

# THE RECIPE HUB

How To Guide

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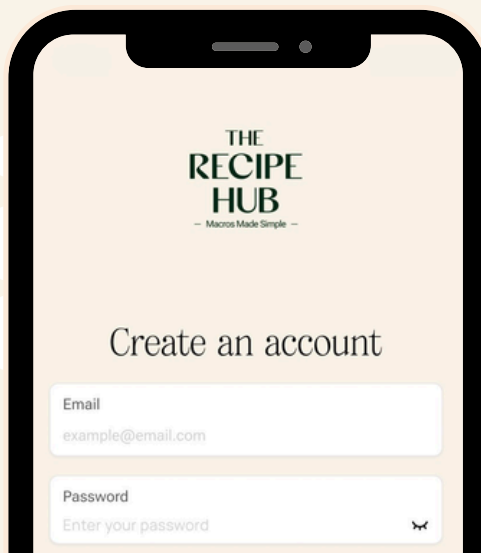
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# Chapter One

Getting Started



## What is The Recipe Hub?

The Recipe Hub is an all-in-one recipe, meal planning & food diary app designed to make tracking your goals feel simpler & less overwhelming.

### **Inside The Recipe Hub, you'll find:**

- Hundreds of macro-friendly recipes
  - Barcode scanning
  - A built-in food diary
- Grocery lists & meal planning tools
- Personalised calorie & macro targets

You can log meals, snacks & drinks throughout the day by searching the food database, scanning barcodes or adding recipes directly to your diary. The app will automatically calculate your calories, protein, carbs & fats for you.

The Recipe Hub is designed to help simplify tracking & make planning your meals feel more organised & realistic for everyday life.

This guide will walk you through the main features of the app so you can confidently use everything with ease.

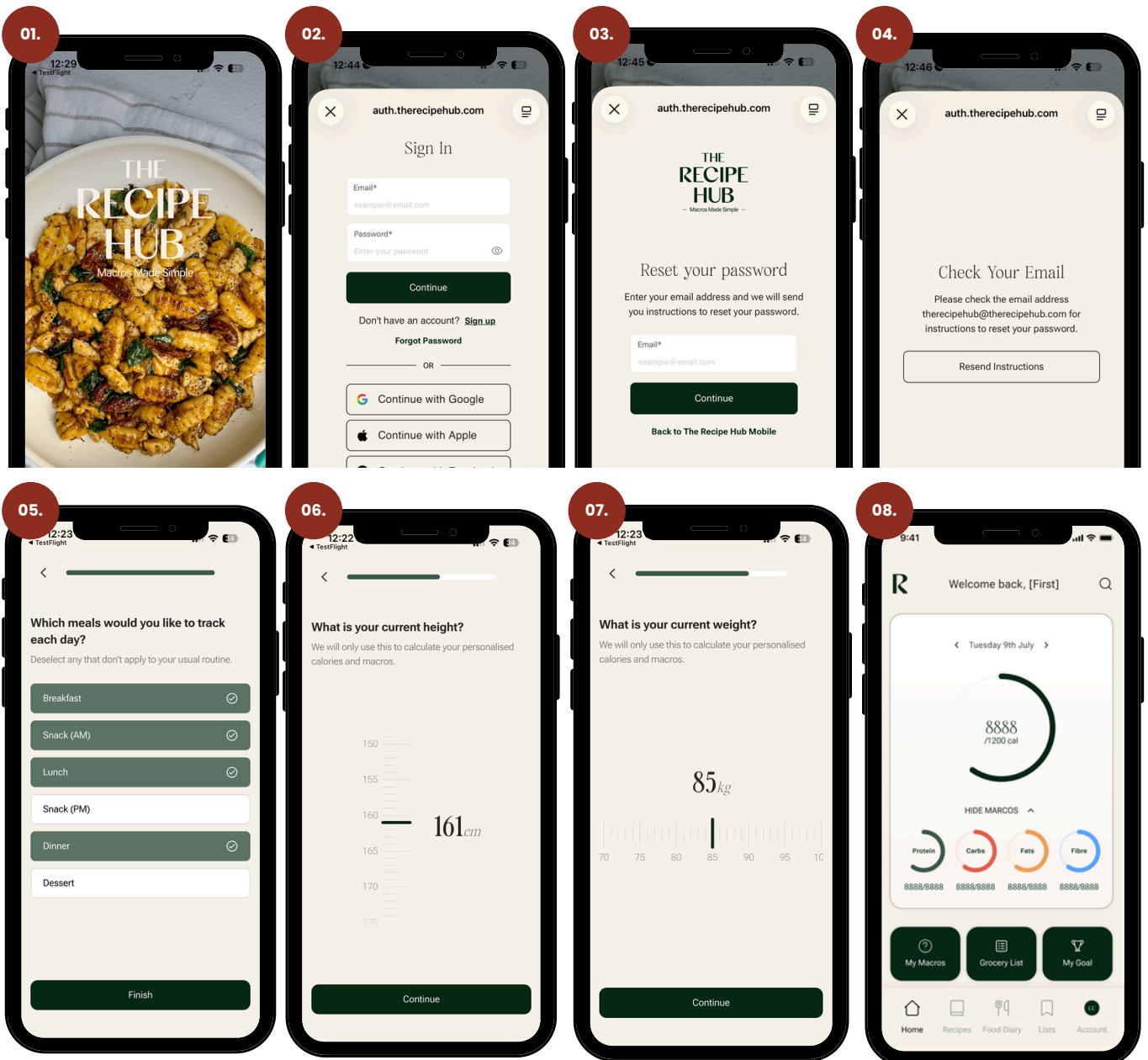
Available on both Apple & Android devices.

# Already a Recipe Hub subscriber?

If you already have an active Recipe Hub subscription through the website, simply sign in using the same email linked to your account. Your existing founder pricing will remain active while your subscription stays active.

For security reasons, you'll need to tap "Forgot Password" the first time you log into the app. Your subscription & payment details will automatically link to your account once signed in.

Please note: calorie & macro targets inside the app are designed as a personalised starting guide and can be adjusted anytime inside your app settings.



