

7-Day Menu Generator

Plan a practical cholesterol-conscious week using your goals, preferences, fixed meals and imported recipes.

What this module does

The 7-Day Menu Generator creates a weekly meal plan around cholesterol-conscious eating. It uses your saved goals and preferences as the planning base, prioritises cholesterol, saturated fat and fibre, keeps calories secondary and can include fixed own menus or imported recipes for specific days and meals.

When to use it

Use it when you want a structured weekly plan, want to prepare shopping and cooking, or want to transfer planned meals directly into your Food Diary.

Step-by-step tutorial

1. Start on your dashboard and open 7-Day Meal Plan.
2. Confirm that your Goals and Preferences are already set, because they are used as the planning base.
3. Open Generate a plan.
4. Choose the start date for the weekly plan.
5. Choose the number of meals per day.
6. Remember that cholesterol, saturated fat and fibre are prioritised first in Cholesterol Coach.
7. Use fixed own menus when you already know a saved breakfast, regular lunch or repeated meal should be included.
8. Fix imported recipes for specific days and meals when you already know what you want to eat on a certain day.
9. Generate the weekly plan.
10. Review each day separately.
11. For every day, check cholesterol, saturated fat, fibre and calories.
12. Print the plan if you want a paper version.
13. Open the shopping list when you want to prepare shopping.
14. Transfer either one day or the full seven-day plan to the Food Diary.

What happens next

After transfer, the planned meals appear directly in your Food Diary and your daily totals are updated automatically. This connects weekly planning with daily tracking.

Practical tips

- Preferences stay saved until you change them.
- Use fixed meals to keep realistic routines in the plan.
- Transfer one day when you only want to track today.
- Transfer the full week when you want the diary prepared in advance.