My KETO PLANNER ™
KETOGENIC DIET MADE EASY

Health Care Provider's Guide to MyKetoPlanner

For health care professionals

Contents

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.
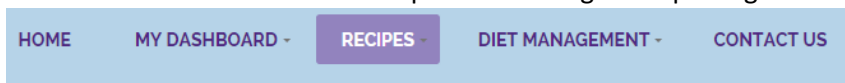
IV.   If you have not yet registered, click "Not a member? Register Here!"

V.   Enter your information and choose a password.

VI.   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.

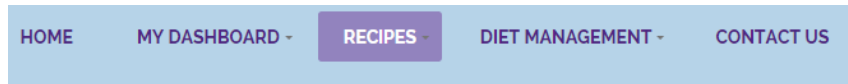II.   Scroll to the bottom of the page to find the "Search for a Recipe" section.

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.

ADD TO MY SAVED RECIPES

View Your Saved Recipes:

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

| HOME | MY DASHBOARD ▾ | RECIPES ▾ | DIET MANAGEMENT ▾ | CONTACT US |

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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, hol 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.

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.

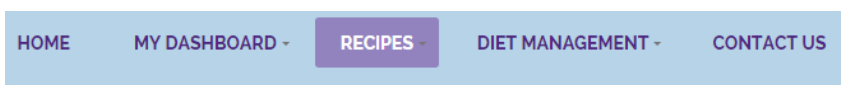| Recipe	Make Copy	Shared	Edit	Delete
Zahava's Pumpkin Keto Yogurt	📋	✖	✏	🗑
KetoCal® LQ Raspberry Smoothie (4:1)	📋	✖	✏	🗑
KetoCal® Cream-of-Taco Soup (4:1)	📋	✖	✏	🗑

Create/Manage Recipes

Featured Recipes

Shared Recipes

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.

| HOME | MY DASHBOARD ▾ | RECIPES ▾ | DIET MANAGEMENT ▾ | CONTACT US |

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

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	📋	✖	✏	🗑
KetoCal® LQ Raspberry Smoothie (4:1)	📋	✖	✏	🗑
KetoCal® Cream-of-Taco Soup (4:1)	📋	✖	✏	🗑

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 LQ (mea… ▾	ml	200	29.62	6.18	1.21	296			🗑	
		Actual	37.81	6.54	2.84	378	9.38	4.03:1	Add more ▾	
		Goal	30.24	10	0.08	313	10.08	3:1	Add more	

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 LQ (mea… ▾	ml	200	29.62	6.18	1.21	296			🗑	
		Actual	37.81	6.54	2.84	378	9.38	4.03:1	Add more	
		Goal	30.24	10	0.08	313	10.08	3:1	Add more	
									1	
									2	
									3	
									4	
									5	
									6	
									7	

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

To edit or modify a recipe for a specific patient or to make multiple variations of a recipe for different patients, follow the instrcutions for "Edit/Modify a Recipe for a Specific Patient".

Create a New Recipe:

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

HOME	MY DASHBOARD ⌄	RECIPES ⌄	DIET MANAGEMENT ⌄	CONTACT US

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My Recipes

A variety of recipes makes it easier to s
ketogenic diet. **Create your own recip**
through our database of **shared recip**
users. Under **featured recipes**, you'll f
collection of our favorite seasonal, hol
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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.

Create/Manage Recipes

Featured Recipes

Shared Recipes

II.   Click on "Create/Manage Recipes".

III.   Scroll down and enter the name and description of the recipe. You also have the option to upload an image of your recipe.

IV.   To add ingredients to your 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 LQ (mea... ▼	ml	200 ⬍	29.62	6.18	1.21	296			🗑
		Actual	37.81	6.54	2.84	378	9.38	4.03:1	Add more ▼
		Goal	30.24	10	0.08	313	10.08	3:1	Add more
									1
									2
									3
									4
									5
									6

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

Directions: *

V.   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 manually by following the instructions in the following "Add an Ingredient" section.

VI.   Enter the quantities of each ingredient.

VII.   The ketogenic ratio of your recipe will appear below in the "Actual" row. If necessary, modify the quantity of your ingrdients to reach your recommended ketogenic ratio.

Raspberries, raw - unsweeten... ▼	g	30 ⬍	0.19	0.36	1.63	10			🗑
Oil, Canola ▼	g	8 ⬍	8	0	0	72			🗑
Formula: KetoCal 4:1 LQ (mea... ▼	ml	200 ⬍	29.62	6.18	1.21	296			🗑
		Actual	37.81	6.54	2.84	378	9.38	4.03:1	Add more ▼
		Goal	30.24	10	0.08	313	10.08	3:1	Add more

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 drop-down 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.

