

# MACRO FRIENDLY FOOD: A crash course on how to use your subscription.

**Step 1:** If you haven't already, sign up for our meal planning services [here](#).

**Step 2:** You should have received an email with your login information. If you did not (check your spam folders) it's typically because of a typo in your email address at the time of signing up.

If you need help updating your email address or with your login info please reach out to us at [contact@macrofriendlyfood.com](mailto:contact@macrofriendlyfood.com).

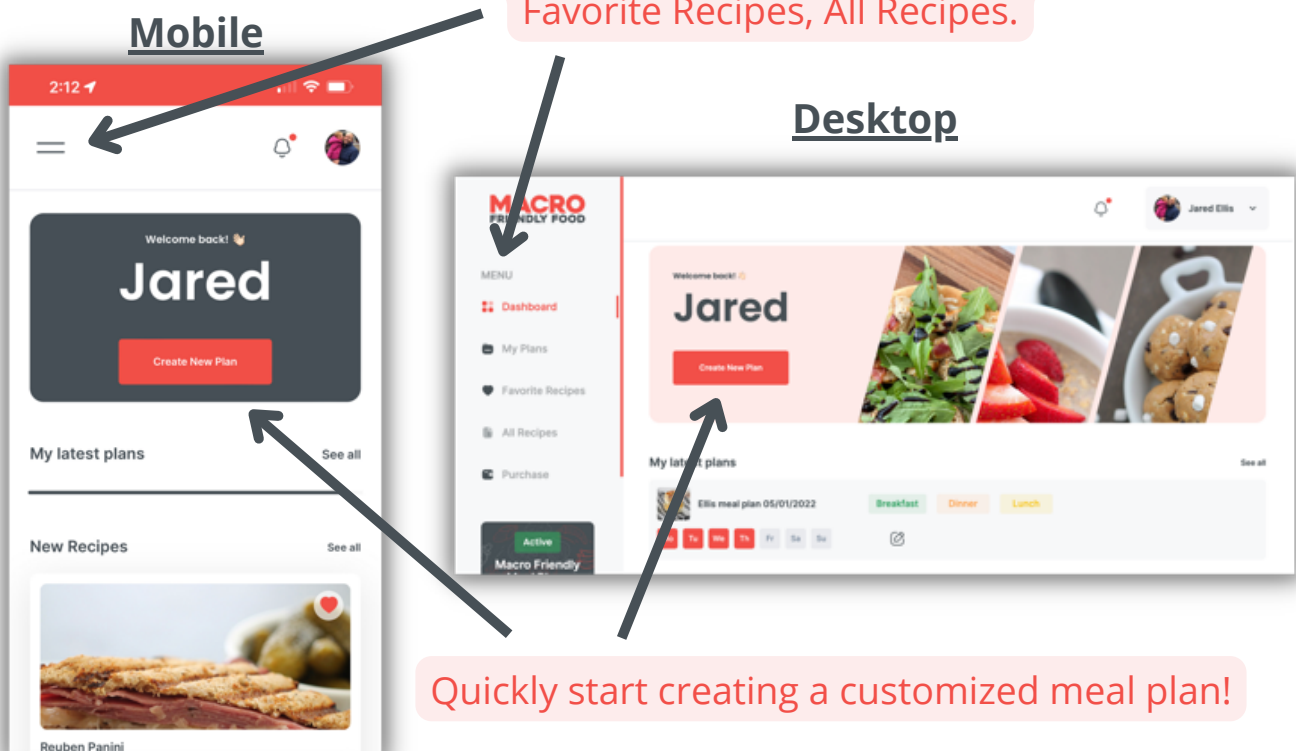
You can always reset your password by clicking on the "Lost your password?" link on the [login screen of your account](#).

**Step 3:** Use our app or meal plan printouts to start meal planning! Login to the app at [macrofriendlyfood.app](http://macrofriendlyfood.app) using the login information that was sent to you or download the meal plan printouts from the downloads area of your [account](#).

Here's some helpful info about how to use our app!

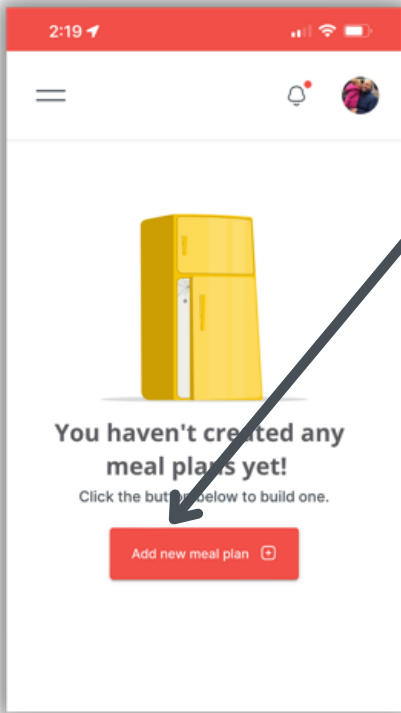
## Dashboard page:

Use the navigation menu to find My Plans, Favorite Recipes, All Recipes.



