

# MealTime



Canada



## Web App User Manual



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hello!

# Overview

## ***What is MealTime?***

MealTime is a free webapp designed to help you plan and shop for meals. No download required; simply visit the webpage. [Mealtimecanada.ca](http://Mealtimecanada.ca)

## ***What does MealTime do?***

MealTime features many meals with recipes. First select the meals you want to shop for. You can modify the meals by adding or removing sides, as well as changing portions. Once you have your meals picked out; MealTime will then provide create a shopping list for all the ingredients needed; totalled and sorted by department

## ***What meals are in the app?***

The app comes with a wide variety of preloaded meals with recipe cards. MealTime will also continue to add new meals, so check back often! Additionally users can add their own meals and recipes when they create an account



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# Home Page

- 1 Access app without login, free account
- 2 Login to your personal account
- 3 Create a personal account
- 4 Download links for user guide and video tutorial
- 5 Mealtime is a free app. If you enjoy using please consider a donation. Click "donate" to link to our Patreon page.

## Notes:

- App can be accessed without logging in or creating an account. Just click the green circle
- Login/create account will allow user to create their own meals in the app



Beef



Chicken



Pork



Seafood



Veggie



Sides



# Category Page

1

All meals are grouped by category. Select a category to go to the associated meal page

2

Back to previous page

3

Summary of all meals in your cart, including sides and serving sizes. To access shopping list, you must go here first

## Notes:

- The same meal may be found in more than category. For example honey garlic meatballs are in both the beef and pork categories as they contain both beef and pork
- The side category includes sides, sauces, desserts, add ons
- Veggie category contains only "meat-free" recipes



search

1

Honey Garlic Meatballs

+

Steak Sandwich

+

Pineapple Beef Wraps

+

Spaghetti and Meatballs

+

Slow Cook Roast

5

+

Beef Nachos

+

3



4



# Meal Page

- 1 To quickly find a meal by name, start typing the name into the search box and it will filter
- 2 All category meals in random order. Scroll down to see more. Click the name to expand for more info and options, including recipe card, change side, add to cart, etc.
- 3 Back to previous page
- 4 Summary of all meals in your cart, including sides and serving sizes. To access shopping list, you must go here first
- 5 Click the '+' symbol to add meal to cart. Once added the '+' symbol turns into a checkmark

## Notes:

- If you have created your own meals, they will only appear if you log in first. Otherwise you will only see the default meals created by MealTime



## Spaghetti and Meatballs



Italian classic with homemade meatballs

+Add

Recipe

Edit

Cancel

2

3

4

5



# Meal Detail

- 1 Meal description and picture
- 2 Add meal to cart and collapse meal detail screen
- 3 Recipe card / instructions for the meal
- 4 Edit default serving size, add, change or remove sides
- 5 Collapse meal detail screen with no action

## Notes:

- The back and cart buttons work the same as described in previous page

# Spaghetti and Meatballs

3 <sup>x</sup>

## Recipe Card

Prep Time: 25 mins

Cooking Time: 60 mins

### Ingredients:

cheese, parmigiano-reggiano (100g)	0.1
bread crumbs (pack)	0.1
butter (1lb)	0.1
eggs (ea)	1
pasta, spaghetti (1lb)	0.5
pepper, fresh ground (50g)	0.1
sauce, tomato (jar)	1
spices, garlic powder (150g)	0.1
spices, onion powder	0.1

