

Recipe Library

Import recipes from [HealthyChefRecipes](#) into Cholesterol Coach and keep them available for planning, shopping and daily meals.

What this module does

Recipe Library stores recipes that were imported from HealthyChefRecipes into Cholesterol Coach. Imported recipes can later be opened, reviewed and used for meal planning, shopping lists and daily meals.

When to use it

Use Recipe Library when you find a recipe on HealthyChefRecipes that you want to keep inside Cholesterol Coach, or when you want an optimized version for cholesterol-conscious planning.

Step-by-step tutorial

1. On the dashboard, open Recipe Library.
2. Browse HealthyChefRecipes in a new window.
3. Choose a recipe you like.
4. Mark the recipe for Cholesterol Coach or WeightCoach.
5. Enter your email address and check your status.
6. If your account is eligible, the recipe is saved for transfer.
7. Back in Cholesterol Coach, open Recipe Transfer.
8. Review the saved recipes listed there.
9. Import the recipe as it is, or choose the optimized version.
10. For cholesterol-conscious planning, the optimized import is usually the best choice.
11. Wait while the recipe is prepared and imported. This may take one or two minutes.
12. After import, open the recipe in your personal Recipe Library.

What happens next

Once imported, the recipe remains available even when it is not part of a 7-Day Meal Plan. You can open the details later and use the recipe for planning, shopping lists and daily meals.

Practical tips

- Use the optimized version when cholesterol-conscious planning is your main focus.
- Import may take a short time because the recipe is being prepared for Cholesterol Coach.
- Imported recipes can be reused later and do not disappear after one plan.
- Use Recipe Library together with the 7-Day Menu Generator, Shopping List and Diary.