

Shopping List & Cooking Mode

Turn your meal plan into a practical shopping list and use Cooking Mode in the kitchen.

What this module does

Shopping List converts your meal plan into ingredients for either the full seven days or one selected day. Cooking Mode gives you a clean kitchen-friendly recipe view with ingredients, nutrition values and preparation steps.

When to use it

Use Shopping List after generating a meal plan. Use Cooking Mode when you are ready to prepare a recipe and want a focused view without unnecessary page elements.

Step-by-step tutorial

1. Open your meal plan.
2. Choose Shopping list for the full seven days.
3. Use Shopping list day if you only want to shop for one selected day.
4. When you open a recipe, check the selected number of servings.
5. Change the servings if needed.
6. Press Update so ingredient quantities adjust automatically.
7. Before printing, tick the items you already have at home.
8. Checked items are excluded from the clean printed shopping list.
9. Use the printed list to buy only what is still missing.
10. For cooking, open Cooking Mode.
11. Use the kitchen-friendly view with ingredients, nutrition values and preparation steps.
12. Print the full recipe, Cooking Mode or only the shopping list when needed.

What happens next

Planning, shopping and cooking become easier while meals stay aligned with your cholesterol-conscious eating goals.

Practical tips

- Always check servings before printing.
- Tick pantry items before printing to avoid buying duplicates.
- Use one-day shopping when you do not want to shop for the full week.
- Cooking Mode is best used directly in the kitchen.