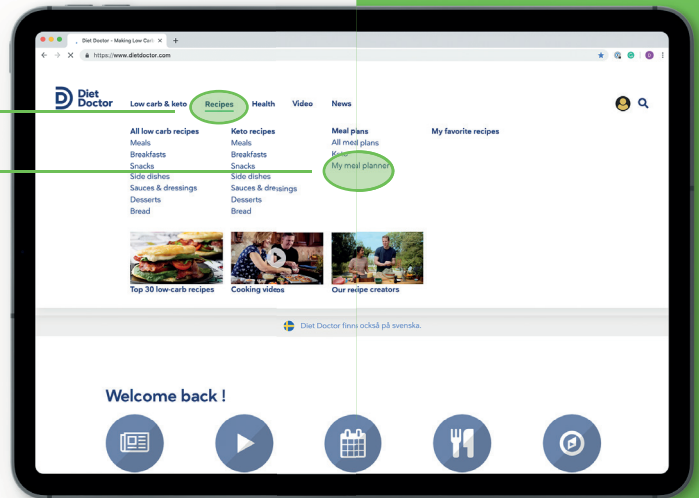


## Creating a meal plan

### Step 1:

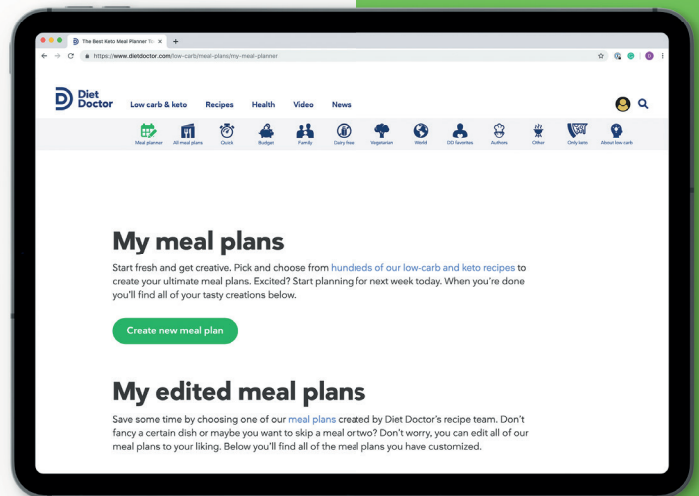
Access the Diet Doctor My Meal Planner page at :

[www.dietdoctor.com/low-carb/meal-plans/my-meal-planner](https://www.dietdoctor.com/low-carb/meal-plans/my-meal-planner)



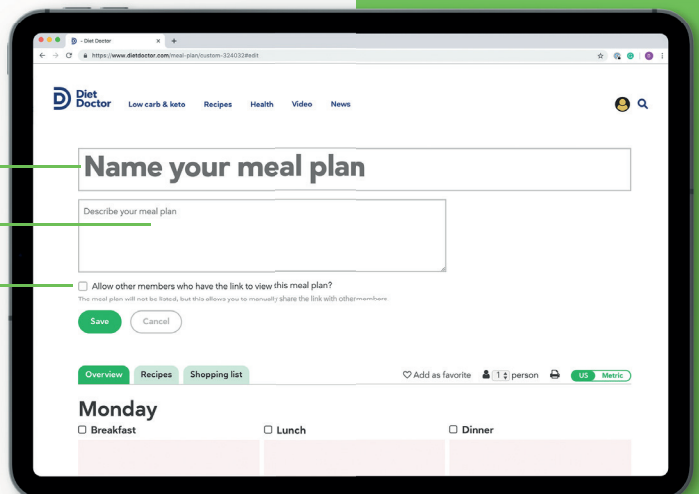
### Step 2:

Click **Create new meal plan** button on the My meal plans page



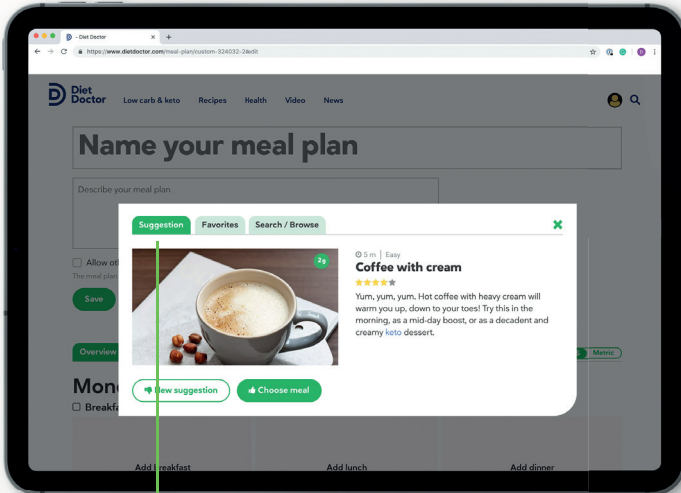
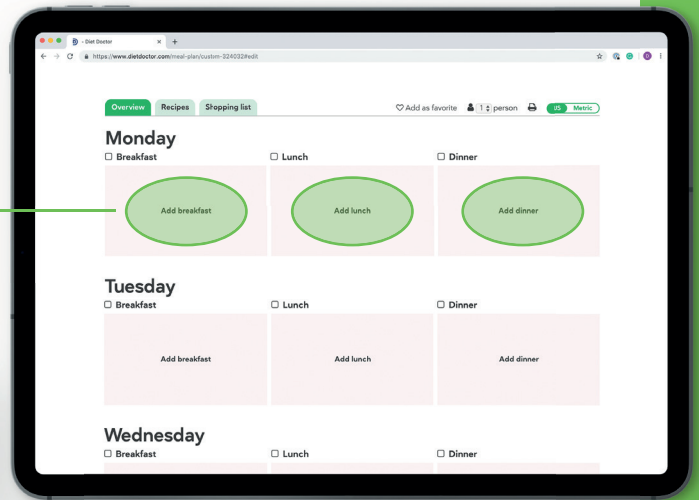
### Step 3:

Name your meal plan, add a description if you wish, and begin building your meal plan. You may elect to make your meal plan shareable.