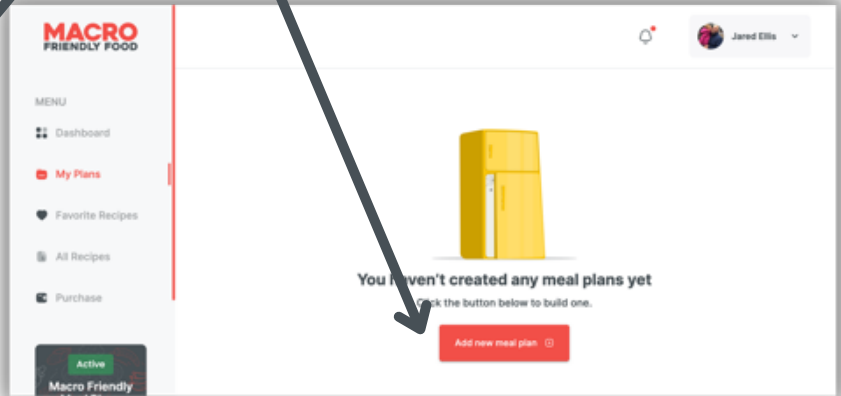
## My Plans page:

### Mobile



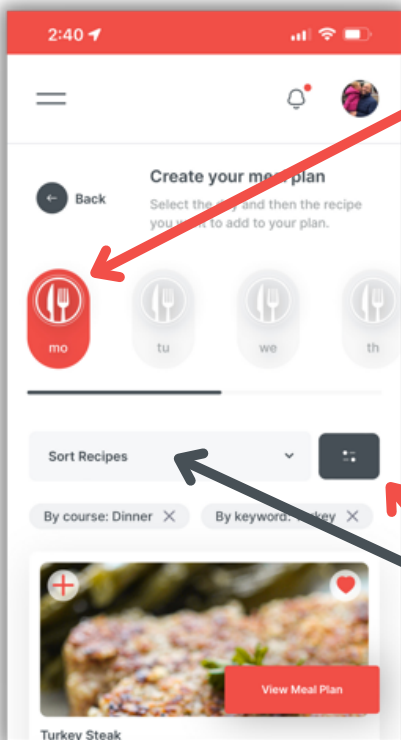
Start creating your first meal plan!!

### Desktop



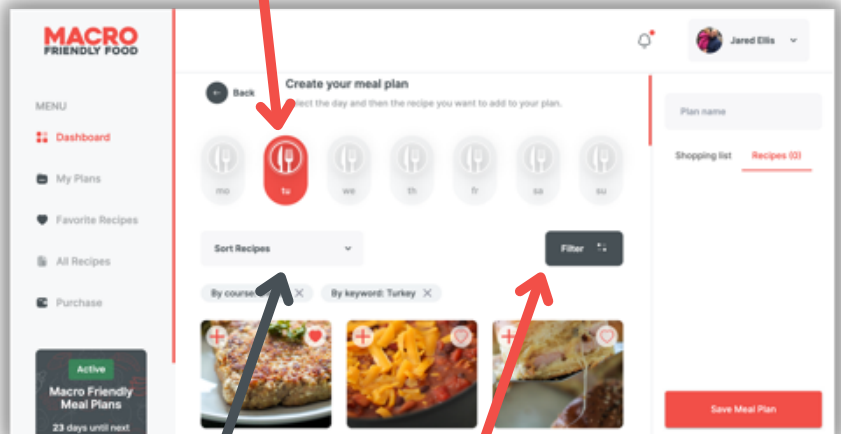
## Building a meal plan:

### Mobile



Select a day and quick-add recipes by clicking the "+" in the left corner of the recipe image.