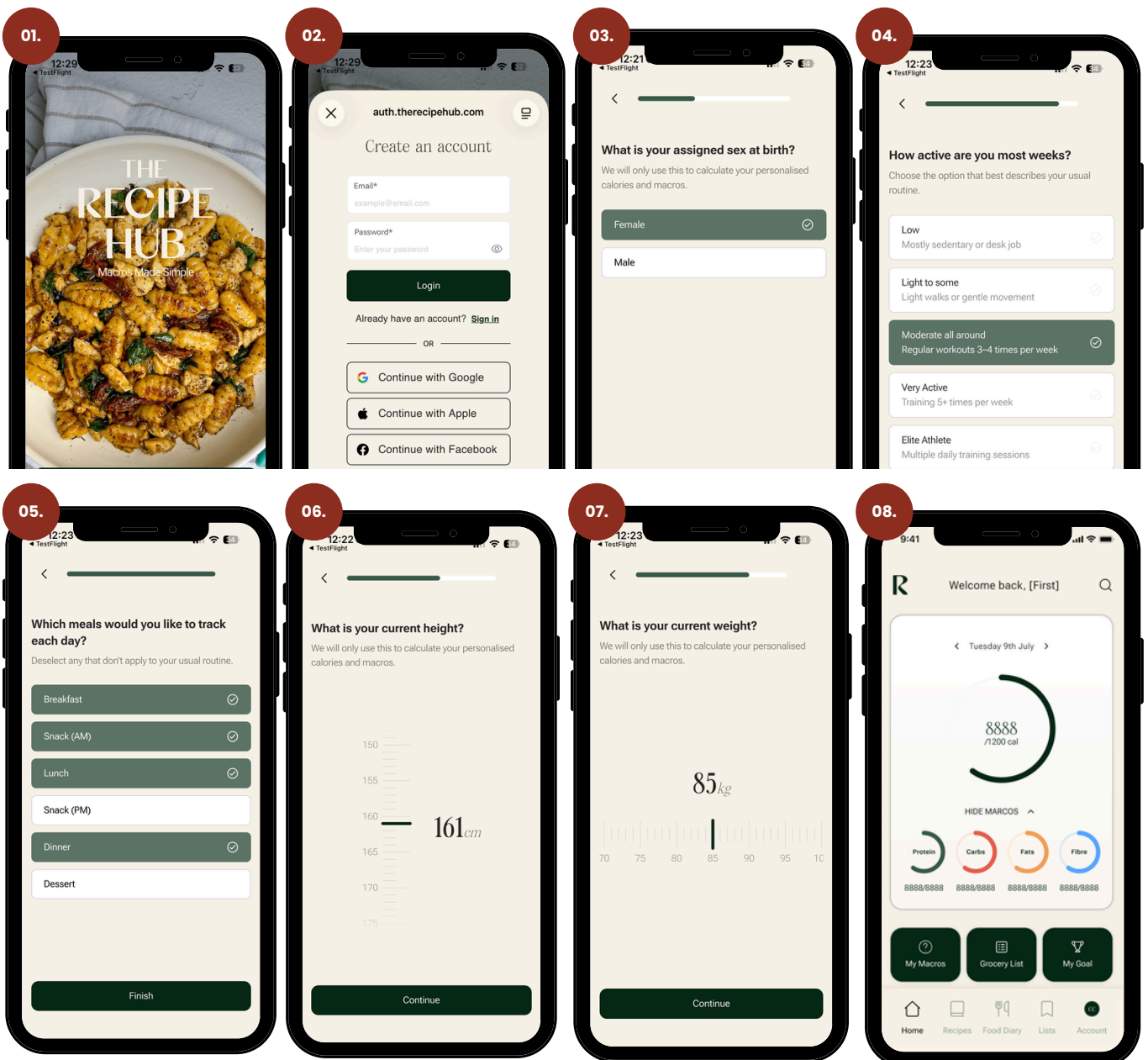
# Creating A New Account

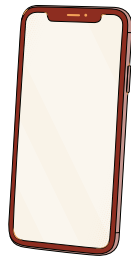
Once you've downloaded The Recipe Hub app, the first step is creating your account.

Sign up using your email address or continue with Google, Apple or Facebook for a quicker setup process.

The app will then guide you through a short series of questions to help create your personalised calorie & macro targets.

These targets can be adjusted anytime inside your app settings to better suit your goals, lifestyle & preferences.





# Chapter Two

How To Navigate The App

# How To Navigate The App

## The Dashboard

### 01. Search

Search any recipe quickly using this search bar.

### 02. Date

Click left and right arrows to see different days of the week.

### 03. Overview

Shows your remaining calories for the day.

### 04. Hide/Show

Tap the arrow to hide or show your macro targets.

### 05. Macros

Shows your remaining macro targets for the day.

### 10. Recipe Hub

Where you'll find every recipe inside the hub.

### 11. Food Diary

Plan your meals for the day or week here.

### 12. Lists

You can create different lists to save your fave recipes.

### 06. Update your calories

Tap this button to change your calories and macros at any time.

### 07. Grocery List

Tap here to visit your grocery list.

### 08. More

Access your profile, settings and account information here.

### 09. Home

This is your dashboard home page.

### 13. Your Account

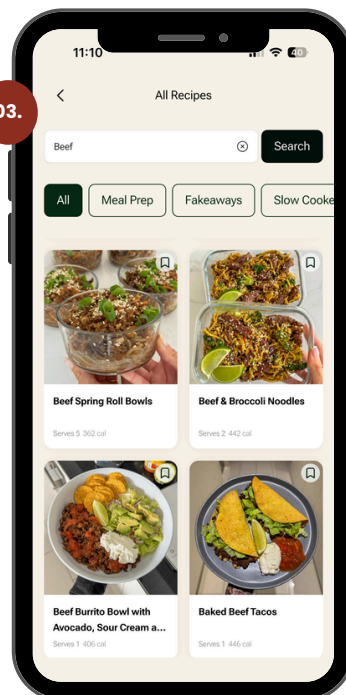
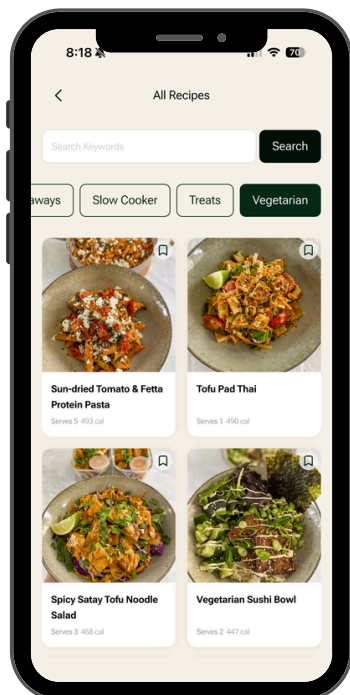
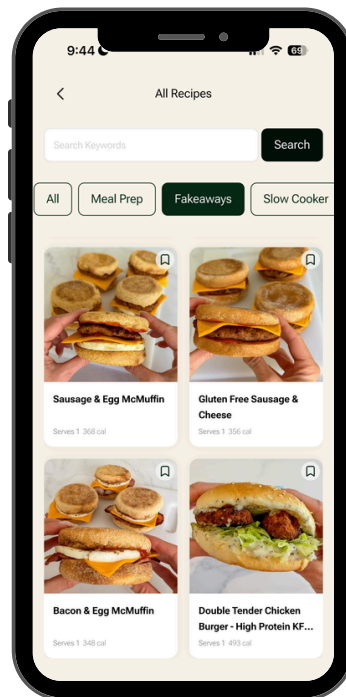
You can edit all of your account details here.



# How To Navigate The App

## The 'Recipes' Page

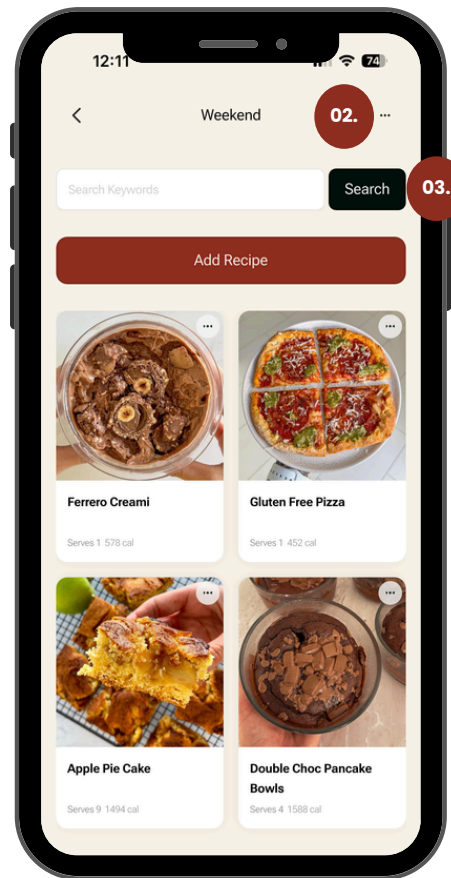
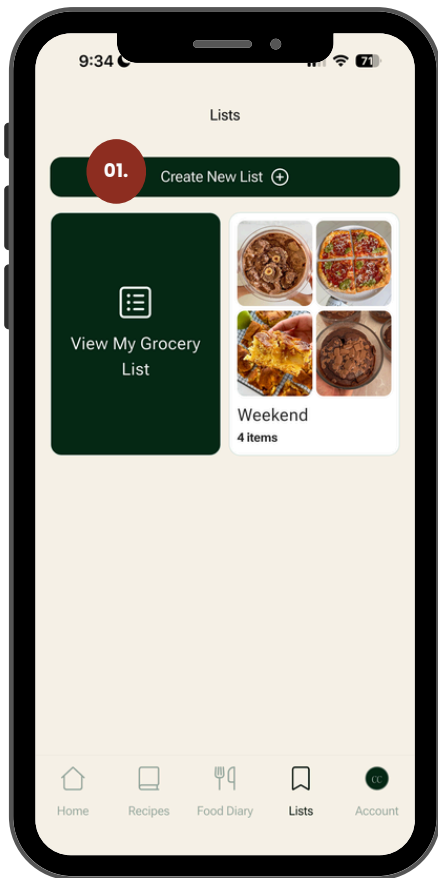
01. Tap 'New Recipes' to view recipes added in the last 30 days.
02. Tap 'Browse All Recipes' to explore the full recipe library.
03. Search individual ingredients to find recipes that include them.