Export

2

cancel

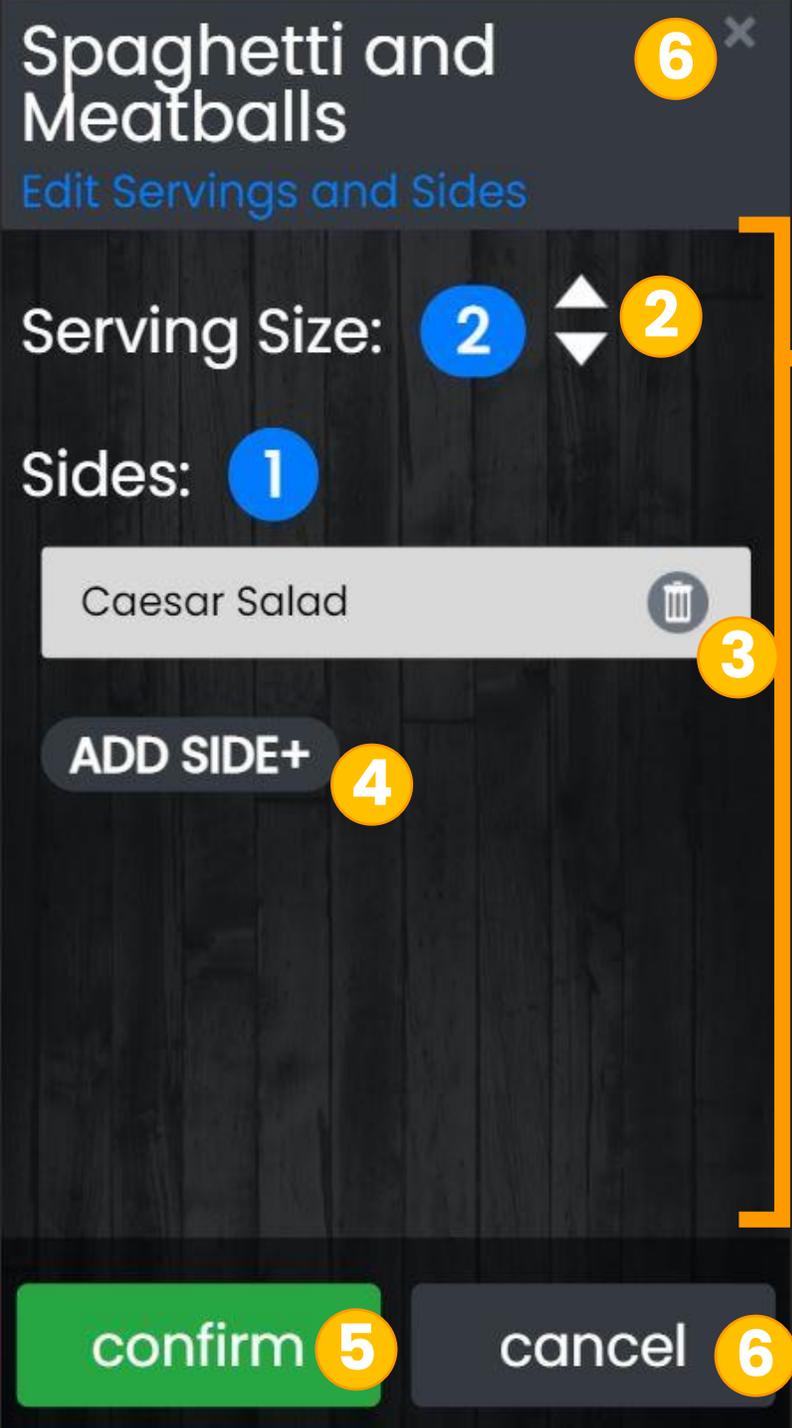
3

# Recipe Card

- 1 Recipe card showing prep/cook time, ingredients and step by step instructions. Scroll down to see more info
- 2 Export recipe card as PDF (Feature currently unavailable)
- 3 Close recipe card; go back to meal detail

## Notes:

- Ingredients on recipe card appears as they do in your shopping list. Typically noted as the "pack size" you would buy at the store. The quantity is the portion of the "pack size" needed
- For more specific ingredient measurement, please refer to the steps in the recipe card for exact quantities
- The measurements noted in the steps of the recipe card do not change if the serving size is updated. However they will update in the ingredient list, and shopping list



# Edit Meal

- 1 This screen allows you to change the serving size, as well as add or remove sides for the meal in this order only
- 2 Increase or decrease the serving size
- 3 Remove side
- 4 Add a new side (will open the add side picker screen)
- 5 Confirm and apply the changes you have made
- 6 Close edit meal; go back to meal detail

