answers to frequently asked questions and also an area where you name, comment, and grade your menu.

Q & A

+

This is too much food for me!

+

I don't like these foods. / Why are there foods in my menu that I didn't choose?

+

What are "Free Foods"? Can I add herbs, spices, and/or vegetables? What about beverages?

+

I don't have enough time to cook. Can I still use the Menu Planner?

+

How do I plan a budget for my menu?

+

Where can I get more tips about eating healthy?

+

How do I get the most out of the Menu Planner?

+

Still have unanswered questions?

Menu properties

Menu Name:

Your grade to this menu: (1-5)
☆☆☆☆

Your comments about this menu:

UPDATE

34. Near the top of the menu page is your score, indicating how healthy your menu is based on the health level of the foods you've chosen. The higher the percentage, the better! We recommend you try keeping your menu's health level at least at 80%. To increase the health level, simply replace some of the foods with healthier alternatives – foods with lighter blue text.

 **Menu Planner**

Weekly Meal Plan

This unique tool was developed to assist you,
it's just like having your own personal nutritionist right by your side.

 Your menu's health level is **84%**

 80% and above

 70% to 79%



35. Your day will be divided into 3 traditionally-sized meals and 3 smaller meals I “snacks”. It’s what we call the “constant energy flow” diet. Eating 6 meals a day will ensure balanced levels of hormones in your body throughout the day – which will control your hunger and your need to snack on unhealthy foods or binge toward the end of the day, when you are likely to be the least physically active.

Weekly Meal Plan

This unique tool was developed to assist you,
it's just like having your own personal nutritionist right by your side.

 Your menu's health level is **90%**
80% and above 70% to 79% below 70%

Measurement Portion mode Exchange mode My Food Choices New menu Menu History Grocery List Print Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Start walkthrough

To Switch a Food
Move your mouse over a food and click on the pencil icon

Created On: 8/17/2015

Breakfast

1/2 cup of Egg Substitute, Egg White Based, Cooked in Oil

1/2 Bagel, Wheat or Rye

1 serving of "Free" Spread

2 Tbsps of Raisins

Snack #1

1 serving of Vegetables of Your Choice

1/2 ounce of Hazelnuts

Lunch

4 ounces of Fu

1/2 cup of Edamame

1/2 ounce of Pumpkin Seeds

1 cup of Tomato-Stewed Okra & Carrots

Snack #2

1 ounce of Filberts

4 ounces of Vegan Pudding (Non-Soy)

Dinner

2 ounces of Pork, Loin Chop, Lean, pastured

1 cup of Pasta, White (Cooked)

1 serving of Vegetables of Your Choice

1 tsp of Oil, Olive

Snack #3

1/2 cup of Lupin Seeds (Cooked)

36. At the top of the menu, you will see a toolbar with icons, with titles above each.



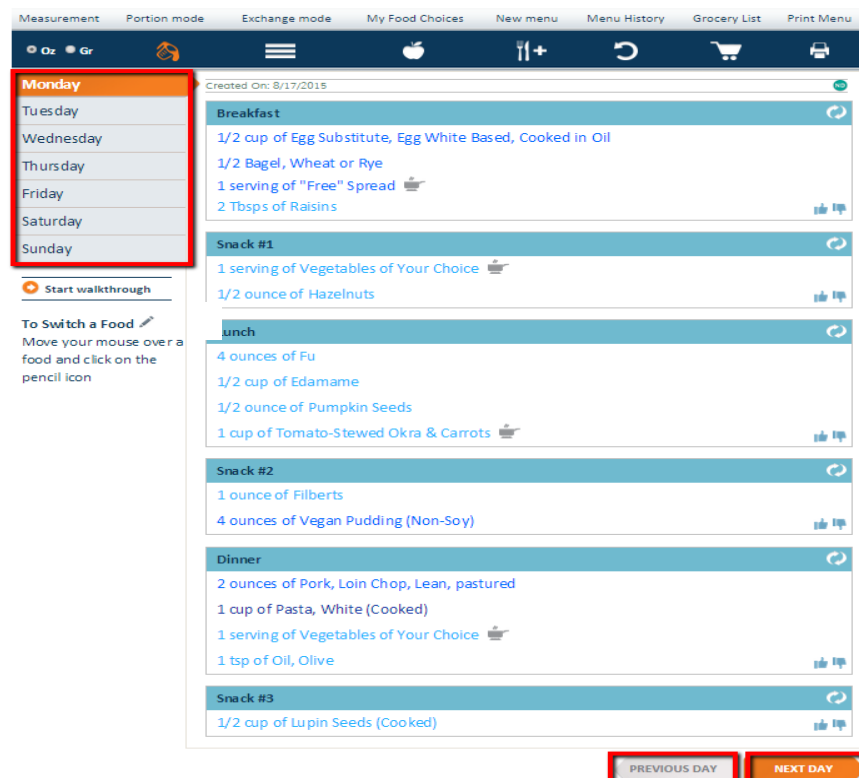
Measurement: Click on “Oz” for US measurements, or “Gr” for metric measurements.



