Recipes in MyMacros+

Alana Jewels Spadaccini

How to create a recipe in mymacros+

- So, time to get creative in the kitchen!
- Here is how you can create delicious recipes and still hit your goals!

Food Menu

🔍 Search Food

⭐ **Custom & Favs** 〉

🕐 Recent 〉

🔄 Frequent 〉

📑 Recipes 〉

🍽 By Type 〉

🏷 By Brand 〉

⏱ Fast Track 〉

📷 Nutrition Label Scanner 〉

‖‖‖ Barcode Scanner 〉

+ Add Custom Food 〉

On your drop-down menu, click on Recipes

Create New Recipe   >

My Recipes

Banana Gluten Free 4   >

Beet Puree   >

Chocolate Cupcakes Ultralight   >

Apple Cupcakes   >

Applesauce   >

Banana Cake   >

Banana Chocolate cake   >

Banana Cupcakes   >

Banana Cupcakes Lite   >

Banana Grain Free Hotcakes   >

Banana Hotcakes   >

Banana Muffin Almond Flour Mix   >

Click on create a new recipe at the top

This pops up.

Create A Recipe

Recipe Name

Total Servings
1

Serving Name
Serving

Ingredients

Add An Ingredient 〉

Nutrition Information (1 Serving)

Calories	0.00
Total Fat	**0.00**
Saturated Fat	0.00
Monounsaturated Fat	0.00
Polyunsaturated Fat	0.00
Carbs	**0.00**
Fiber	0.00
r	0.00

Save

- Name your recipe

- Leave Total servings and serving name to 1 serving for now

- Click on add an ingredient and make sure you click on Custom & Favs, so you are taking the ingredients from your data base and NOT under food search.

Search Food

Food Search   Custom & Favs

🔍 Enter Food Name   Cancel

Enter Food Name Above To Search

Search Food

Food Search | Custom & Favs

Search Your Custom & Favs

✓ 0% Greek Yogourt
0.1P 0.03C 0F — 1 Grams

0% Lactose Free Greek Yogurt
0.1P 0.03C 0F — 1 Grams

1% Cottage Cheese
0.12P 0.06C 0.01F — 1 Grams

1% Milk
0.03P 0.05C 0.01F — 1 Ml

✓ 1/2 Fat Mayonnaise
0.01P 0.07C 0.27F — 1 mL

100% Carrot Juice
0.12P 1.75C 0F — 1 fl oz

✓ 12 Grain Bagel
10P 38C 5F — 1 Bagel

✓ 2% Greek Yogurt
0.1P 0.04C 0.02F — 1 G

✓ 2% Greek Yogurt
0.1P 0.04C 0.02F — 1 G

2% Lactose Free

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Create A Recipe

Recipe Name

Total Servings
1

Serving Name
Serving

Ingredients

Add Another Ingredient >

0% Greek Yogourt
5.15P 1.45C 0F — 50 Grams

1/2 Fat Mayonnaise
0.5P 5C 20F — 75 mL

12 Grain Bagel
10P 38C 5F — 1 Bagel

2% Greek Yogurt
10P 4C 2F — 100 G

2% Greek Yogurt
20P 8C 4F — 200 G

Tap a food item to edit its serving size

Save

Click on all the ingredients in your recipe and they will have a check mark beside them.

- Once you have checked all your ingredients press back and adjust them all to the amounts the recipe calls for.

- Once you have added and adjust all of the amounts you have your recipe, and you can press save.

- Now, the only thing you have to remember to do is to adjust the 1 serving.

- Say for example you made chili.

- Once the chili is cooked you would weigh the entire recipe after in a bowl or similar.

- If the recipe yields 950 grams after it is done cooking, you go back into the recipe and type in Total servings: 950 and serving name: grams.

- If you are making muffins or cupcakes or something similar, you would put 12 in total servings and serving name cupcakes/muffins.

Once done, it will look like this and save per gram like all the other foods

Left Screen

Snack ⌄

Recipe | Makes 1000 G
Beet Puree   1 G

1	0.0	0.1	0.0
KCALS	PROTEIN	CARBS	FAT

If added this meal will contain:
kCals: 95.2 P: 3.1 C: 6.8 F: 6.2

Calories	0.61
Total Fat	0.02
Saturated Fat	0.00
Monounsaturated Fat	0.01
Polyunsaturated Fat	0.00
Carbs	0.10
Fiber	0.00
Sugar	0.00
Protein	0.02
Cholesterol	0.00
Sodium	0.00

Save

Right Screen

Snack ⌄

Recipe | Makes 6 Serving
Hattie Light   1 Serving

99	5.6	14.4	3.4
KCALS	PROTEIN	CARBS	FAT

If added this meal will contain:
kCals: 193.6 P: 8.7 C: 21.1 F: 9.6

Calories	98.92
Total Fat	3.45
Saturated Fat	0.00
Monounsaturated Fat	0.00
Polyunsaturated Fat	0.00
Carbs	14.44
Fiber	0.67
Sugar	0.79
Protein	5.58
Cholesterol	0.00
Sodium	69.93

Save

(unless it is a cupcake or similar) it will look like this:

HAPPY
COOKING!