# How To Navigate The App

## The 'Lists' Page

You can create as many lists as you like to help organize and save all of your favourite recipes.

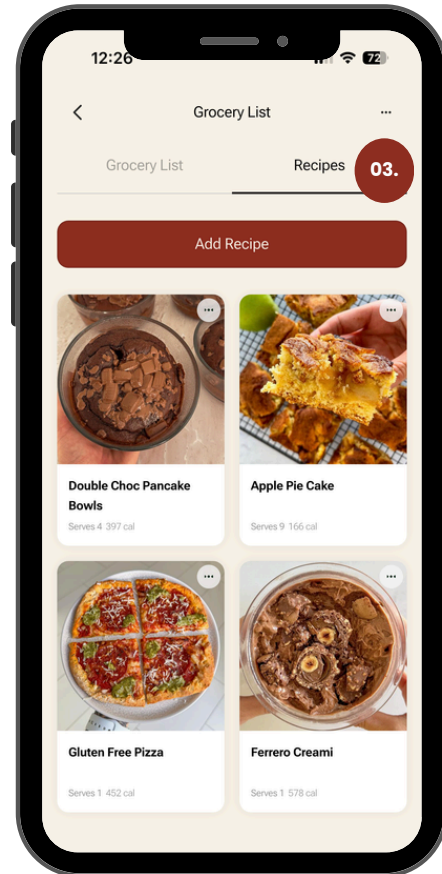
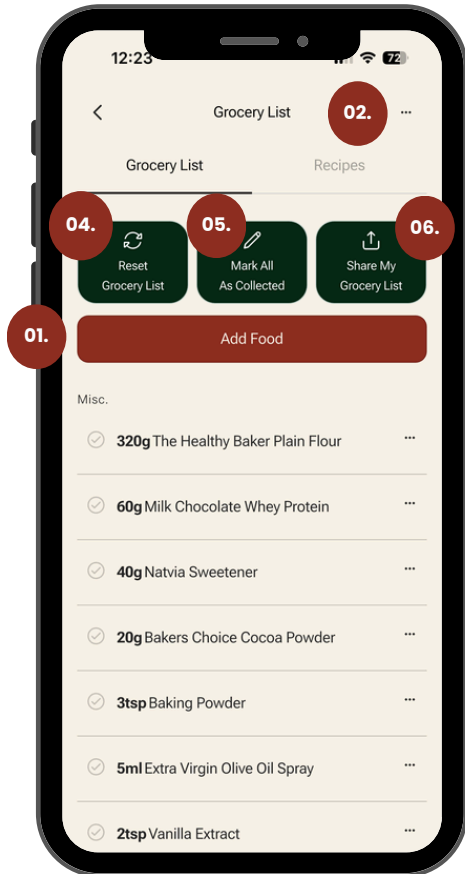


01. Tap this button to create your first list.
03. Use the search bar to quickly find recipes saved to your list.

02. Tap the 3 dots in the top right corner to edit or delete a list, or generate a shopping list from your saved recipes.

# How To Navigate The App

## The 'Grocery List' Page



01. Add more recipes or foods to your grocery list.

02. Clear (delete) your entire grocery list by tapping the 3 small dots in the top right corner.

03. Tap 'Recipes' to see which recipes you have added to your grocery list.

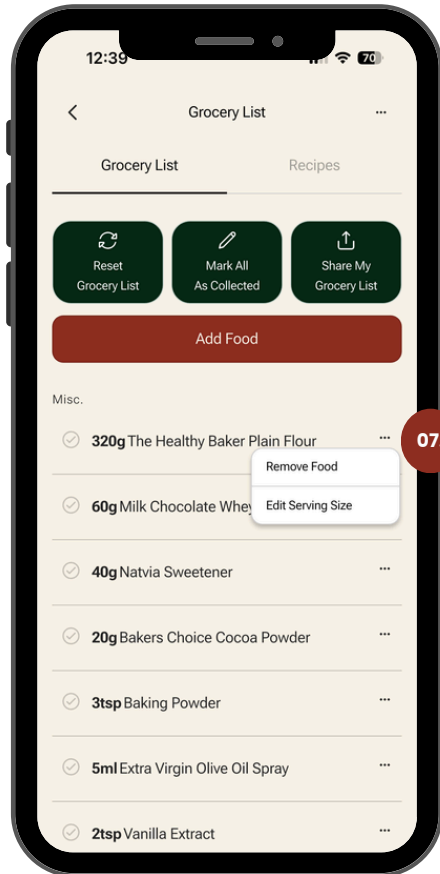
04. This changes item ticks from green back to grey, resetting your grocery list.

05. Mark all items as collected with this button.

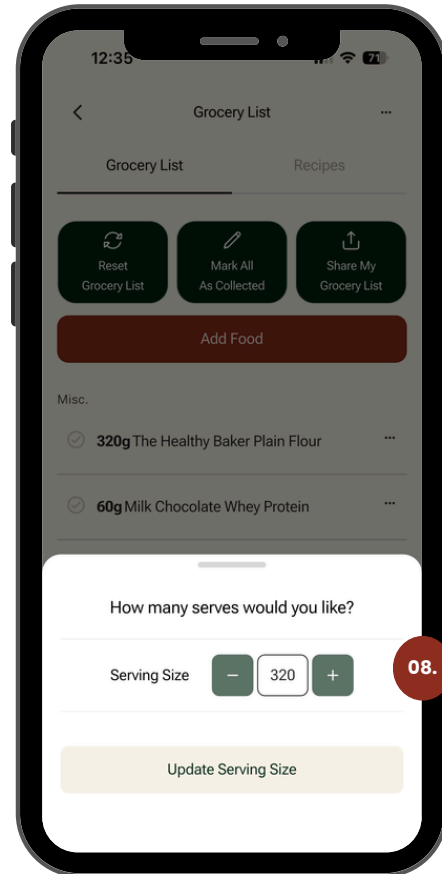
06. Tap this to text, email or print out your shopping list.