Category: *

| select ▼ |

Tags: *

| --- Select Tags --- ▼ |

Additional Info:

☐ Share

SAVE

CANCEL

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

To assign the recipe to a patient, follow the directions below.

Assign a Recipe to a Patient:

I.   If you want to assign a shared or featured recipe to a patient, simply click "Assign Recipe to Patient", which is located on the bottom of every recipe page.

absorbed back into the muffin once cooled)

Chef's tips:

1. All muffins can be frozen
2. To batch, multiply the mixture by how many muffins you want to make and then divide into equal amounts in the muffin tray.

Nutrition Information (for entire recipe):

Carbohydrate: 3.9
Calories: 444
Fat: 44.4
Protein: 7.3
Ratio: 4:1

Tags:

KetoCal 4:1 Powder   4:1 ratio   muffins   breakfast   sweet

ADD TO MY SAVED RECIPES   ASSIGN RECIPE TO PATIENT

'User-added Ingredients: Terms of Use

Note that this only applies if the recipe is ready to use for that patient. If you need to modify the recipe for the patient before assigning it to them, you must follow the instructions in the row below.

Modify a Recipe for a Specific Patient:

I.   If you want to assign a shared or featured recipe to a patient, but first need to modify the recipe, click "Add to My Saved Recipes", on the bottom of the recipe page.

absorbed back into the muffin once cooled)

Chef's tips:

1. All muffins can be frozen
2. To batch, multiply the mixture by how many muffins you want to make and then divide into equal amounts in the muffin tray.

Nutrition Information (for entire recipe):

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Tags:

KetoCal 4:1 Powder   4:1 ratio   muffins   breakfast   sweet

ADD TO MY SAVED RECIPES   ASSIGN RECIPE TO PATIENT

'User-added Ingredients: Terms of Use

II.   Next, go to your saved recipes and click "Edit" next to the recipe that you want to modify.
(Note, if you want to modify the recipe for multiple patients, first click "Make a Copy", and then edit the individual copies for each patient.)

III.   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. If you are sharing the modified version of the recipe, be sure to update the categories and tags accordingly. Also be sure to rename the each recipe modification so that you can easily locate in your recipe list (for example, "Katie's 3.5:1 Chocolate Smoothie").

IV.   When you are done modifying the recipe, be sure to click "Save".

V.   Your updated recipe will appear at the top of your recipe list under the name that you saved it as. Click on the recipe, and then select "Assign Recipe to Patient" at the bottom of the page.

VI.   Note, if you want to make multiple modifications to a given recipe for different patients, click "Make copy" next to the specific recipe in your recipe list.

VII.   Next, click "Edit" next to the copy of the recipe. When modifying the recipe, be sure to rename it so that you will be able to easily locate the recipe modification for each patient.

VIII.   When you are done modifying the recipe, be sure to save it. Then follow the instructions for assigning the recipe to a patient.

Add an Ingredient:

I.   Click on the "My Dashboard" tab on the top navigation bar.
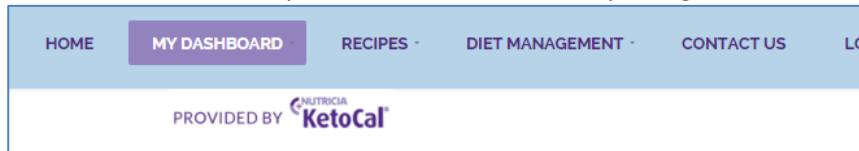
II.   Click on "My Ingredients"
III. Add the nutritional values, to the tenth of a gram (Example, 1.3 g of protein). We recommend obtaining the values from the USDA database. We also recommend entering the net carbohydrate (total carb minus fiber), since net carb is used for other ingredients in the database.
IV.   Select whether the ingredient is a liquid or not (this will determine whether it is measured in g or mL).
V.   If you would like for your ingredient to be shared so that others may use it in their recipes, be sure to select "Share".
VI.   When you are done entering the nutritional information, be sure to click "Save".

Add Medications:

Because the carbohydrate content of medication is subject to change without notification from the manufacturer, Nutricia North America does not provide a standard database of medications as we cannot guarantee the ongoing accuracy of the carbohydrate values listed. If you wish to enter medications into the database and confirm the carbohydrate content with the manufacturers, you are able to do so on the "My Medication Database" page. You also have the option to view and save other user-added medications, however, please keep in mind that Nutricia North America does not guarantee the accuracy of these values and that user-added* terms of use apply.

