

From Recipe Inspiration to Cholesterol-Aware Nutrition

Use recipe inspiration as a starting point and turn it into practical cholesterol-aware nutrition support.

What this module does

This tutorial explains how Cholesterol Coach connects recipe inspiration with measurable nutrition. Users can choose from a broad recipe collection, transfer selected recipes into Cholesterol Coach, adapt them to their cholesterol-aware profile and use them for planning, shopping, cooking, logging and reporting.

When to use it

Use this workflow when you find a recipe idea and want to understand how it fits your cholesterol-conscious eating goals instead of following a rigid diet.

Step-by-step tutorial

1. Start with recipe inspiration from the recipe collection.
2. Choose a recipe that fits your taste and daily routine.
3. Transfer or open the selected recipe inside Cholesterol Coach.
4. Review the recipe in the context of your cholesterol-aware nutrition profile.
5. Adapt ingredients, portions or meal choices where needed.
6. Use the recipe details for practical meal planning.
7. Open the shopping list when you want to prepare ingredients.
8. Use cooking guidance when preparing the meal.
9. Log the meal so it becomes part of your measurable nutrition journey.
10. Review reports later to see how daily choices influence your nutrition patterns.

What happens next

Recipe inspiration becomes practical: shopping list, recipe details, cooking guidance, diary logging, analysis and reporting work together.

Practical tips

- Recipe inspiration is a flexible starting point, not a strict rule.
- Small ingredient or portion changes can improve the nutrition profile.
- Use Cholesterol Coach to understand choices instead of forcing a rigid diet.
- Logged meals make the nutrition journey measurable.