

Caregiver/Patient's Guide to MyKetoPlanner

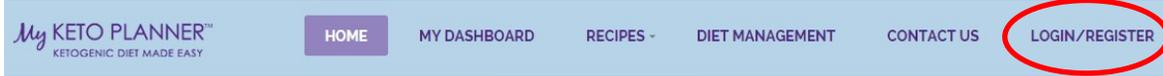
For caregivers or adult patients

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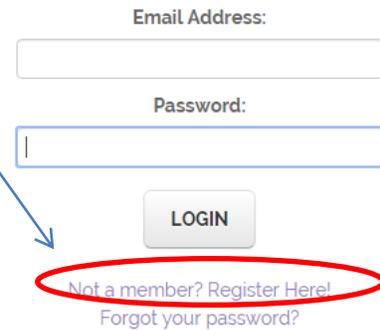
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Register/Log-In:

- I. Go to www.MyKetoPlanner.com.
- II. Select "Login/Register" from the top navigation bar.



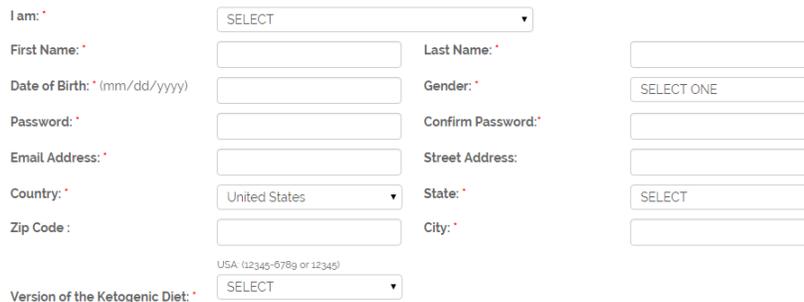
- III. If you are already registered, enter your email address and password to sign in. Note, if you can't remember your password, click "Forgot your password?" and a reminder email will be sent to the email address that you used to register.
- IV. If you have not yet registered, click "Not a member? Register Here!"
- V. Enter your information and choose a password.
- VI. At the bottom of the registration page, you will see a section for "Your Health Care Provider Information". **You must be connected with a health care provider on MyKetoPlanner in order to have full access to the site's features.** If your health care provider is already registered on MyKetoPlanner, you can find him or her by clicking "Select Your Health Care Provider". A list of names will appear and you can search for and select your provider. This will connect your account to your provider's. If you don't see your provider's name in the list, you can invite him or her to register by clicking the button to the right.



Email Address:

Password:

[Not a member? Register Here!](#)
[Forgot your password?](#)



I am:

First Name: Last Name:

Date of Birth: Gender:

Password: Confirm Password:

Email Address: Street Address:

Country: State:

Zip Code: City:

Version of the Ketogenic Diet: USA (12345-6789 or 12345)

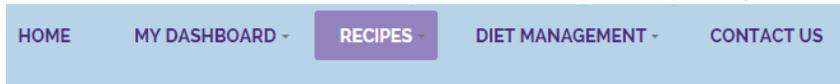


Your Health Care Provider Information:

- VII. When you are finished registering, be sure to click "Submit".

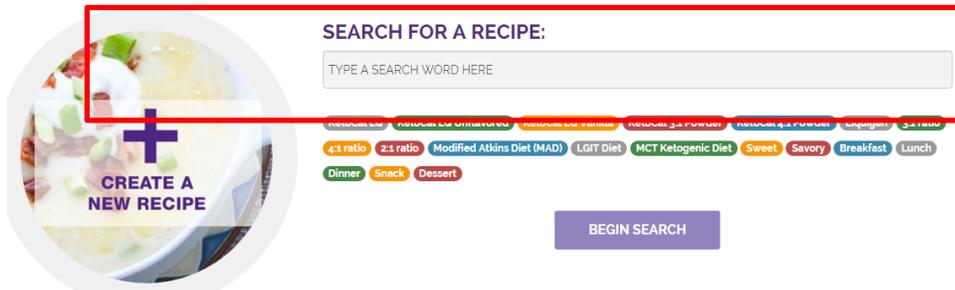
Search for Recipes:

I. Click on the “Home” or “Recipes” tabs along the top navigation bar.



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KetoCal

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



III. Type in what you are searching for (for example, pizza, yogurt, etc.) or click on one of colored tabs below the search bar to browse through categories of recipes (for example, breakfast foods, sweets, recipes with KetoCal 4:1 Powder, etc.).

IV. 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.



View Your Saved Recipes:

I. Click on the “Recipes” tab along the top navigation bar.



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II. Click on “Create/Manage Recipes”.

III. Your list of saved recipes will appear at the top of the page.

IV. Click on the name of the recipe that you would like to view.

My Recipes

A variety of recipes makes it easier to : ketogenic diet. **Create your own recip** through our database of **shared recip** users. Under **featured recipes**, you'll f collection of our favorite seasonal, hot top-rated recipes. If you find a shared recipe that you like, save it to your reci modify it accordingly to meet your chi requirements.

Be sure to ask your dietitian to review ensure that they are accurate and ap your child.

Recipe	Make Copy	Shared	Edit	Delete	Create/Manage Recipes
Zahava's Pumpkin Keto Yogurt					
KetoCal® LQ Raspberry Smoothie (4:1)					
KetoCal® Cream-of-Taco Soup (4:1)					

Note that this will allow you to view the recipe but in order to edit or modify a recipe, follow the instructions below.

Edit/Modify Your Saved Recipes:

I. Click on the “Recipes” tab along the top navigation bar.



- II. Click on “Create/Manage Recipes”.
- III. Your list of saved recipes will appear at the top of the page.
- IV. Find the recipe that you would like to edit and click on the corresponding pencil in the edit column.