# How To Navigate The App

## The 'Grocery List' Page Continued



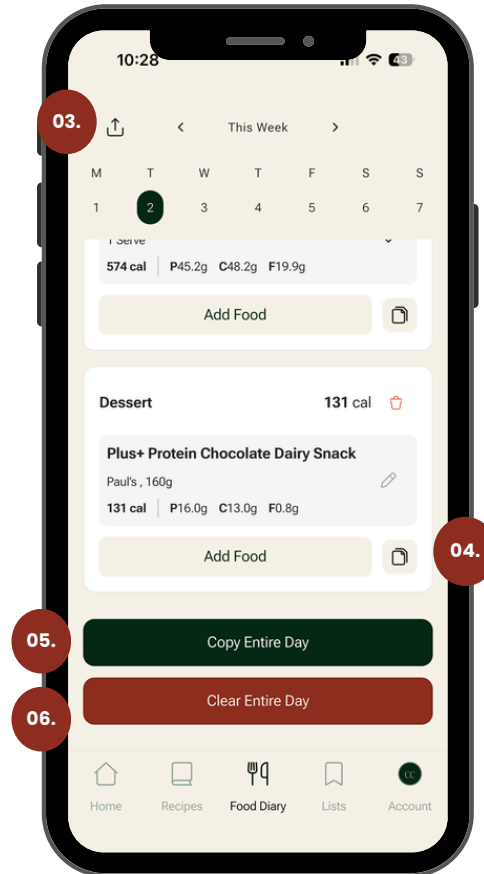
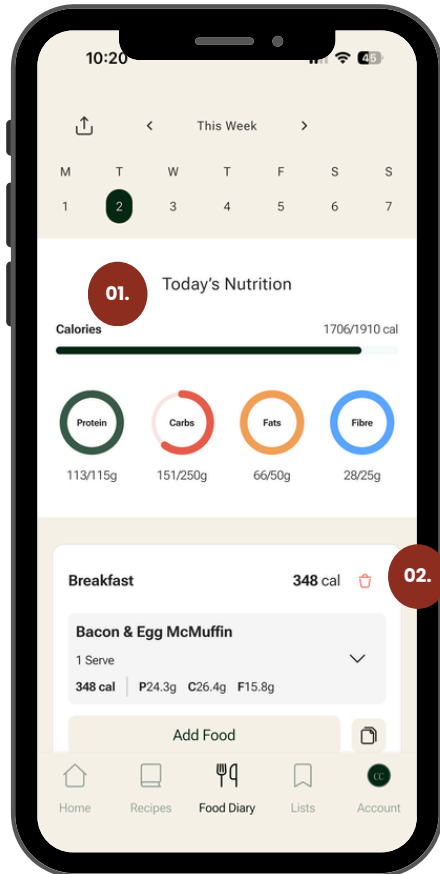
07. Tap the 3 dots next to an ingredient to edit the serving size or remove the item.



08. Adjust the serving size here if you need more or less of an ingredient.

# How To Navigate The App

## The 'Food Diary' Page



01. View your daily calorie & macro breakdown here.

02. Delete individual food entries using this button.

03. Print, email or share your meal plan with others.

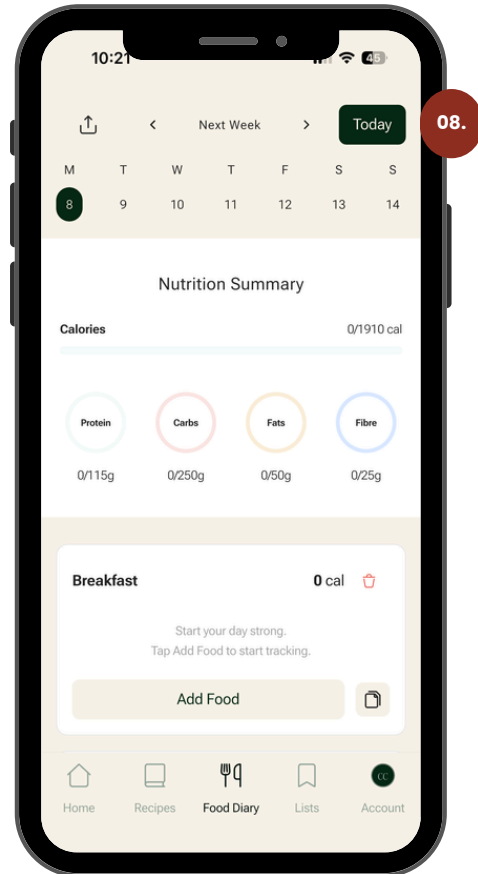
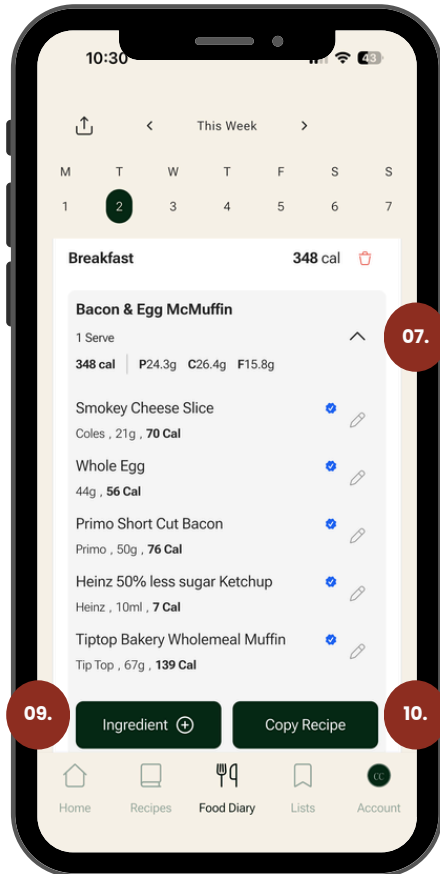
04. Copy individual food entries to other days of the week.

05. Tap here to access additional options for copying your entire day.

06. Delete your entire day using this button.

# How To Navigate The App

## The 'Food Diary' Page Continued



07. Tap the arrow next to a food entry to edit recipe ingredients.

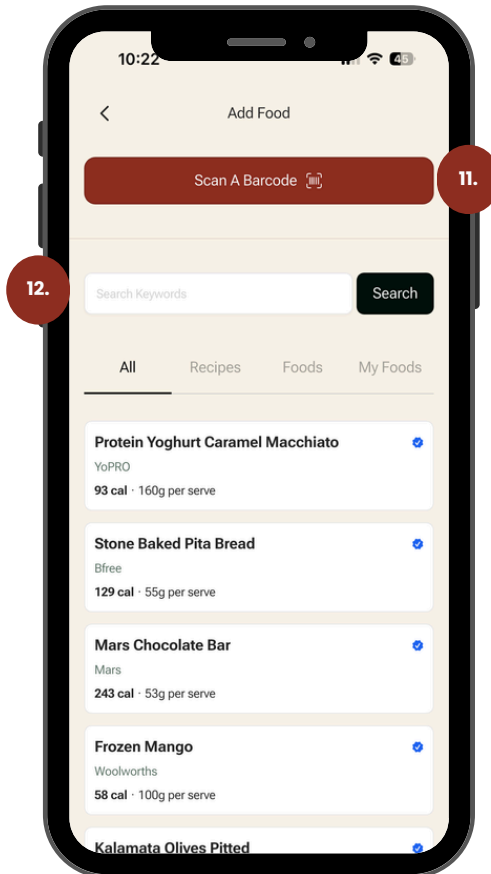
08. Tap here to return to the current day of the week.