I.   To add medications to your database, select the "My Dashboard" tab on the top navigation bar.
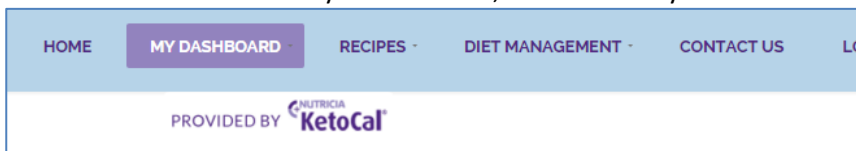
II.   Click on "My Medication Database".
III. Enter your own medication values. We recommend contacting the manufacturers to get the current carbohydrate estimate. Be sure to click save.
IV.   If you want to search for medications that have already been added by other health care professionals, scroll down to "User-added Medications". Again, Nutricia North America does not guarantee the accuracy of user-added ingredients, so be sure to review and confirm the carbohydrate content listed.
V.   When creating a medication profile for your patients, you will only have the option to use medications from your saved Medication Database (which may include medications that you have entered or user-added medications that you have saved to your database.
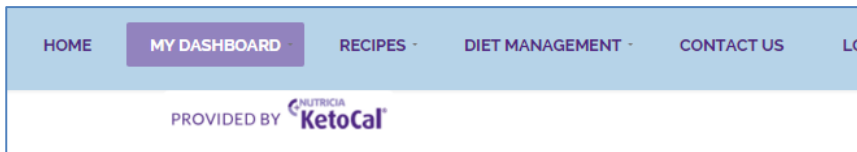
Add Supplements:

Because the carbohydrate content of supplements is subject to change without notification from the manufacturer, Nutricia North America does not provide a standard database of supplements as we cannot guarantee the ongoing accuracy of the carbohydrate values listed. If you wish to enter supplements into the database and confirm the carbohydrate content with the manufacturers, you are able to do so on the "My Supplement Database" page. You also have the option to view and save other user-added supplements, however, please keep in mind that Nutricia North America does not guarantee the accuracy of these values and that user-added* terms of use apply.

I. To add supplements to your database, select the "My Dashboard" tab on the top navigation bar.

| HOME | MY DASHBOARD ˅ | RECIPES ˅ | DIET MANAGEMENT ˅ | CONTACT US | LO |

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My Dashboard

In this section, you'll find quick links to view yo
database, saved information, and messages. M
diet plans, view or modify your collection of sa
recipes, update your contact information, or ch
messages.

My Recipes

My Ingredients

My Medication Database

My Supplement Database

My Information

My Patients

My Messages

II. Click on "My Supplement Database".
III. Enter your own supplement values. We recommend contacting the manufacturers to get the current carbohydrate estimate and nutritional values. Be sure to click save.
IV. If you want to search for supplements that have already been added by other health care professionals, scroll down to "User-added Supplements". Again, Nutricia North America does not guarantee the accuracy of user-added ingredients, so be sure to review and confirm the carbohydrate content listed.
V. When creating a supplement profile for your patients, you will only have the option to use supplements from your saved Supplement Database (which may include supplements that you have entered or user-added supplements that you have saved to your database.

Update Your Information:

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

| HOME | MY DASHBOARD ˅ | RECIPES ˅ | DIET MANAGEMENT ˅ | CONTACT US |

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My Dashboard

In this section, you'll find quick links to view your pa
database, saved information, and messages. Mana
diet plans, view or modify your collection of saved
recipes, update your contact information, or check
messages.

My Recipes

My Ingredients

My Medication Database

My Supplement Database

My Information

My Patients

My Messages

II. Click on "My Information".
III. Review and update your information.
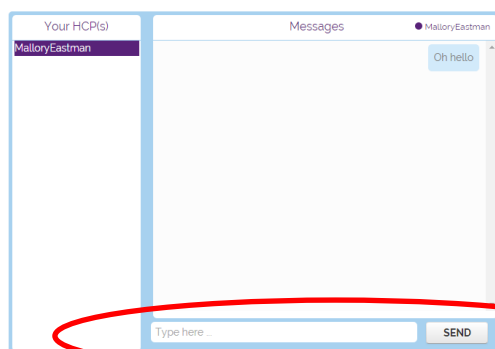IV. Be sure to click "Update" at the bottom of the page to save your changes.