Recipe	Make Copy	Shared	Edit	Delete
Zahava's Pumpkin Keto Yogurt				
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Be sure to ask your dietitian to review ensure that they are accurate and ap your child.

[Create/Manage Recipes](#)

[Featured Recipes](#)

[Shared Recipes](#)

- V. 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
- VI. The ratio of your recipe will appear below in the “Actual” row.

Raspberries, raw - unsweeten...	g	30	0.19	0.36	1.63	10		
Oil, Canola	g	8	8	0	0	72		
Formula: KetoCal 4:1 LO (mea...	ml	200	29.62	6.18	1.21	296		
		Actual	37.81	6.54	2.84	378	9.38	4.031
		Goal	30.24	10	0.08	313	10.08	31

VII. To add additional ingredients to the recipe, click on the “Add more” drop down box on the bottom right corner of the recipe table. Select the number of additional ingredients that you would like to add.

Raspberries, raw - unsweeten...	g	30	0.19	0.36	1.63	10		
Oil, Canola	g	8	8	0	0	72		
Formula: KetoCal 4:1 LO (mea...	ml	200	29.62	6.18	1.21	296		
		Actual	37.81	6.54	2.84	378	9.38	4.031
		Goal	30.24	10	0.08	313	10.08	31

te that this program automatically deducts from fiber from total carbohydrate content. The amount of Net Carbohydrates is displayed and used ketogenic ratio.

Directions:*

- VIII. 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. etc.
- IX. Once you are done modifying the recipe, be sure to click “Save” at the bottom of the page.

Send a Message to Your Health Care Provider:

- I. Click on the “My Dashboard” tab on the top navigation bar.



- II. Click on “My Messages”.
- III. Once on your Message Board page, check for messages from your health care provider or send a new message to him/her. Simply type your message, and press “Send”.

My Dashboard

In this section, you'll find quick links to information and messages. View or manage your collection of saved recipes, update your information, review your child's diet plan, or message to your dietitian.

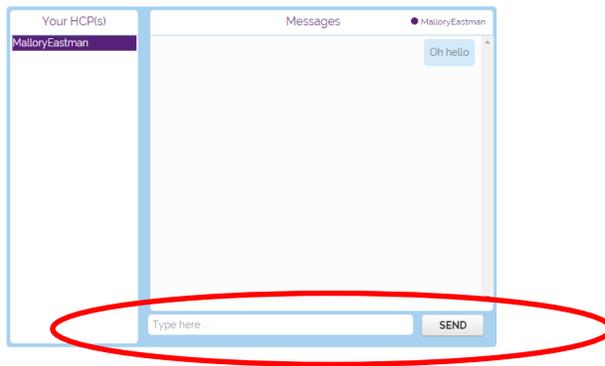
[My Recipes](#)

[My Ingredients](#)

[My information](#)

[My Messages](#)

Message Board



View Featured Recipes:

- I. Featured recipes will change regularly and may include seasonal or holiday recipes, new recipes, etc. You can view featured recipes along bottom of all MyKetoPlanner pages. Click on the arrows on the right hand side to scroll through the recipes.



- II. If you find a recipe that you like, select it to view the details.
- III. 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.

ADD TO MY SAVED RECIPES

View Your Diet Plan:

- I. Click on "Diet Management" along the top navigation bar



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- II. Click on "My Diet Plan"

Diet Management

In this section, you'll find an overview of your prescribed diet plan, along with a list of all supplements.

The Daily Schedule provides a detailed breakdown of meals, snacks, supplements, and medication timing. View your schedule within MyKeto and print it out for caregivers to check off throughout the day. The Weekly Meal Calendar allows you to view a week's worth of meals and snacks so that you can plan accordingly.

[My Diet Plan](#)

[Daily Schedule](#)

[Medication Profile](#)

Note that users can view their diet plan; However diet plans can only be created or adjusted by health care providers.

Create, Edit, or View Your Daily Schedule:

- I. Click on "Diet Management" along the top navigation bar



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- II. Click on "Daily Schedule"

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In this section, you'll find an overview of your prescribed diet plan, along with a list of all supplements.

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[My Diet Plan](#)

[Daily Schedule](#)

[Medication Profile](#)

[Supplement Profile](#)

Create, Edit, or View Your Weekly Meal Calendar:

- I. Click on "Diet Management" along the top navigation bar



- II. Click on "Weekly Meal Calendar"

Diet Management

In this section, you'll find an overview of your prescribed diet plan, along with a list of all supplements.

The Daily Schedule provides a detailed breakdown of meals, snacks, supplements, and medication timing. View your schedule within MyKeto and print it out for caregivers to check off throughout the day. The Weekly Meal Calendar allows you to view a week's worth of meals and snacks so that you can plan accordingly.

[My Diet Plan](#)

[Daily Schedule](#)

[Medication Profile](#)

[Supplement Profile](#)

[Weekly Meal Calendar](#)

[Resources](#)

Find Resources:

- I. Click on “Diet Management” along the top navigation bar



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- II. Click on “Resources”.

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[My Diet Plan](#)

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[Medication Profile](#)

[Supplement Profile](#)

[Weekly Meal Calendar](#)

[Resources](#)

Review Privacy Policy and Terms of Use:

- I. Scroll to the bottom of any page on the website.
- II. Click on “Privacy Policy” or “Terms of Use”.

For more information on KetoCal, visit MyKetoCal.com      [Privacy Policy](#) [Terms of Use](#)

Note to caregivers:
The ketogenic diet should only be used under close medical supervision. Always check with your health care professional to ensure that a recipe is appropriate.

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