Portion mode: When the icon is orange, portions of foods are listed in selected measurements, and you will have the ability to review and substitute foods.



To the left of the portions and foods, you will find the days of the week. Click through them or use the PREVIOUS DAY and NEXT DAY buttons below to view each day's meals.



If your menu does not suit you, we encourage you to provide us with feedback by using the symbols (thumbs up and thumbs down) below:

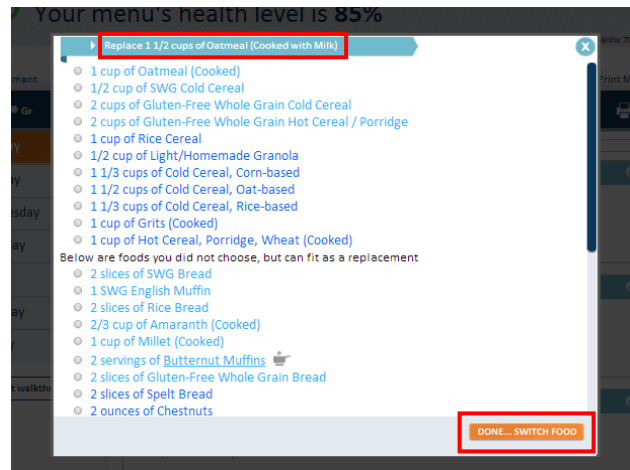


The beauty of the Menu Planner is that you always have full flexibility. You can favour specific foods so that they appear in your menus more often, remove foods from your future menus, and even change individual foods and meals.

In order to favour a meal so that it appears more frequently in your future menus, simply click on the 'Heart' icon to the right of the food. And, if you are looking to remove a food from your current and future menu/s, simply click on the 'Remove' icon. You will be able to find all of your Favorite Foods and Removed Foods at the bottom left of the Menu.

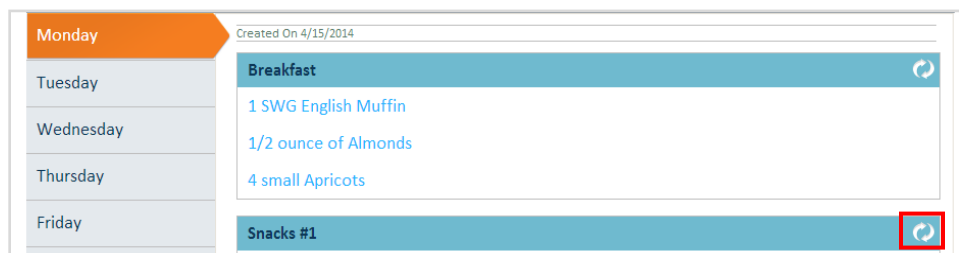
A screenshot of the Menu Planner web application. The interface includes a top navigation bar with tabs like 'Measurement', 'Portion mode', 'Exchange mode', 'My Food Choices', 'New menu', 'Menu History', 'Grocery List', and 'Print Menu'. Below this is a sidebar with a calendar view showing 'Monday' selected, and links for 'Start walkthrough', 'To Switch a Food', and 'Where to shop?'. The main content area displays a menu for 'Monday' created on 2/2/2016, with sections for 'Breakfast', 'Snack #1', and 'Lunch'. Each section lists food items with icons for editing (pencil), removing (trash), and favoring (heart). Red annotations highlight these features: a red box around the edit, remove, and heart icons for '1/2 cup of Oatmeal (Cooked)' in the breakfast section, and a red box around the 'My Favorite Foods' and 'My Removed Foods' links in the bottom left sidebar. Red arrows point from these boxes to the corresponding icons and links.

