Add/Delete/Change A Meal

So you've created your… let's call it a folder, for week one. You're going to double-click on week one and it'll pull this up. Now this recipe here is a default. You can go in and change that by clicking on the three dots, change name, and I'm going to go with a Monday, Tuesday, Wednesday, day of the week format. Click "enter" to accept. You can add another column here. Click "enter" to accept. And put in Thursday here. Now if you want to do the full week, obviously Friday, maybe Saturday and Sunday as well, you have to come down here cuz there's only room for four columns on the page. So come down here, add the column, and you can continue with Friday, Saturday, Sunday, and so forth. Or you can do for snacks and desserts ad that kind of thing. So once you have that, we'll start with breakfast. So let's go back to Monday, we'll click on add item, and it'll pull up a search box for you. Now let's say you wanna start your morning off with a smoothie. You can type in smoothie and it will pull up all the smoothies on my site. You can click down here to load more if you want more options. So that's… it'll show you everything there, and we'll just click this little plus sign here to add it and now you have smoothies on your meal plan, or for Monday anyway. So you can go through and you can add an item for each day and that'll be breakfast. Now, to add lunch, you'll come up here to this top one and you're going to add another group. And what that does is, you can… we'll just say… this is lunch. Click enter to accept, and you can add an item. We'll say… salad. And you can search through all the salads here. I have pasta salads, green salads, let's go with the wedge salad. And that will add the wedge salad. Now you can do this, you can click here on these three little dots here to change the name. I just forgot to change it so that would be, breakfast. So, and you'll see it updates it for every single column there as well. So it's pretty simple, and if you want to delete something, you just go to the three little dots on the actual recipe, and click "remove item". And there you have it. Pretty simple! Hope that helps.