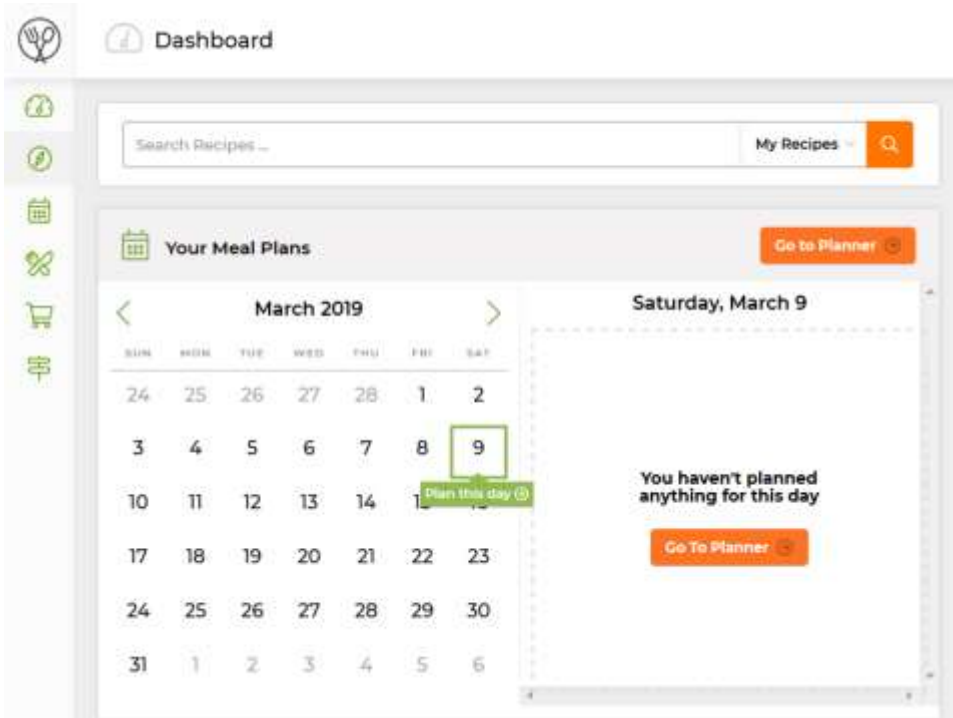
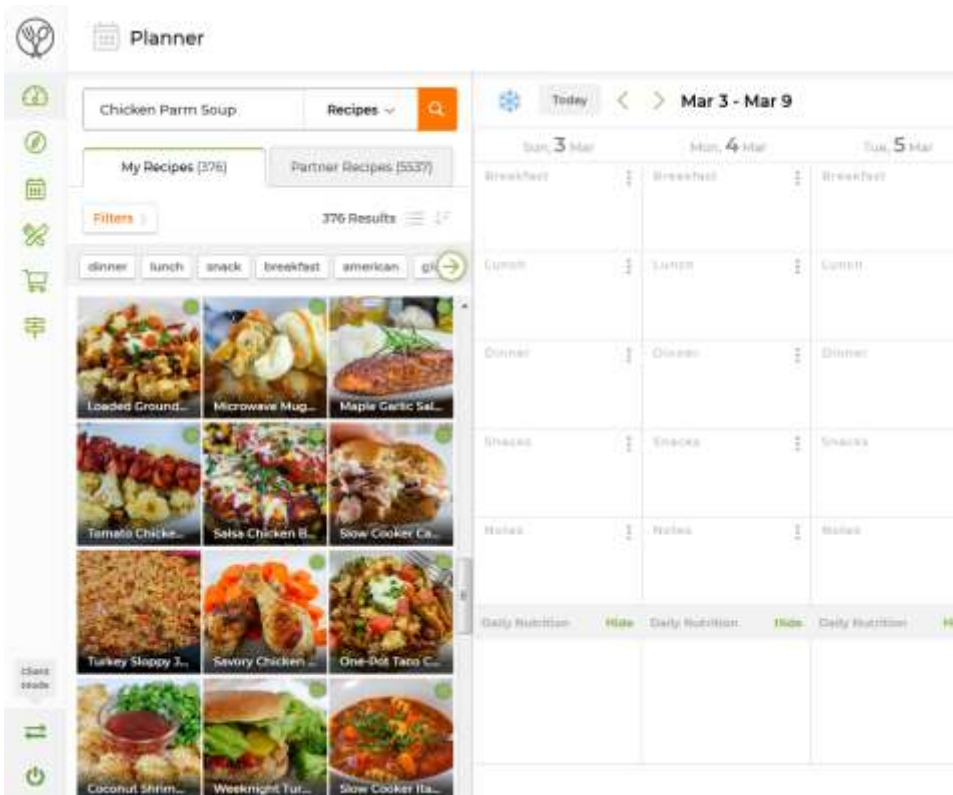


## How to add an ad-based plan using the Modernmeal website



Go to your dashboard and select the week you want to plan.



Go to the "Search Recipes" bar at the top, type the name of the first recipe and hit enter.

The screenshot shows the 'Planner' application. On the left, a search bar contains 'Chicken Parm Soup' and 'Recipes'. Below it, there are filters and a 'Clear All' button. A search result for 'Chicken Parmesan Soup' is displayed with a photo and a 'Search the Web' button. The main area is a meal planner grid for 'Mar 3 - Mar 9'. The grid has columns for 'Today', 'Mar 3 Mar', 'Mar 4 Mar', and 'Mar 5 Mar'. Rows represent meals: Breakfast, Lunch, Dinner, Snacks, and Notes. A 'Chicken Parmesan Soup' recipe card is being dragged into the 'Lunch' slot for 'Mar 4 Mar'. At the bottom, there is a 'Daily Nutrition' section showing 592 calories and a breakdown: Fat 39% (24g), Carb 31% (49g), and Prot 32% (51g).

Locate the recipe, then click and drag it onto the desired date on the meal planner. Repeat for all recipes.

This screenshot shows the meal planner grid for 'Wed, 6 Mar', 'Thu, 7 Mar', and 'Fri, 8 Mar'. The grid is mostly empty. In the top right corner, there is a 'Create Grocery List' button. A dropdown menu is open, showing two options: 'Create From Entire Week' and 'Select a Date Range'. The 'Daily Nutrition' section at the bottom is visible with 'Hide' buttons for each day.

Once all the recipes are placed on the planner, select "Create Grocery List" in the top right corner. Then choose "Select a Date Range" and enter your planned dates.

### Add To Grocery List

March 18 Meal Plan

 Create

#### ...or add to an existing grocery list

March 11 Meal Plan

March 4 Meal Plan

Feb 25 meal plan

Feb 18 meal plan

Greek Gyro Meatballs

Cancel

 OK

Name your grocery list and click "Create". That's it!