09. Search for food items to add or remove from your recipe.

10. Copy your recipe to other days of the week quickly & easily.

# How To Navigate The App

## The 'Food Diary' Page Continued



11. Tap the 3 dots next to a food item to edit the serving size or delete the entry.

12. Search for food items here.

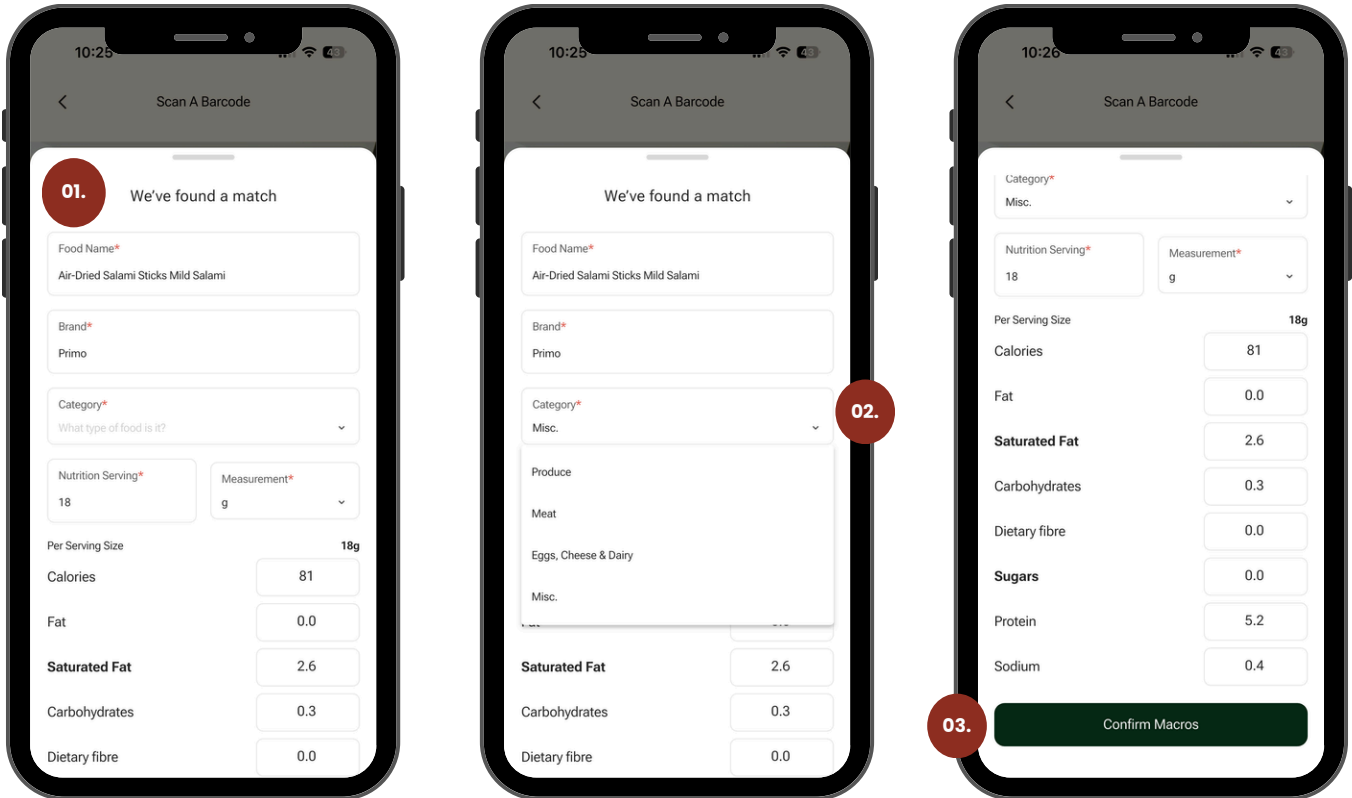


13. Manually enter a barcode or create a custom food item if a product is not recognised.

All manually created foods will save to your 'My Foods' tab for future use.

# How To Navigate The App

## The 'Scan A Barcode' Page



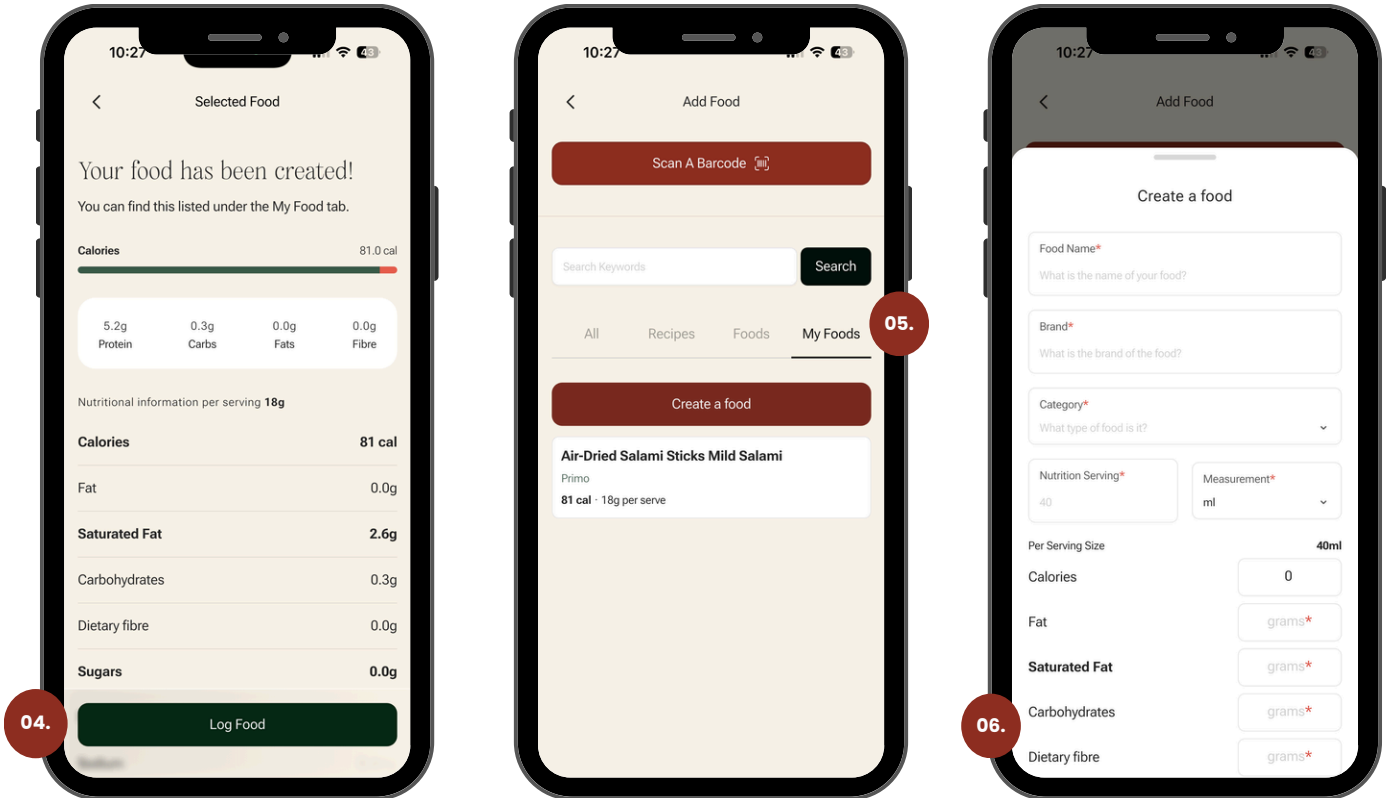
**01.** When a barcode is recognised, the food item details will automatically appear on screen. If the item is not recognised, you can manually enter the nutrition information yourself.

**02.** Select a category for your food item so it can be organised correctly inside your shopping lists.

**03.** Tap 'Confirm Macros' to save your new food item to the database.

# How To Navigate The App

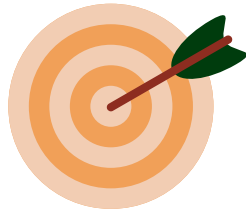
## The 'Scan A Barcode' Page Continued



04. Log your newly saved food item to your diary by tapping 'Log Food'.

05. The 'My Foods' tab stores all barcode scanned & manually created food entries.

06. If a barcode is not recognised, you can manually create the food item by entering the nutrition details & tapping 'Save Food'.



