

# MYKETOPLANNER PATIENT USER GUIDE

[www.MyKetoPlanner.co.uk](http://www.MyKetoPlanner.co.uk)  
[www.MyKetoPlanner.ie](http://www.MyKetoPlanner.ie)

NUTRICIA  
KetoCal



# CONTENTS

Introduction	3
Pin MyKetoPlanner to Home Screen	4
Register	5
Search for Recipes	5
View Featured Recipes	6
Create a New Recipe	6
View Your Saved Recipes	8
Edit/Modify Your Saved Recipes	9
Update Your Information	10

## Introduction

1

This guide is intended for individuals who have been prescribed the ketogenic diet by a Healthcare Professional and wish to use MyKetoPlanner. The guide provides a basic introduction to the MyKetoPlanner site, covering topics such as searching for, viewing, creating and editing recipes, as well as how to keep your information up to date. A number of features on MyKetoPlanner are not covered in detail in this booklet, however, further information can be requested by contacting: [myketoplanner@nutricia.com](mailto:myketoplanner@nutricia.com)

*The details in this guide are correct at the time of printing (October, 2018), however updates will be made to MyKetoPlanner on an ongoing basis to enhance functionality and therefore some details may be subject to change.*

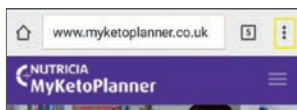
2

## Pin MyKetoPlanner to Home Screen

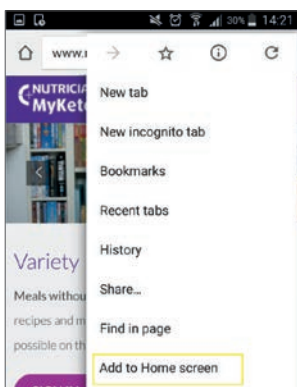
MyKetoPlanner is mobile and tablet responsive, therefore it can be taken with you wherever you go. For ease of access, you are able to pin the site to your home screen in a similar way to an app.

For android products:

1. Open Chrome and go to [www.myketoplanner.co.uk](http://www.myketoplanner.co.uk) or [www.myketoplanner.ie](http://www.myketoplanner.ie)
2. Tap the menu button in the top right-hand corner of the screen



3. Select “Add to Home Screen” and click “Add”

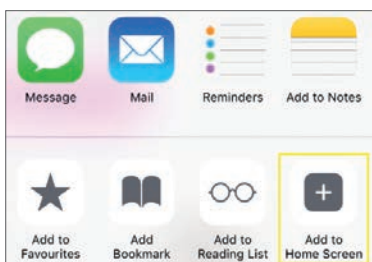


For iOS products:

1. Launch Safari and go to [www.myketoplanner.co.uk](http://www.myketoplanner.co.uk) or [www.myketoplanner.ie](http://www.myketoplanner.ie)
2. Tap on the “Share” button at the bottom of the screen



3. Select “Add to Home Screen” and click “Add”



3

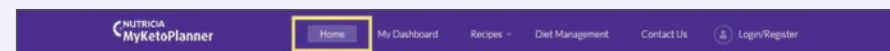
## Register

1. You will only be able to register with Myketoplanner if your HCP has sent a registration link to your preferred email address
2. Click on the link in your email and enter the requested data into the fields provided

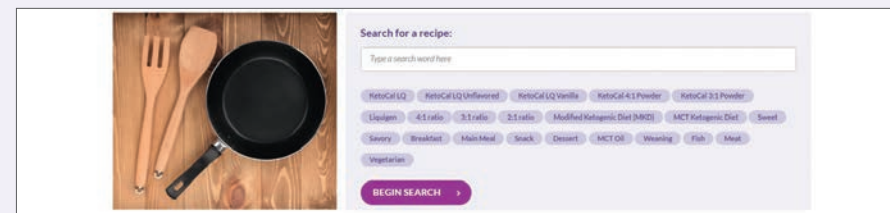
4

## Search for Recipes

1. Click on the “Home” tab along the top navigation bar



2. Scroll to the bottom of the page to find the “Search for a Recipe” section



3. Type in what you are searching for (for example, smoothie) or click on one of the tags below the search bar to browse through categories of recipes
4. If you find a recipe that you like and would like to save to your saved recipes (where you can adjust and modify it), click “Add to My Saved Recipes” at the bottom of the page

