

Caregiver/Patient's Guide to MyKetoPlanner

For caregivers or adult patients

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VIII. 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.

- IX. Continue scrolling down and select the "Category" that applies to your recipe from the dropdown list. If not category applies, select "Uncategorized". Next, add tags that apply to your recipe (for example, 4:1 ratio, dessert, uses KetoCal 4:1 Powder, etc). Selecting a Category and adding tags allows others to easily find your recipe if you choose to make your recipe shared.
- X. Finally, select the "Share" box if you'd like to make your recipe available to other MyKetoPlanner users. Do not select if you wish to keep your recipe private.



XI. When you are done creating your recipe, be sure to click "Save".

Update Your Information:	
I. Click on the "My Dashboard" tab on the top navigation bar.	My Dashboard
HOME MY DASHBOARD RECIPES - DIET MANAGEMENT - CONTACT US	information and messages. View or mo collection of saved recipes, update yo information, review your child's diet pla
	message to your dietitian. My Recipes
II. Click on "My Information".	My Ingredients
III. Review and update your information.	My information
IV. Be sure to click "Update" at the bottom of the page to save your changes.	My Messages







			١	/iew Your Die	et Plan:		
1	Click on	"Diet Manager	nent" alo	ng the ton navig	ation har		
1.							et Management
	HOME	MY DASHBOARD -	RECIPES -	DIET MANAGEMENT	CONTACT US	LOGOUT	is section, you'll find an overview of yo cribed diet plan, along with a list of all
			etoCal			ę	supplements.
II.	Click on	"My Diet Plan				The	Daily Schedule provides a detailed da
Note th	at users o	can view their c	liet plan;	However diet plo	ins can only b	of m timin print day. weel and	eals, snacks, supplements, and medic g. View your schedule within MyKetol it out for caregivers to check off throu The Weekly Meal Calendar allows yo k's worth of meals and snacks so that plan accordingly.
createa	i or aajus	tea by nealth c	are provid	iers.		My D	Diet Plan
						Daily	/ Schedule
						Med	instine Desfile
		Crea	te, Edit	, or View Yo	ur Daily Sc	hedule	•
				_			
Ι.	Click on	"Diet Managen	nent" alo	ng the top naviga	ation bar		Diet Management
	HOME	MY DASHBOARD -	RECIPES -	DIET MANAGEMENT	CONTACT US	LOGOUT	In this section, you'll find an overview of yo
							prescribed diet plan, along with a list of all and supplements.
11.	Click on	"Daily Schedule	e″				The Daily Schedule provides a detailed da of meals, snacks, supplements, and medic timing. View your schedule within MyKetoi print it out for caregivers to check off throu day. The Weekly Meal Calendar allows yo week's worth of meals and snacks so that and plan accordingly. My Diet Plan
							Daily Schedule
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		Create, I	Edit, or	View Your W	eekly Me	al Caler	ndar:
							Diet Management
Ι.	Click on	"Diet Managen	nent" alo	ng the top naviga	ation bar		In this section, you'll find an overview of yo prescribed diet plan, along with a list of all
HOME	MY DASHBO	ARD - RECIPES -	DIET MANAGEN	IENT - CONTACT US	LOGOUT		and supplements.
II.	Click on	"Weekly Meal	Calendar'	,			The Daily Schedule provides a detailed da of meals, snacks, supplements, and medic timing. View your schedule within MyKeto print it out for caregivers to check off throu day. The Weekly Meal Calendar allows yo week's worth of meals and snacks so that and 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 HOME MY DASHBOARD - RECIPES - DIET MANAGEMENT - CONTACT US LOGOUT	Diet Management In this section, you'll find an overview of yc prescribed diet plan, along with a list of all and supplements.
II.	PROVIDED BY (KetoCal) Click on "Resources".	The Daily Schedule provides a detailed da of meals, snacks, supplements, and medic timing. View your schedule within MyKeto prinit it out for caregivers to check off throi day. The Weekly Meal Calendar allows yo week's worth of meals and snacks so that and plan accordingly.
		My Diet Plan
		Daily Schedule
		Medication Profile
		Supplement Profile
		Weekly Meal Calendar
		Resources
I. II.	Review Privacy Policy and Terms of Use: Scroll to the bottom of any page on the website. Click on "Privacy Policy" or "Terms of Use". More more information on KetoCal, visit MyKetoCal.com Image: Stress of Click on the ketogenic diet should only be used under close medical supervision. Always check with your health care profession. More to caregivers: The ketogenic diet should only be used under close medical supervision. Always check with your health care profession.	erms of Use al to ensure that a recipe is appropriate.