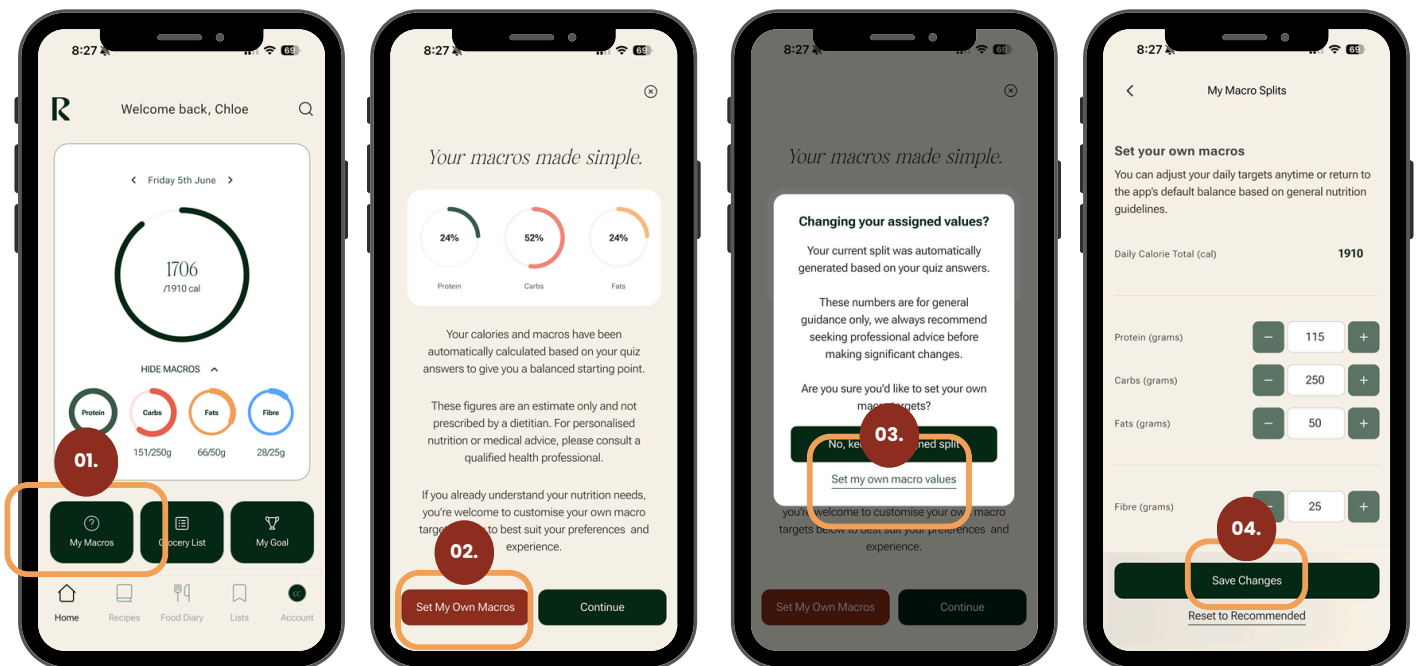
# Chapter Three

Customising Your App & Goals

# Customising Your App & Goals

## Changing Your Macros

Your calories & macros can be adjusted anytime inside The Recipe Hub app to better suit your goals, preferences & coaching recommendations.



### Important Note

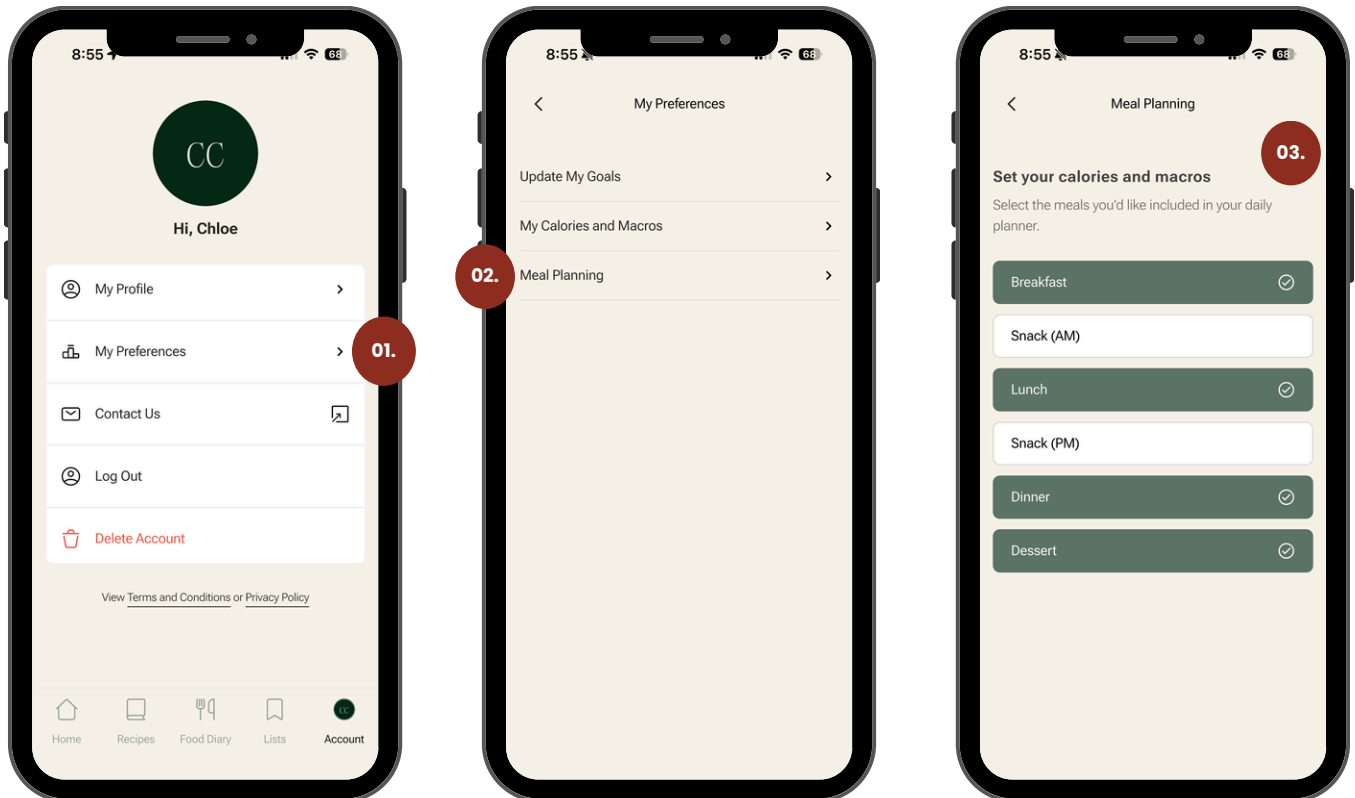
The calorie & macro calculator built into The Recipe Hub app is designed to provide a general starting point only based on standard nutrition equations.

These figures are not personalised calculations and are different to the custom calculations used inside our Once Off Program & Nutrition Coaching services.

For tailored support based on your body, goals, training & lifestyle, we recommend seeking our professional guidance.

# Customising Your Meal Planner

## Editing Your Food Diary Layout



01. Open "My Preferences" from your Account page.

02. Tap "Meal Planning" to customise your diary layout.

03. Select which meals you'd like included in your planner.

You can turn meals on or off depending on your routine, preferences & eating style.

