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 Q Search Food Custom & Favs > Recent > Frequent > Recipes > By Type > By Brand > Fast Track > Nutrition Label Scanner > Barcode Scanner > + Add Custom Food

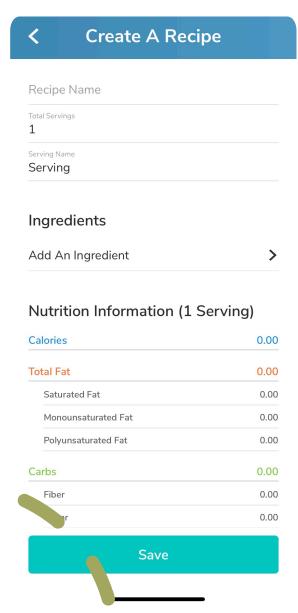
On your drop- \ down menu, click on Recipes

< Recipes

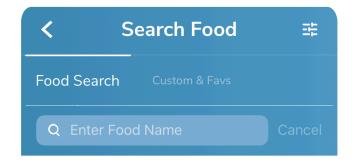
Create New Recipe	>
My Recipes	
Banana Gluten Free 4	>
Beet Puree	>
Chocolate Cupcakes Ultralight	>
Apple Cupcakes	>
Applesauce	>
Banana Cake	>
Banana Chocolate cake	>
Banana Cupcakes	>
Banana Cupcakes Lite	>
Banana Grain Free Hotcakes	>
Banana Hotcakes	>
Banana Muffin Almond Flour Mix	>

Click on create a new recipe at the top

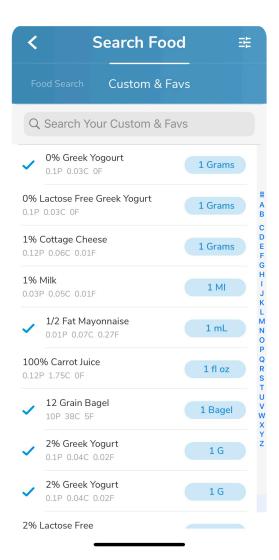
This pops up.

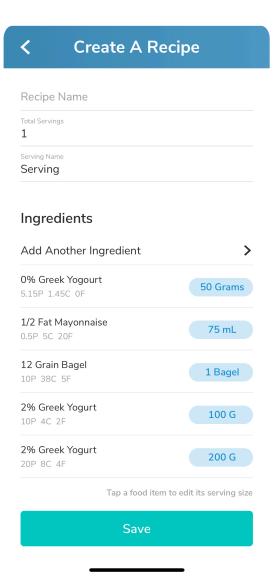


- Name your recipe
- Leave Total servings and serving name to 1 serving for now
- Click on add an ingredient and make sure you click on Custom & Favs, so you are taking the ingredients from your data base and NOT under food search.



Enter Food Name Above To Search

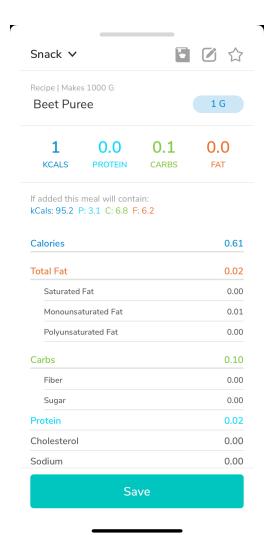




Click on all the ingredients in your recipe and they will have a check mark beside them.

- 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



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