Check Messages or Send a Message:

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

| HOME | MY DASHBOARD | RECIPES | DIET MANAGEMENT | CONTACT US |

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II.   Click on "My Messages".

III. Once on your Message Board page, check for messages from your patients or send a new message. Simply select the patient or caregiver that you want to message, type your message, and press "Send".

Message Board

| Your HCP(s) | Messages | ● MalloryEastman |
| MalloryEastman | | Oh hello |

Type here ...   **SEND**

My Dashboard

In this section, you'll find quick links to view your pa database, saved information, and messages. Manag diet plans, view or modify your collection of saved recipes, update your contact information, or check messages.

My Recipes

My Ingredients

My Medication Database

My Supplement Database
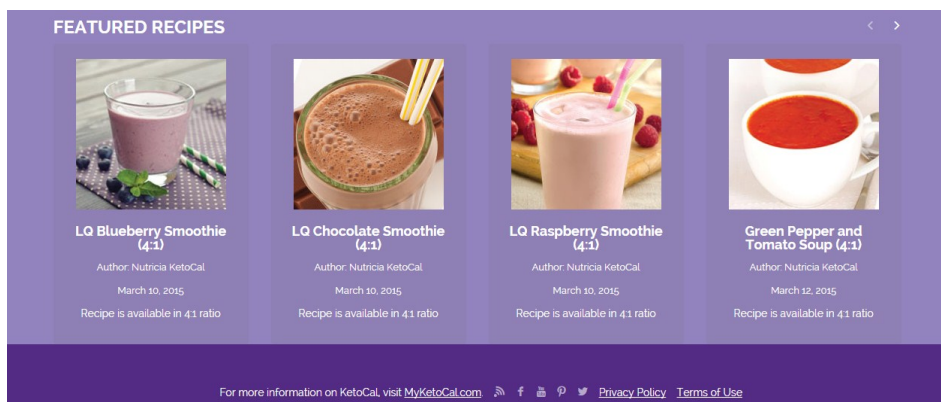
My Information

My Patients

My Messages

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.

FEATURED RECIPES

LQ Blueberry Smoothie (4:1)	LQ Chocolate Smoothie (4:1)	LQ Raspberry Smoothie (4:1)	Green Pepper and Tomato Soup (4:1)
Author: Nutricia KetoCal	Author: Nutricia KetoCal	Author: Nutricia KetoCal	Author: Nutricia KetoCal
March 10, 2015	March 10, 2015	March 10, 2015	March 12, 2015
Recipe is available in 4:1 ratio	Recipe is available in 4:1 ratio	Recipe is available in 4:1 ratio	Recipe is available in 4:1 ratio

For more information on KetoCal, visit MyKetoCal.com   Privacy Policy   Terms of Use

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

If you would like to assign it to a patient, follow instructions for how to "Assign a Recipe to a Patient". To modify the recipe for a patient, follow the instructions for how to "Edit/Modify a Recipe for a Specific Patient".
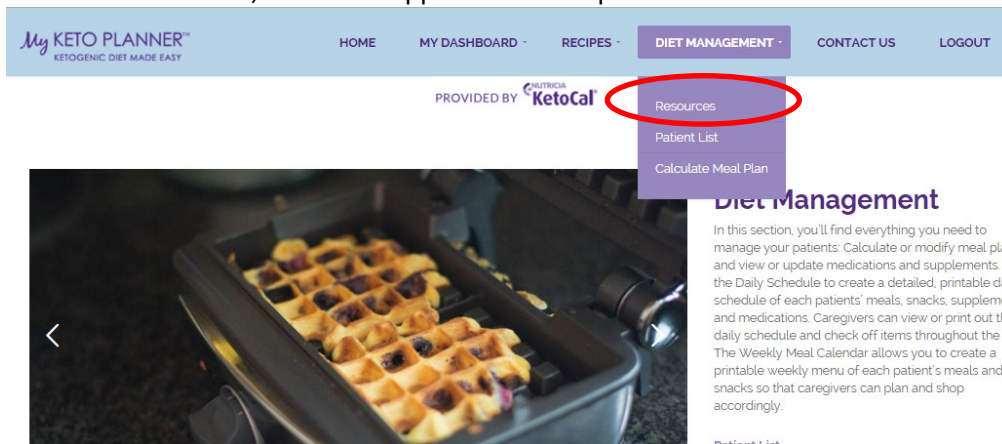
Find Resources for Health Care Providers:

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

II. Click on "Resources", which will appear in the drop down box.

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".