

# Welcome to Diabetes Food Hub...

Your one-stop shop for healthy living with diabetes! More than a collection of delicious, diabetes-friendly recipes, Diabetes Food Hub provides solutions to daily meal-planning challenges. Our innovative Meal Planner, editable Grocery List, and tips from food experts are all designed to save you time and make it easier than ever to plan and prepare great meals. Let's get started!

# 1

## Create an account.

First, create your free account with Diabetes Food Hub. Creating an account will give you access to the Meal Planner and Grocery List features, and let you save recipes, create a profile, and enjoy a more personalized experience.

# 2

## Browse recipes.

Diabetes Food Hub features hundreds of recipes, with more being added all the time. As you're browsing, you can "Like" recipes or save them to your Recipe Box—this way they will show up in your meal planner so you can easily drag and drop them into your meal plan.

# 3

## Start planning.

Now that you've picked out your favorite recipes, head over to the interactive Meal Planner! Your saved recipes will show up on the right—use the drop-down menu to select a category of recipes. Next, simply drag and drop recipes into the calendar. To review the nutrition information for a day's meals, click on the Nutrition Facts link to the left. If you make adjustments or swaps, the nutrition information will recalculate automatically!

# 4

## Create a grocery list.

Once you've built your meal plan, click the "Generate Grocery List" button at the top of the meal planner to create a customizable grocery list. Already have something on the list in your pantry? Need to add some other staples to your list? No problem! You can add, delete, or adjust any of the ingredients in the list.

# 5

## Print and go!

When everything looks good, you can then print out, email, or download your grocery list. You're all set for a week of stress-free, healthy eating!

