

Quick Start Guide

✦ A quick intro to help you get started with The Dinner Solution!

MEAL PLANNING

Steps	Task
Step 1	Login to The Dinner Solution https://www.member.thedinnersolution.com/login
Step 2	<p>If you would like to start with the recipes already in the program, skip to Step 4.</p> <p>If you would like to add your own favorite recipes, click on “Recipes”, then “Add New Recipe”.</p> <p>Enter the recipe details, then click “Save”.</p>
Step 3	<p>Click on “Favorite Menus”, then “Add New Menu”.</p> <p>Select the recipes that you want to include in that menu. You do not have to select a recipe for every box.</p> <p>Click “Save”.</p>
Step 4	<p>Click on “Plan Meals on Calendar.</p> <p>Double-click a date box on the calendar.</p> <p>Select either a Favorite Menu, a Freezer Meal if available, or you can build a new meal from scratch by selecting the individual recipes in the “Build a Meal” section.</p> <p>Confirm that your selections appear properly in the lower “Build a Meal” section.</p> <p>If you select any main dishes that you want to prep ahead and freeze (Freezer Meals), click on the box to the right of the main dish name that says “FREEZER MEAL”.</p> <p>When you are done selecting your dishes, Click “Save”.</p> <p>Repeat the above steps for each date that you want to plan for.</p>

Step 5	<p>Click on “Grocery Lists & Reports”.</p> <p>Enter the date range of your planned meals.</p> <p>Click on “Grocery Shopping List”. If you would like to include Misc items on your shopping list, click “Yes” or “View/Edit”. If you do not want to include Misc items on your list, click “No”.</p> <p>Click the “Print” button in the top right corner for a printed list, or you can view this list on your phone while shopping.</p> <p>Go to the grocery store or order groceries online for delivery.</p>
Step 6	<p>Click on “What’s For Dinner Fridge Report”.</p> <p>Click on the printer icon in the top right corner.</p> <p>Post in your kitchen on your fridge or bulletin board.</p>
Step 7	<p>When you are ready to prepare the meals, you can either print the “Recipes and Instructions” or you can open and view them on your phone or tablet.</p>

FREEZER MEAL PREP SESSION

Steps	Task
Step 1	Login to The Dinner Solution https://www.member.thedinnersolution.com/login
Step 2	<p>Click on “Grocery List & Reports”.</p> <p>Click on “Prep Day Instructions”.</p> <p>Follow the steps on the Prep Day Instructions Checklist.</p>
Step 3	After completing your Prep Day, go to “Plan Freezer Meal Prep Day” and change the status of your Prep Day to “Completed”. This will add those meals to your Freezer Inventory.

For additional support, post your questions in our [Members Facebook Group](#) or email us at support@thedinnersolution.com