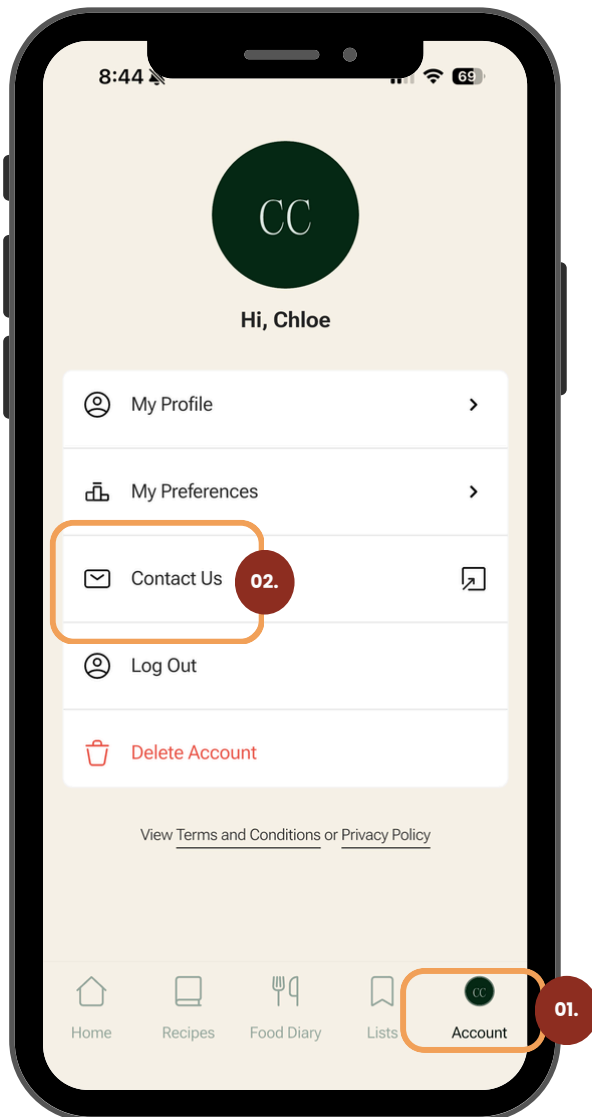
# Contacting Customer Support

Need Help?

Support is available 7 days a week through our in-app support team.

If you need help with your account, billing, subscriptions or app troubleshooting, please contact our support team directly through the Contact Us section inside the app.

Our team is available daily and responses are always kept as prompt as possible.



Login & Access

Subscription Support

App Troubleshooting



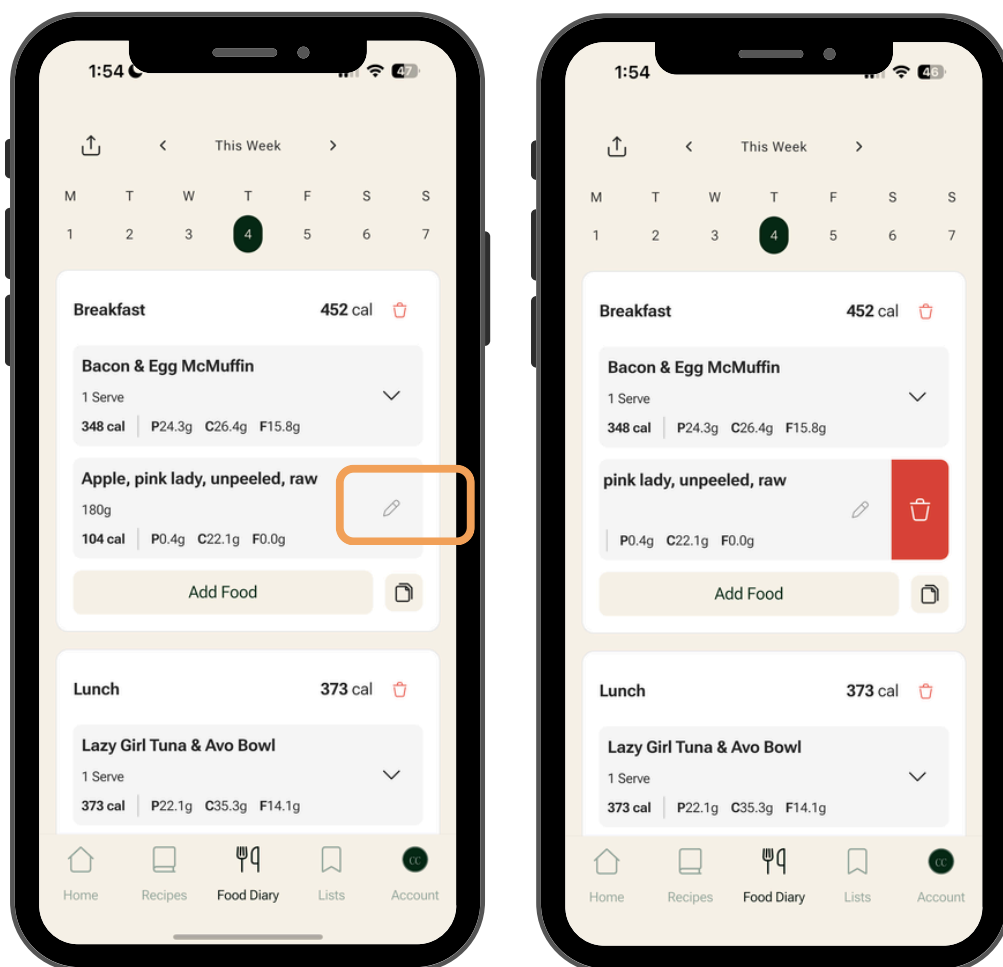
# Chapter Four

How To Track Your Food Accurately

# How to Track Your Food

## How to Delete a Food Entry

To delete a food entry from your daily log, swipe from right to left across the item, then press **'Delete'**.



# How to Track Your Food

## Using The NUTTAB Database

Fresh foods like fruit, vegetables, eggs, raw meats, rice & potatoes won't always have barcodes to scan. Inside The Recipe Hub app, the best way to track these foods accurately is by searching NUTTAB verified entries.

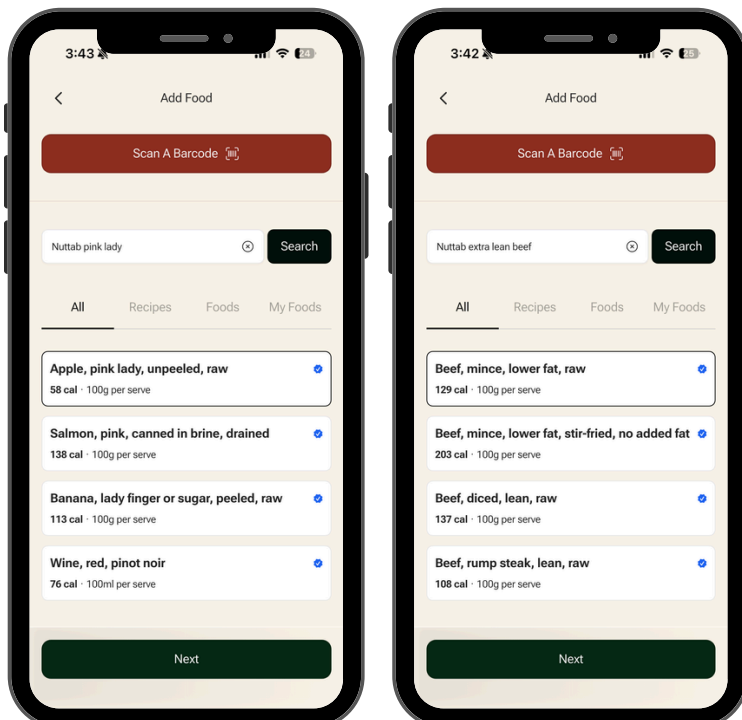
For best results, type "NUTTAB" first followed by the food name.

### Examples

- NUTTAB Pink Lady Apple
  - NUTTAB Whole Egg
  - NUTTAB Egg White
- NUTTAB Extra Lean Beef Mince Raw
  - NUTTAB Chicken Breast Raw
  - NUTTAB Carrot

Using verified NUTTAB entries helps improve tracking accuracy because the nutrition information comes from official analysed food data.

