

Duplicating Meals For Using Leftovers

Okay, so we're back at our default meal plan here. On week one. And if you want to duplicate something... like, let's say, this makes 2 servings. So if you wanna have 1 serving on Monday and the second serving on Tuesday, but you don't want that to create extra items in your... on your shopping list, all you're gonna do is come in here and find the smoothie, and add it. But in this case, because you've already made it here, you can just reduce the servings to zero. That way, you have the placeholder so you know what you're gonna eat and when, but it's not going to add the extra items here to your shopping list. So you're only gonna be buying enough on your shopping list for these two original servings. Hope that makes sense.