### Desktop

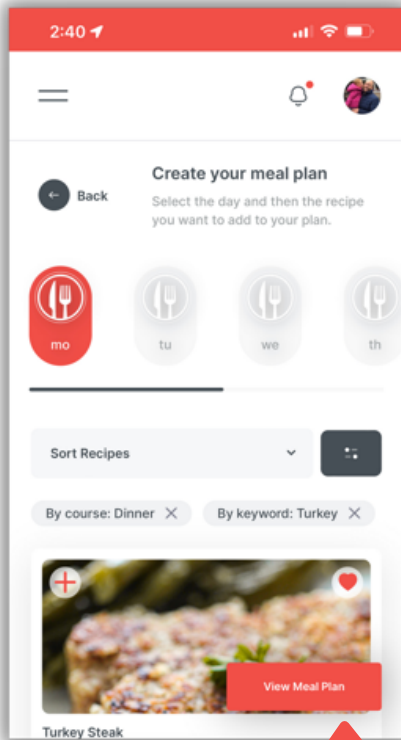


Sort recipes by year, month, or course type.

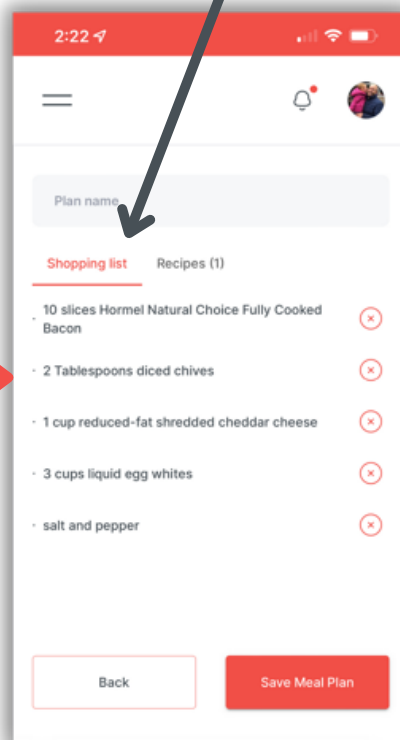
Search by keywords or ingredients.

## Shopping list & Recipes:

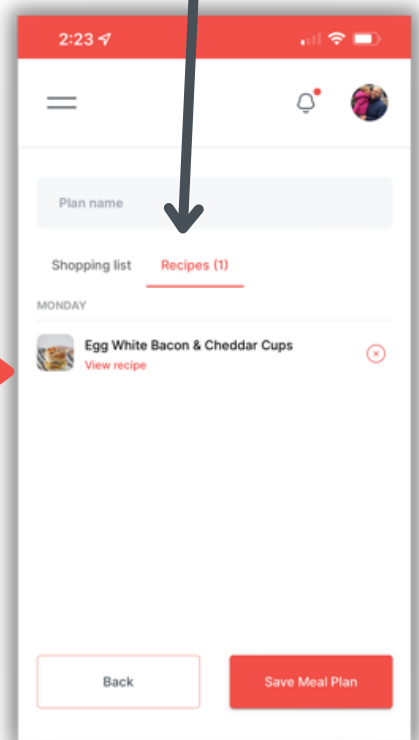
### Mobile



View your shopping list.



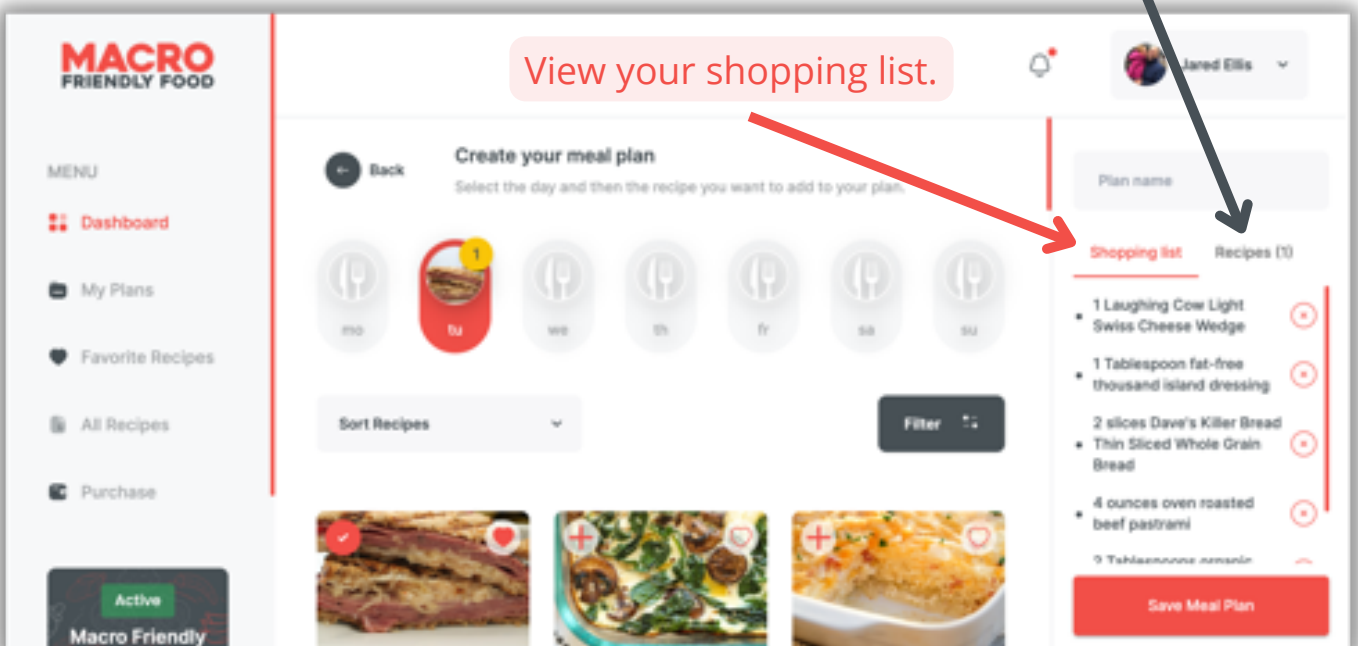
View the recipes you've added to your meal plan.