**Verified entries display a blue tick inside the app.**



### Tracking Tips

- Search "NUTTAB" first
- Keep searches simple
- Choose gram-based entries where possible

# How to Track Your Food

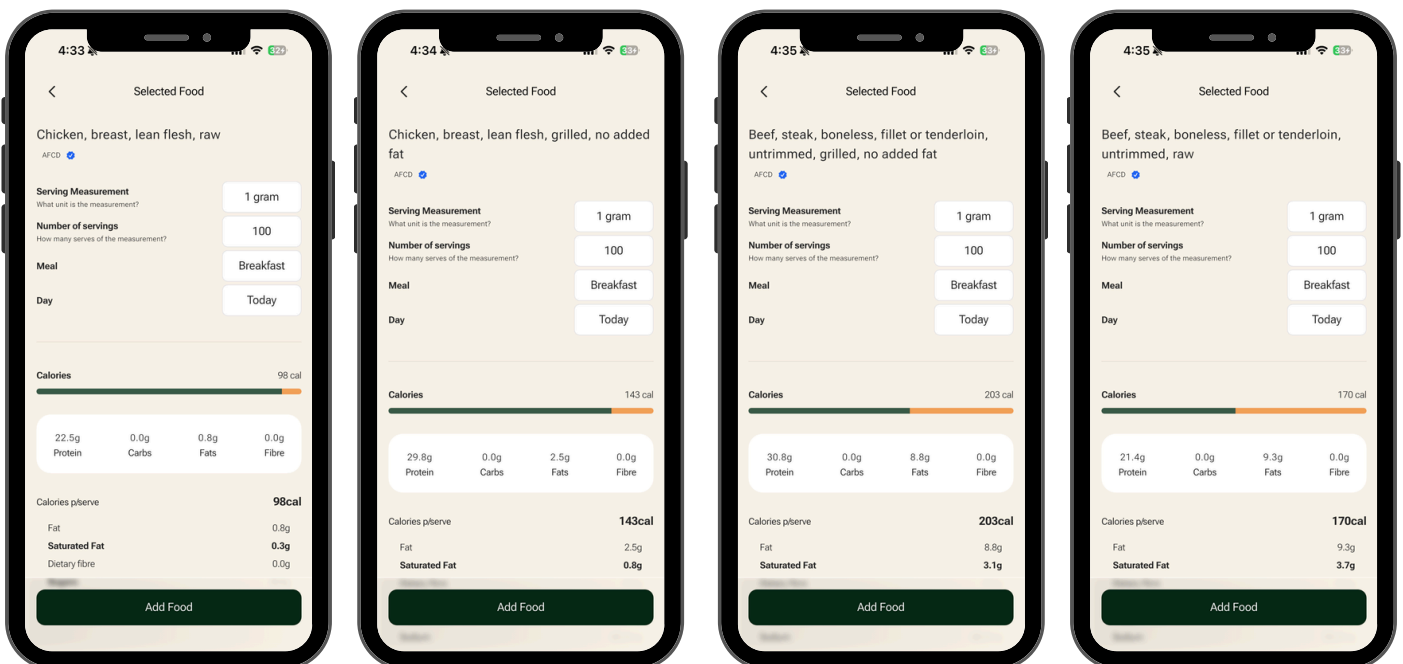
## Raw & Cooked Foods

Foods can have different nutrition values depending on whether they are raw or cooked. Inside The Recipe Hub app, you may see multiple verified entries for the same food depending on the preparation method.

### Examples

- Raw
- Cooked
- Grilled
- Boiled
- Dried

Cooking can change food weight as water may be lost or absorbed during cooking.



### Tracking Tips

- If you weigh raw, track raw
- If you weigh cooked, track cooked
- Be specific when searching foods
- Consistency matters more than perfection

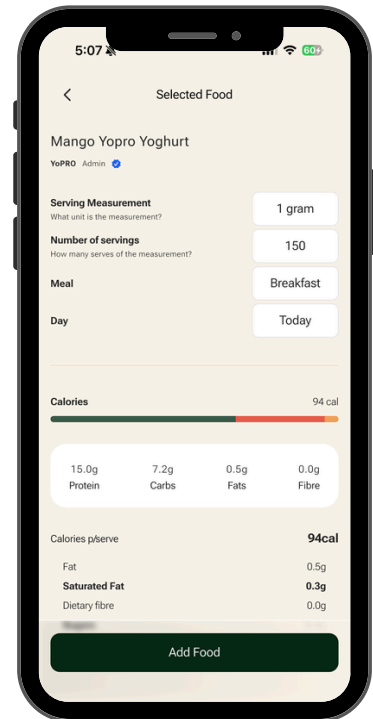
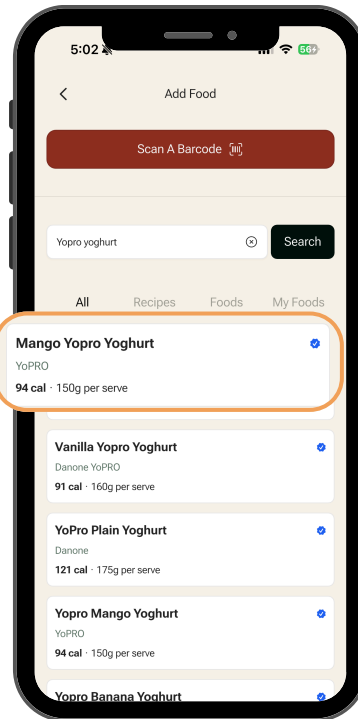
# How to Track Your Food

## Verified Food Entries

Verified food entries help support more accurate & consistent tracking.

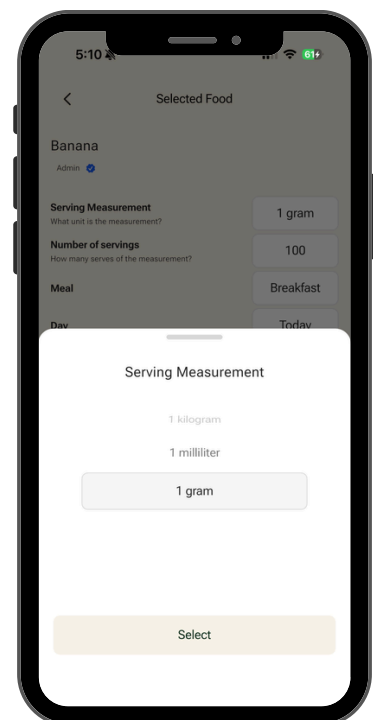
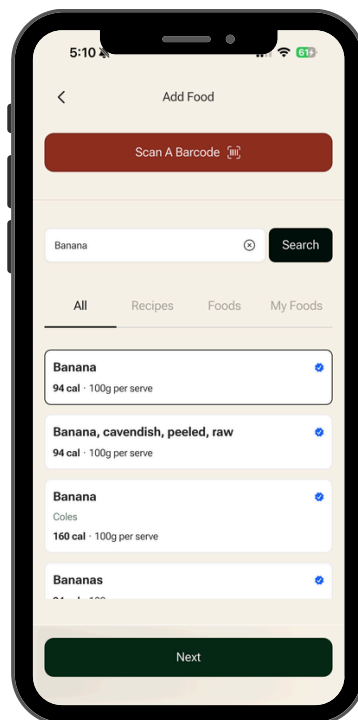
### Verified Entry Tips

- Look for the blue tick
- Check serving sizes before logging
- Choose gram-based entries where possible



### Tracking Tips

- Check serving sizes before logging
- Choose gram-based entries where possible
- Be specific when searching foods



R