

Own Menu

Create and manage your own reusable meals for faster use in the Diary and the 7-Day Menu Plan Generator.

What this module does

Own Menu lets you build complete meals from individual foods. The meal can include several ingredients or products, portion sizes and calculated nutrition values. Once saved, it remains available and can be reused instead of entering the same foods again.

When to use it

Use Own Menu for meals you eat regularly, such as a standard breakfast, a regular lunch, a family meal or a meal you want to fix inside the 7-Day Menu Plan Generator.

Step-by-step tutorial

1. On the dashboard, open Own menus.
2. This is where you can create and manage your own meals.
3. Click Create new menu.
4. Give your meal a clear name so you can easily find it again later.
5. Add an optional note if helpful, for example to describe the meal or when you usually eat it.
6. Click Save menu. Your own meal is now created and ready for foods to be added.
7. Use the search field to find the food you want to add.
8. Enter the portion size in grams.
9. Click Add food.
10. The food is added to your own meal, including calculated nutrition values.
11. Review calories, cholesterol, saturated fat and fibre.
12. Use these values to understand how the meal fits your cholesterol-conscious eating goal.
13. Add more foods step by step.
14. Your own meal updates automatically as you add or remove items.

What happens next

Once saved, your own meal remains available. You can reuse it whenever you need the same meal again in Diary or in the 7-Day Menu Plan Generator.

Practical tips

- Use clear meal names such as weekday breakfast or regular lunch.
- Enter realistic portion sizes in grams.
- Check nutrition totals after each added food.
- Create separate menus when the same meal has different portion sizes.