After you add recipes, click this "View Meal Plan" button to see your shopping list and recipes.

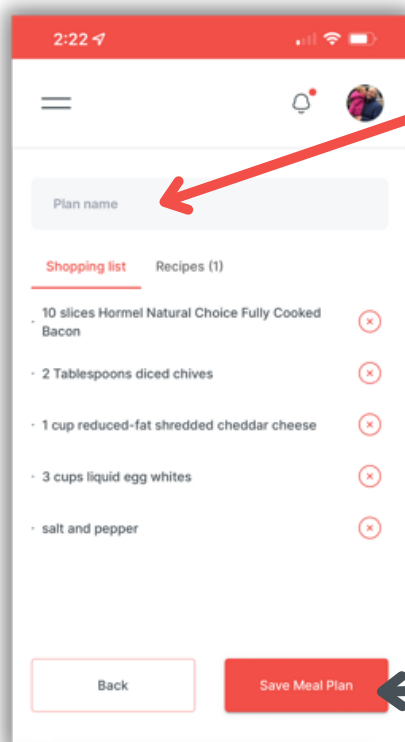
View the recipes you've added to your meal plan.

### Desktop



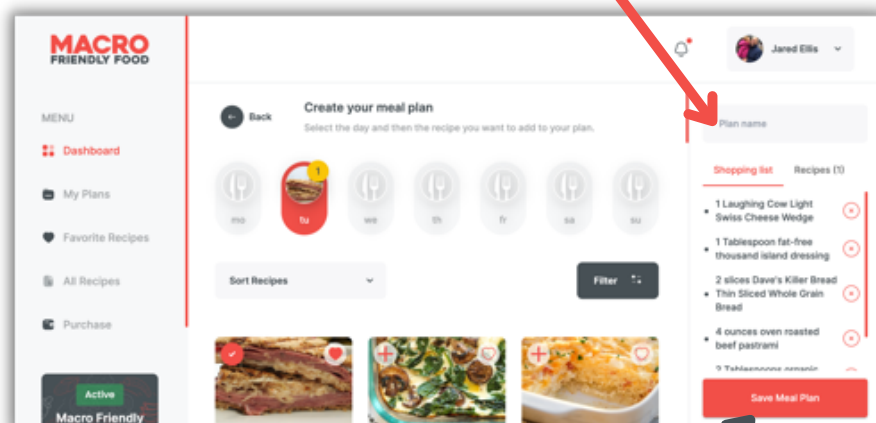
## Name and Save Your Meal Plan:

### Mobile



Give your meal plan a name that will help you keep your list of plans organized.

### Desktop



Save your meal plan so it can be viewed or edited from any device.

## Using the Meal Plan Printouts:

**Step 1:** Login at [macrofriendlyfood.com](https://macrofriendlyfood.com)

**Step 2:** Click on the "downloads" link from the navigation menu.

**Step 3:** You will find the two most recent meal plan printouts in the downloads area of your account. Each month we have to remove one to make room for the new meal plan printout. Therefore we recommend you download and save the meal plans to your device before they get removed from your account.

**Step 4:** The printouts are organized into dinner, side dish, and dessert recipes. After the final recipe you will find 4 weeks worth of meal plan calendars and shopping lists templates for those who prefer to use pen and paper.

Finally, if you have any questions about your subscription, the app, or recipes please reach out to our support team at [contact@macrofriendlyfood.com](mailto:contact@macrofriendlyfood.com).

Happy cooking!

Elyse and Jared Ellis