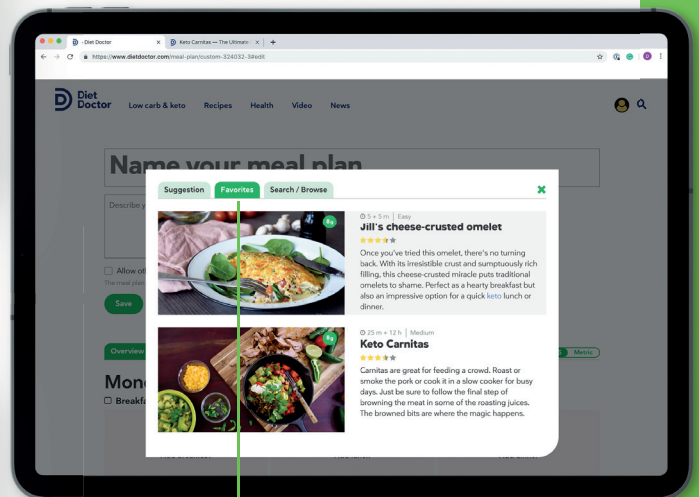


## Step 4:

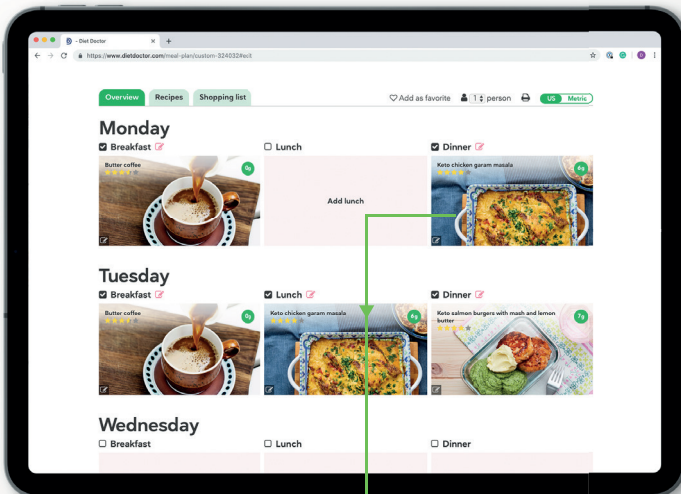
Choose your meals, click **Add** to open the meal finder



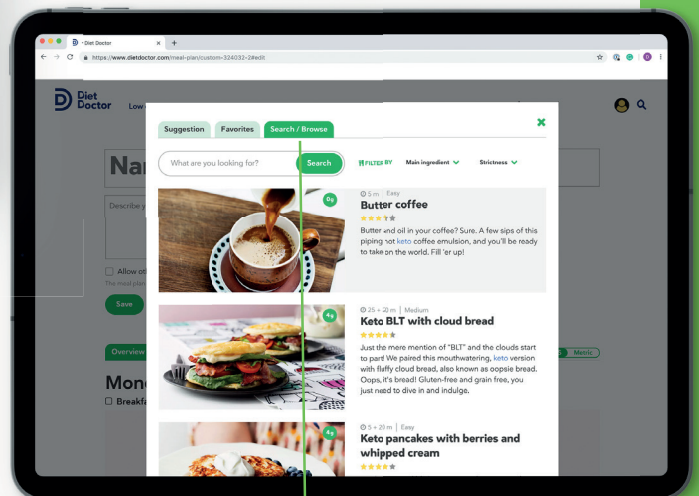
**Suggestions** provides randomized options



**Favorites** includes all your favorited meals.



Click the recipe to make your selection. Typically, Diet Doctor meal plans make use the same meal for dinner one night for the next day's lunch. You may follow this for your meal plan or choose different recipes.



**Search/browse** allows for search by meal name, ingredient, or strictness

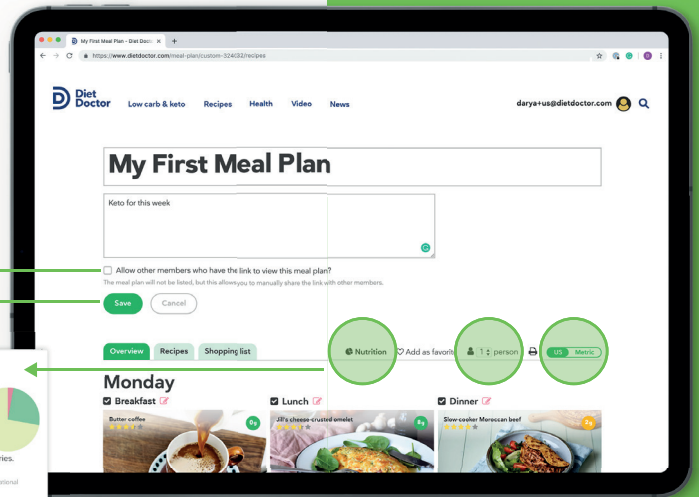
## Step 5:

Save your meal plan

**Person** is the number of people following the plan for the week

Change the unit of measurements with the **US/Metric** toggle.

**Nutrition** displays the average macros for each day



## Step 6:

View/print your meal plan

**Overview** shows a visual layout of your weekly meal plan. You can click each meal for details.

**Recipes** shows each individual recipe for the week for the number of servings selected

**Recipes in printable format**

**Shopping list** is list for the entire week for the number of servings selected.