To swap individual foods, simply click on the food (or the Pencil Icon to the right of the food) you would like to change. A list of possible exchanges matching the general nutritional value of that food will appear – some are based on your choices, and others are listed to give you additional options. Click on what you would like to include in your menu instead, and click **“DONE – SWITCH FOOD”**.



You also have the option of building your own menu “from scratch”.

To do this, click on the circular arrow icon in the top right corner of the particular meal.



A “self-service” menu-building window will then appear, with directions to walk you through the process.

Weekly Meal Plan

This unique tool was developed to assist you.

Switch Breakfast

Replace your meal with the following foods:

STEP 1. Choose the food you want in your meal:

Filter by Ingredients:

☒ Carbs

☒ Pros

☒ Fats

☒ Fruits

☒ Sweets

☒ Vegetables

Food by Category:

All Foods

Bread

Grains

Breakfast Meal

Legumes

Fruits

Desserts and Sweets

Salads/Vegetables

Dairy

Oils

Food Name:

STEP 2. Your New Breakfast is:

	Servings	Carbs	Pros	Fats	Fruits	Sweets	Vegetables
Your Nutritional Needs Are:		2	1	1	1	0	0
New Breakfast Nutritional Values:		0	0	0	0	0	0
Your balance:		2	1	1	1	0	0

- You haven't met your nutritional needs. Choose foods with greater values, or add foods

- You're over your nutritional allowance. Choose foods with lesser values

COMPLETE MEAL AUTOMATICALLY

DONE... SWITCH MEAL

Exchange mode: When the icon is orange, foods are listed as exchanges. They help serve as an example if you eventually decide to build your own menus based on the Trim Down Club principles and food lists.

Measurement	Portion mode	Exchange mode	My Food Choices	New menu	Menu History	Grocery List	Settings	Print Menu
Oz	Gr							
Created On 4/15/2014								
Monday								
Breakfast								
1 SWG English Muffin			Carbs	Pros	Fats	Fruits	Vegetables	Sweets
1/2 ounce of Almonds			2	0	0	0	0	0
4 small Apricots			0	1	0.5	0	0	0
Total Breakfast:			0	0	0	1	0	0
Snacks #1								
3 cups of Popcorn, Unflavored, Organic			Carbs	Pros	Fats	Fruits	Vegetables	Sweets
1/2 cup of Edamame			1	0	0	0	0	0
1 large Orange			0	1	0	0	0	0
			0	0	0	1	0	0

- Each “**carb**” exchange provides approximately 15 g or less carbohydrate
- Each “**protein**” exchange provides approximately 7 g protein
- Each “**fat**” exchange provides approximately 5 g fat
- Each “**fruit**” exchange provides approximately 15 g carbohydrates
- Each “**veg**” (vegetable) exchange provides approximately 7 g carbohydrates
- Each “**sweet treat**” provides approximately 15-22 g carbohydrates and 4-5 g fat

You can view full lists of exchanges for various foods by [clicking here](#).

Exchange Lists

Carbohydrates Proteins Fats Veggies Fruits Grains Nuts & Seeds Misc. Free

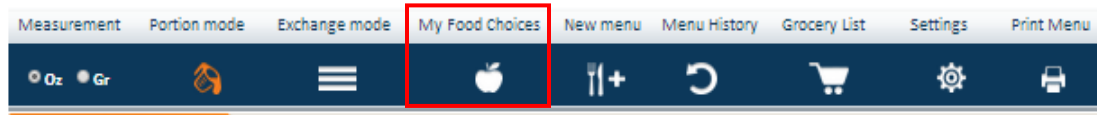
Breads

1 carbohydrate exchange

15-22 g carbohydrates + 1.5-3 g protein per exchange

Food	Exchange Size	
	Imperial (US)	Metric
100% Whole Grain Bread	1 oz / slice	28.35 g / 1 slice
100% Whole Grain English Muffin	1/2	1/2
100% Whole Grain Roll	1/2	1/2
100% Whole Grain Tortilla/Wrap (Small)	1	1
Bagel, White, 3 in / 7.5 cm	1/2	1/2
Bagel, Whole Grain, 3 in / 7.5 cm	1/2	1/2
Baguette, White	1 oz / 1.5 inch	28.35 g / 4 cm
Baguette, Whole Grain	1 oz / 1.5 inch	28.35 g / 4 cm
Graham Cracker, Square, 2.5 in / 6.5 cm	3	3
Hamburger Bun, White	1	1
Hamburger Bun, Whole Grain	1	1
Hotdog Bun, White	1	1
Hotdog Bun, Whole Grain	1	1
Pancakes, Whole Grain (frozen)	1.5 oz	45 g

My Food Choices: Click on this to bring you back to the application section in which you initially began selecting your foods for the menu in step #9.