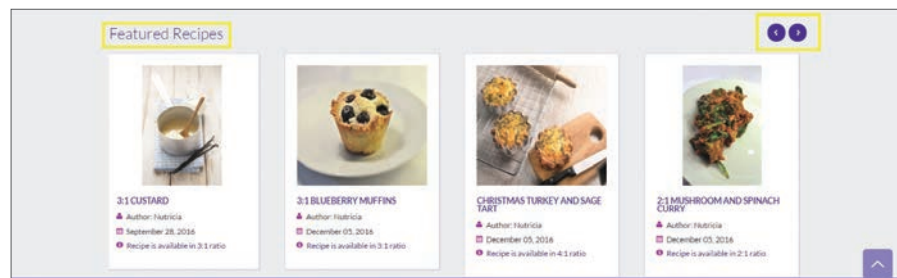
ADD TO MY SAVED RECIPES



5

## View Featured Recipes

1. Recipes created by the Nutricia chefs are shown as featured recipes and can be viewed along the bottom of all MyKetoPlanner pages. They will be changed regularly and may include seasonal, holiday or new recipes
2. Click on the arrows on the right hand side to scroll through the recipes

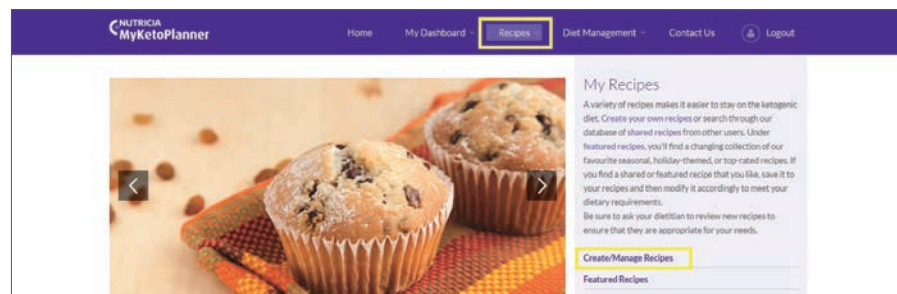


3. If you find a recipe that you like, select it to view the details
4. If you would like to save it to your recipe list (where you can modify or edit it to meet your dietary requirements), click "Save to My Recipes" at the bottom of the recipe page

6

## Create a New Recipe

1. Click on the "Recipes" tab along the top navigation bar
2. Click on "Create/Manage Recipes"



3. Scroll down and enter the name and description of the recipe. You also have the option to upload an image of your recipes. Images from Google or other recipe pages should not be used as copyright restrictions may apply

4. To add ingredients to your recipe, click on the "Add more ingredients" drop down box on the bottom left corner of the recipe table. Select the number of additional ingredients that you would like to add
5. In the "Food Item" column (far left side), search for and select the ingredient that you want to use in your recipe. If the ingredient you are looking for is not in the ingredient database, you can add it in using the "Add it!" button
6. Enter the quantities of each ingredient
7. The ketogenic ratio of your recipes will appear below in the "Actual" row; note the target values are entered manually and represent the nutrient values that you are working towards for each meal calculation

Add more ingredients	ACTUAL	0.00	0.00	0.00	0.00	0:1	0
	TARGET	14.3	4.5	1.1	1	2.5:1	154

8. If necessary, modify the quantity of your ingredients to reach your recommended requirements for meals; the colour boxes will turn green when your actual nutrient values are within +/- 5% of your target value

Add more ingredients	ACTUAL	45.81	8.54	2.95	2.86	3.99:1	464
	TARGET	45.81	8.5	2.9	2.9	4:1	467

9. Once you have added all of your ingredients and confirmed that your ketogenic ratio is correct, scroll down and enter the directions for preparing the recipe
10. Continue scrolling down and select the "category" that applies to your recipe from the drop down list. If no category applies, select "Uncategorised". Next, add tags that apply to your recipe (for example, 4:1 ratio or main meal). Selecting categories and tags allows others to easily find your recipe if you choose to share it

11. If you have adapted someone else's recipe, please acknowledge this in the "Additional Information" box

12. Select the "Share" box if you'd like to make your recipe available to other MyKetoPlanner users. Do not select this if you wish to keep your recipe private

Additional Information (Including Acknowledgment Of Adapted Recipes)

Share

By selecting "Share", your recipe is added to the shared recipe database. If you would like to keep your recipe private, please uncheck the box.

