# Brand New Nutrition Section

**This part of the app has had a massive overhaul, and we can't wait to share it with you. There is a full video on how to use this section on the App, you will find it in On Demand, Useful Information.**

You will very quickly be able to track your food and see what you are lacking in your food consumption, or what you are eating too much of, you will most probably find you will be lacking protein.

It is important to note, that this calculator is using data that you imputed when signing up, if your calories are showing up less than 1500 calories, this is too low and needs to be changed, please message michelle@gymvettese.co.uk if you need any assistance.

Thank you for being patient, while this part of the app has been developed.

This is going to be a game changer for you. All the best.

Team GV

## 1. Overview of the Nutrition Section

Firstly, you will find the Nutrition Dashboard by Clicking on the knife and fork icon at the bottom of your app.

Your daily allowance is set for you at the top (this is the data you entered when signing up to the app, you can change the details in your settings or message us for assistance).

You will see (in green), your macros which is your protein, carbs and fat.

As you scroll down you have the option to add 5 meals for the day.

- Click on Meal 1 (the arrow to the right)
- Which will take you to another screen
- Click on the green button 'Add Food'
- And you should see Foods, recipes and custom foods at the top and a long list of foods.
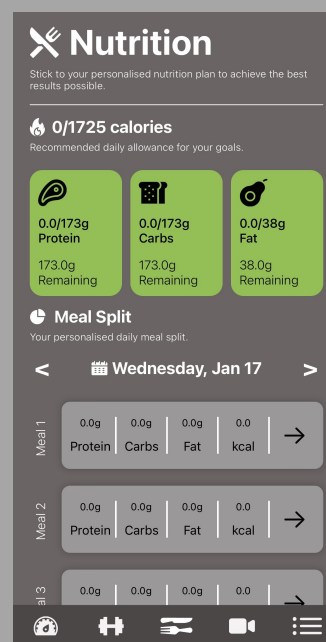
## 2. Search Foods

This is where you will find most of your stand-alone foods, i.e. banana, carrot, beef steak, we have also added frequently used for you too, White coffee, tea, lots of sauces, mayo, ketchup.

**Adding a food**

- Search and then Click on a food you wish to add
- i.e. Baked beans
- Number of servings, this is where you need to weigh your food as it is an accurate measure of what you are eating.
- Example, half a can weighing 205grams
- Click ok, then Add food (green button)
- This will add to your calculator on the dashboard, with all the macro breakdown too.
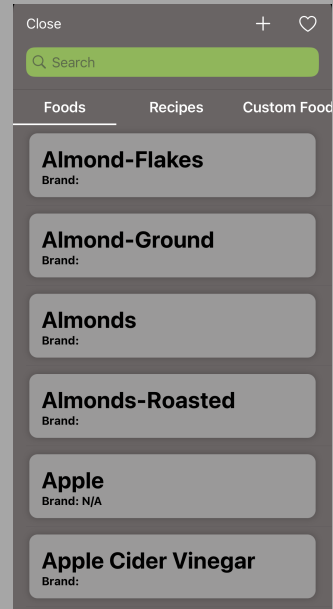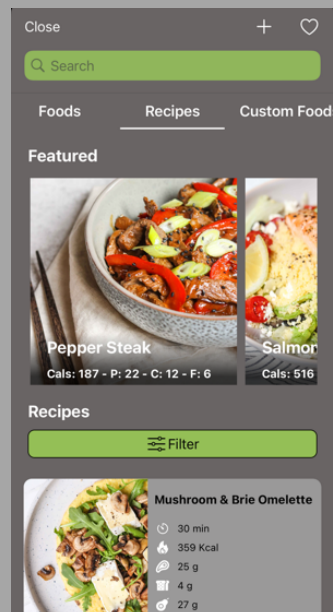


## 3. Recipes

This is the exciting bit, lots of recipes to help keep you on track, we have picked high protein, and kept an eye on the calories, so nothing is too high. We have catered for Vegetarian and Vegan, Gluten and Dairy Free too.

**To find a Recipe,** Click on filter (green button)

Ignore **Equipment**, as it limits your search as not really used by us.

**Type,** currently the only live ones are, Breakfast, Lunch, Dinner, Snack and Shake.

**Tags** the live ones are, Vegetarian, Vegan, Gluten Free, Dairy Free, Post workout, High Protein, Low Carb, Low Calorie, and Quick.

- Pick a recipe and click on it
- Each **recipe** will give you the breakdown of protein, carb and fat (your macros), and how many calories are in each serving.
- The **ingredients** are repeated later, but this bit is for something the developers are working on in the future to produce a shopping list, so it doesn't describe the details 100%.
- Prep and cook time displayed at the bottom.
- Swipe left, to find a step-by-step guide of instructions
- Swipe left again, to find your complete list of ingredients
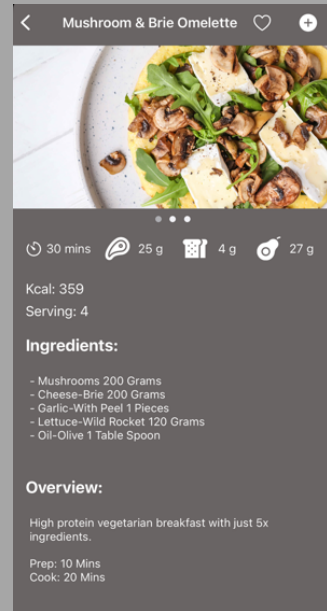
**Adding a recipe**

- To add a meal, choose which one you are going to use.
- Click on the plus button in the top right and add 1 serving.
- This will then add this meal to your calculator for you, with all the macro breakdown too.
- Go back to your main nutrition dashboard and this has been added.
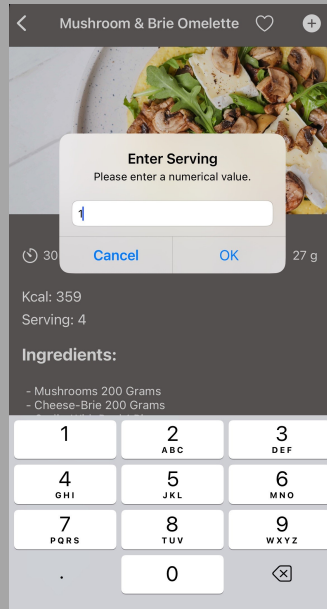
# 4. Custom Foods

If you can't find a food or you are eating a meal that is not in the recipes, or you want to create quick go to's, this is the part where you can add custom meals. For example, you have a bowl of granola with milk, or a sandwich on the go, you can add it here.

### How to create a Custom Food/Meal

- Click on the plus button in the top right hand corner.
- For example, homemade Chicken Wrap.
- Complete the Food Name, you don't need to enter anything in the brand name.
- Serving size in grams, I would suggest adding 1 (so it adds per serving later)
- Enter the total calories, Protein, Carbs and Fat, then click Save Custom Food (green button), this will then appear for you to use.



### Adding a Custom Food

Choose your custom food, number of servings is already set to 1, unless you are eating 2 portions.

Click on add food and this will be added to your calculator for you, with all the macro breakdown too.

Please remember, this is only as accurate as the information you entered.



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