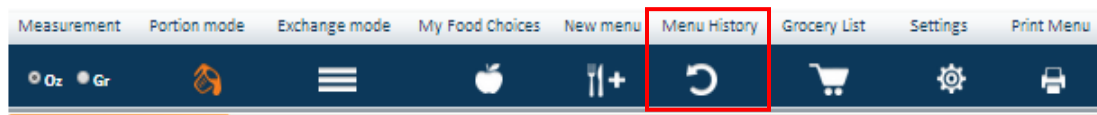


Carbs	Meal Type			
	Breakfast	Lunch	Dinner	Snacks
select a total of 8 Carbs for each meal from the list below	Gluten-Free Whole Grain Bread			
	Rice Bread			
Bread	SWG Bread			
Grains	SWG Roll			
Breakfast Meal	SWG English Muffin			
Legumes	Rice Wrap/Tortilla (Medium)			
Desserts and Sweets	SWG Wrap/Tortilla (Medium)			
Salads/Vegetables	100% Whole Grain Bread			
Miscellaneous	100% Whole Grain Roll			

New menu: Click on this and we will provide you with an entirely different menu plan.






















Menu History: Click on this to see previously generated menus.



A new window will open with the **Menu** number and **Creation Date** you created it. To open a menu, click on **“View”**.

Menu History

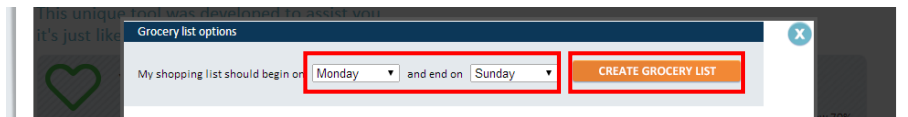
Here are all your past menus, so you can compare them to your Success Meter and discover what menus help you the most.

Menu	Health Level	Recipe Amount	Meal Variety	Menu Preferences	Creation Date	View	Delete
28	B5	Some	Great		16 Apr 14, 01:37 AM		
27	B5	Some	Great		16 Apr 14, 12:57 AM		
26	B5	Some	Great		15 Apr 14, 11:34 PM		
25	B5	Some	Great		15 Apr 14, 11:34 PM		
24	B4	Some	Great		15 Apr 14, 11:33 PM		
23	B4	Some	Great		15 Apr 14, 06:01 PM		
22	B5	Some	Great		10 Apr 14, 05:38 AM		
21	B4	Great	Great		6 Oct 13, 12:08 AM		
20	B5	Great	Great		20 Aug 13, 06:16 AM		

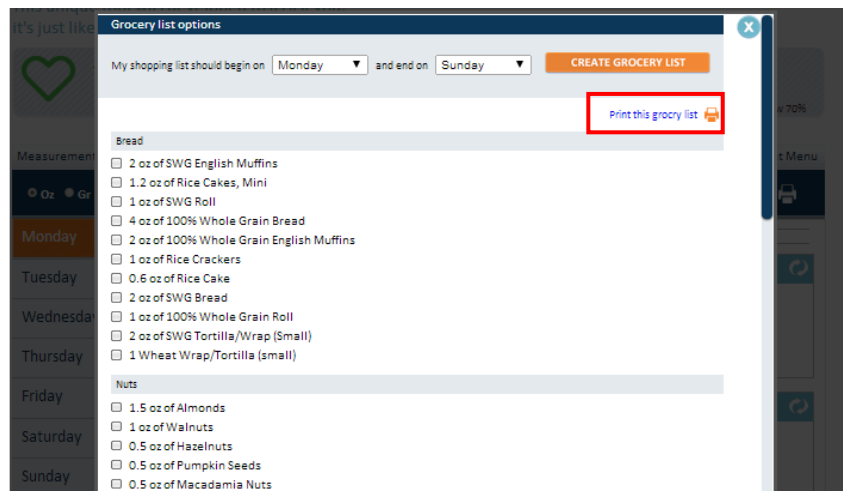
Grocery List: Click on this to generate a shopping list for your menu, based on your choices.