13. Finally, you will only be able to save your recipe once you have selected 'Agree' and 'Accept'. See below

The screenshot shows a form with three main sections:
 

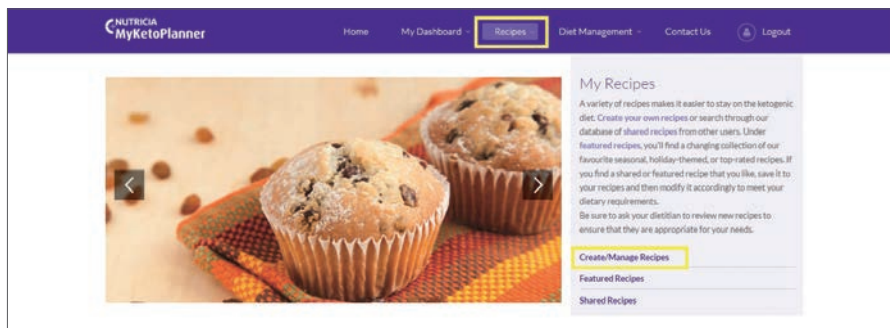
- Share:** A checkbox labeled 'Share' with a note: "By selecting 'Share', your recipe is added to the shared recipe database. If you would like to keep your recipe private, please uncheck the box."
- Agree:** A checkbox labeled 'Agree' with a note: "This recipe, along with any photos I have submitted, are my own, unless otherwise acknowledged in the 'Additional Information' box. I grant permission for anything I have submitted here to be published on MyKetoPlanner website."
- Accept:** A checkbox labeled 'Accept' with a note: "I accept the Terms & Conditions, Privacy Policy and Additional Terms of use for MyKetoPlanner Recipes."

 There is a blue arrow button at the bottom right of the form.

14. When you are done creating your recipe, click "Save"

## View Your Saved Recipes

1. Click on the "Recipes" tab along the top navigation bar
2. Click on "Create/Manage Recipes"



3. Your list of saved recipes will appear at the top of the page
4. Click on the name of the recipe that you would like to view

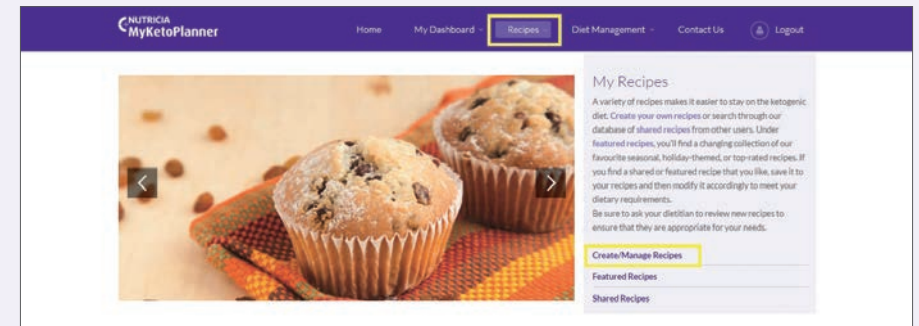
Recipe	HCP verified	Make Copy	Shared	Edit	Delete
MILKSHAKE	X	📄	X	✎	🗑️
4:1 BLUEBERRY MUFFINS	X	📄	X	✎	🗑️

Note that if you wish to edit a recipe, follow the instructions opposite

## Edit/Modify Your Saved Recipes

8

1. Click on the "Recipes" tab along the top navigation bar



2. Click on "Create/Manage Recipes"
3. Your list of saved recipes will appear at the top of the page
4. Either: find the recipe that you would like to edit and click on the corresponding pencil in the edit column

Recipe	HCP verified	Make Copy	Shared	Edit	Delete
MILKSHAKE	X	📄	X	✎	🗑️
4:1 BLUEBERRY MUFFINS	X	📄	X	✎	🗑️

5. Or: select the recipe you wish to edit...

Recipe	HCP verified	Make Copy	Shared	Edit	Delete
MILKSHAKE	X	📄	X	✎	🗑️
4:1 BLUEBERRY MUFFINS	X	📄	X	✎	🗑️

6. ...and then select "Edit Recipe"



7. Review and modify the recipe as desired. The quantity of each ingredient can be modified in the cell by typing in a new value or by clicking on the up or down arrows

8. The ratio of your recipe will appear below in the "Actual" row

	0	0	0	0	0	0	0	0
ACTUAL	0.00	0.00	0.00	0.00	0.1	0		
MEAL	28.3	8.05	3.27		2.3:1	300		
SNACK	0.00	0.00	0.00		2.5:1	0.00		

9. To add ingredients to the recipe, click on the "Add more ingredients" drop down box on the bottom left corner of the recipe table. Select the number of additional ingredients that you would like to add

10. In addition to changing the ingredients and quantities of a recipe, you can also change the name, description, directions, tags, category, or image of the recipe

11. Once you are done modifying the recipe, click "Save" at the bottom of the page

## Update Your Information

1. Click on the "My Dashboard" tab on the top navigation bar

2. Click on "My Information"



3. Review and update your information

4. Click "Update" at the bottom of the page to save your changes



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