BEST BODY

by DR. RACHEL PAUL PHD,RD.

How to Access the Meal Planner

Hey friends. Let's talk about how to access the meal planner.

So when you're logged in to the site, you go to the meal planner. You can click it right there.

And then this is the meal planner.

So we have these lessons how to use the meal planner.

My meal plans come out every Friday at 12:00 PM Eastern Time.

You have my meal plans, which is your meal plan, any meal plans that you create or edit. For mine, they appear here.

Meal search, so you can search the 1,600 plus meals there. You can favorite ones that you want to try at a later time.

Here is food search. So food search is the food groups. So if you're thinking what counts as a fruit, what counts as a starch, what counts as a vegetable, you can find that out there.

And then we have a number of good meal plan examples that you can check out there as well.

All right. So this is the meal planner.

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How to Edit Your Settings

Let's talk about editing your settings.

So how you're going to do that is you're going to be logged in on the home screen, go to this black wheel, and then you're going to go to My Preferences, which it will automatically take you to this page.

You can update your calorie goal here.

You can select Omnivore or Vegetarian.

You can select Preferred Units. You can select Metric. This is not a perfect switch. We're working on it. So what I would actually recommend you do is just keep this to U.S., if you're outside the U.S., and choose a calorie equivalent food amount for the different food amounts.

You can also update your Meal Times here and make sure to press this Update or else your changes won't save.

Now, a note here for the Daily Calorie Target. You can increase your calorie goal to whatever lose it has given you for your Calorie Target.

Now, this will not automatically change the meal plan calorie amounts. You will have to modify the meal plans to suit your calorie needs, and I will show you how to do that in a future lesson.

How the Meal Plans are Set Up

Let’s talk about how the meal plans are set up. So remember how to access the meal plan, is you go to The Meal Planner and you have all these options.

Now, if you go to Rachel's Meal Plans, New Each Week, this is how the meal plans are set up. So if you click on a meal plan, they are set up by Monday, Tuesday, Wednesday for one set of meals. Thursday, Friday for the next, and Saturday, Sunday.

Now each meal is one serving. So you're going to make this same meal for two or three days. And this way, it just makes your grocery shopping, your meal prep that much easier. You get some variety, but you don't have to buy a bazillion ingredients.

Another important note here about the meal plans is that they have one starch and one fruit in the meal plans per day. Now, if you want to have more than that, or less than that, that is up to you, for sure. But they're set up with one fruit and one starch per day.

They also are the 1200 calorie base. But remember, you can modify your meal plans to suit your calorie needs. Okay. So if your calorie goal is 1600, and if you've updated that in your settings, it will show here 1600 calories as your target. And it will tell you how many total calories you have left over.

And you can do a number of things to increase your calories easily to get to your calorie goal, which I'll show you in the next lesson. All right, guys. Great job. I'll see you in the next lesson.

How the Add Calories

Let's talk about how to add calories to the meal plan. Remember, you go to meal planner, and let's say you're following my meal plans. I'm going to go to a later one. Let's say I'm going to edit this one. So what I'm going to do is I'm going to click this: modify Rachel's plan. You can also click edit under any one of the meals, and that will automatically create a new meal plan based on mine that you are editing. So if I modify Rachel's plan, I can call it whatever I want. Let's say my name is Jamie. I can say Jamie's meal plan for week X. Now, you can edit any of the days. If you want to eat the same thing Monday through Sunday, you totally can. Up to you. If you want to eat something different every single day, you're welcome to do that.

Now, how to add calories, you can either change meals... This meal is about 237 calories. You can change meal, go to breakfast and snacks, and you can search for any other meal. Let's say maybe we want a 400 calorie breakfast. We can do it that way. But an easier way to do it is to increase the portions. Maybe you do two portions, and you're automatically at this 473 calories versus the 237 per serving. That's a really easy way to increase portions without you doing a lot of work.

Another good thing to do is to add a meal. You can add a snack or a dessert. Let's say I wanted to add a snack. I go to snacks and it will tell me how many calories I have left over for the day. Now, my calorie goal here is set for the 1200, but let's say the calorie goal was 1600 and I would have 425 left over for the day. It would say that in green at the top. I know I have about 400 calories left over, so I can search 400 under breakfast and snacks, and I can search for whatever sounds good. Maybe this one sounds good to me. That's an easy way to add calories.

Another easy way, a lot of the meals I will say to use an oil spray instead of using oil. You can see here, I'm cooking the sausage in an oil spray because there's no oil listed, so an easy thing to do to add calories is to cook with oil or butter. An easy way to do that is to add meals, add snack, then choose meal, and I'm going to go to this easy adds. I can type in oil and I can add a tablespoon of oil, and I can just move this up to my lunch so I know that this oil goes with my lunch and I know I'm going to add an extra 120 calories to this meal. It's going to easily increase my calories. Make sure you always press save at the very bottom, save meal plan, so that you don't lose your work. All right, guys. Great job. I'll see you in the next lesson.