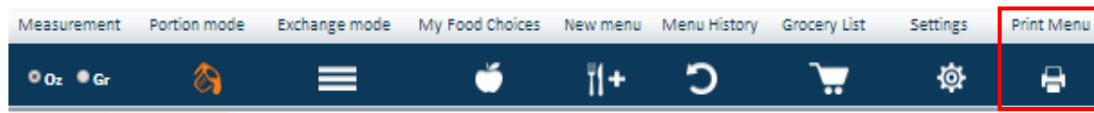
A “Grocery list options” window will appear, in which you can select which days you would like the grocery list to cover. After selecting the day range, click on “**CREATE GROCERY LIST**”.



The list will appear, divided by food groups. You can print it by clicking on “**Print this grocery list**”.



Print Menu: When you are satisfied with your menus – see all previous steps and onward (below) before printing! – click on this...



...to generate a printer-friendly version of the entire weeks' worth of menus with some helpful tips...

8/17/2015 Menu Generator - Print Menu

 **Weekly Menu**

♥ Your menu's health level is 90%

Created On: 6/9/2015 Ready-to-Go Menu HD

Monday

★ **Breakfast** ★

3 ounces of Sardines	1 Muffin, English, SWG
1 ounce of Peanuts	1 cup of Blueberries

★ **Snacks #1** ★

1 ounce of Beef, Cold Cuts, Regular, Uncured	2 Rice Cakes
1 serving of "Free" Spread	1 serving of Vegetables of Your Choice
1 small Apple	

★ **Lunch** ★

1 cup of Potato (White)	2 servings of Vegetables of Your Choice
2 tsps of Oil, Olive	1 serving of Classic Homemade Hamburger

★ **Snacks #2** ★

1 Egg (omega-3)	1 cup of Milk beverage, Rice
-----------------	------------------------------

★ **Dinner** ★

6 1/2 ounces of Salmon	2/3 cup of Rice, Brown (Cooked)
1 Tbsp of Honey Mustard Dressing	1 cup of Mixed Green Salad

★ **Snacks #3** ★

1/2 ounce of Sunflower Seeds	1 ounce of Chocolate (high % cocoa)
1 medium Peach	

You can print the menu to take with you wherever you go, or to post in plain sight as a regular reminder!

37. In addition to the link through the icon bar in the Menu Planner application, your past menus will be available through the My Menus application in the Apps section of the website.



38. If at any time you wish to change the dietary route for your menu planning, return to your profile, repeat step #5, and then return to the Menu Planner application.

Tips

- Choose as many foods as possible the first time you try the Menu Planner. This will help you create the right menu for you quickly and give you more options (most likely the very first time).
- It is strongly recommended to try the Menu Planner several times. Each time, you should eliminate the food choices that will not work for you until you feel you've reached the best menu you will be able to easily follow!
- Not sure about your food choices? You can also try the "Instant Menu" tool for a quick done-for-you menu based on your specific dietary needs, using the most popular foods.

Does this mean the Menu Planner meals are all I can eat?

No. The Menu Planner gives you the best choices for a healthy diet from the foods you choose. The foods listed serve as a basic starting point – you can either eat them as is, or you can prepare them according to the healthy principles encouraged in the Trim Down Club Program Guide.

You can also use the 14-Day Meal Plan as a basic weekly menu and/or the Trim Down Club Cookbook to replace one meal with another.

Online Tool Box

In addition to the Personal Menu Planner and Digital Guides, the Program offers online access to articles, recent studies, and recipes, all reflecting the most up-to-date information in the field of nutrition and health.

As a member of the Trim Down Club, you will also find a tool box for weight loss success, which includes:

- **My Journal**
With this tool, you can keep log of everything you eat and how you feel with your new food choices.
This tool can help you track your favorite foods and how they worked for you.
- **My Progress**
Keep track of your progress and gain access to a host of “inspirational metrics” that will help keep you motivated until you reach your weight loss goals!
Then, it will be the right place to continue tracking your progress and visually see how you maintain your weight over time.
- **Online Forum**
Speak and interact with others as you all journey together towards attaining your respective weight loss goals. This is an invaluable source of support where you can ask questions and share successes and pitfalls, and on which you can count 24 hours a day, 365 days a year! Support really matters, and this forum will always be there for you.