## Select Side

search

1



Arugula Salad



Beef Gravy From Bouillon



Brown Rice



Caesar Salad

3



Caprese Salad



Field Greens Salad



French Beans Almond Butter

4



5



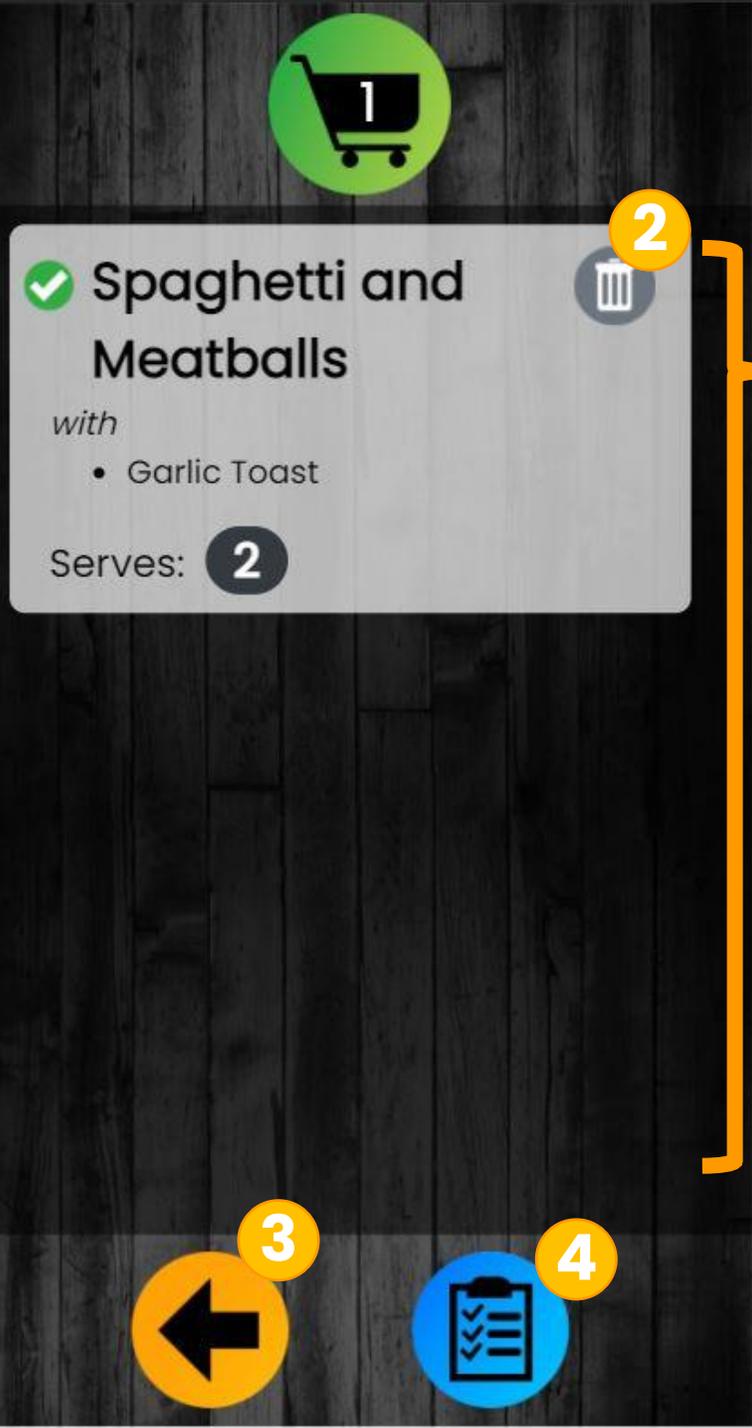
# Add Side

- 1 To quickly find a side by name, start typing the name into the search box and it will filter
- 2 List of sides available. Sorted alphabetically. Scroll down to see more
- 3 To select a side to add, click it and it will turn green
- 4 Go back to edit meal screen without adding side
- 5 Add selected side to meal

## Notes:

- You first need to select a side before the green plus button appears

# Cart Page



- 1 All meals in your cart will appear here. Scroll down to see more. Will show sides and serving size
- 2 Remove the meal from your cart
- 3 Back to previous page
- 4 List of all ingredients required to make the meals in your cart

## Notes:

- This screen is to show you what you have selected. You can go back and make changes, or go to your list

# List

**Produce** +Add Item

onion, yellow sweet (ea)	0.3
garlic, bulb (ea)	0.2
parsley, curly (bunch)	0.5

**Grocery** +Add Item

eggs (ea)	1
pepper, fresh ground (50g)	0.1
spices, onion powder	0.1

# List Page

- 1 Go back to cart page
- 2 List of all ingredients needed for the meals in your cart. Totaled and sorted by department. Swipe ingredient to remove it from list. Refresh page to bring ingredients back
- 3 Click to add and an extra ingredient. The box below will appear for you to enter the details. These extra items are not saved, and will disappear on page refresh

Add Extra Grocery Item ×

<input type="text"/>	<input type="text" value="1"/>
----------------------	--------------------------------

Cancel +Add Item

## Notes:

- Salt is NOT included in the grocery list for any default meal. This is a kitchen staple and assumed ALWAYS available in your home



hello Mike

# User Page

- 1 App access. All default meals, as well as any personal meals you have added to your account
- 2 Settings page; where you can add a new meal, or adjust a meal that already is in app
- 3 Log off

## Notes:

- This page is the first page you see after signing in
- If you do not sign in, you do not have access to settings



Add New Meal or Side

1



Edit Existing Meal

2



Update Profile



Contact MealTime



Previous Order



Lite / dark mode



4

# Settings Page

1

Create your own new meal for your account

2

Edit existing meal from your account

3

These features are future developments that will be available soon

4

Back to user page

## Notes:

- You can only edit meals that you have created. Default meals in the app cannot be changed
- Editing a meal here changes the default values

# Select Meal

search

1



Chicken Tikka



Chili Chicken



Cilantro Chicken Thighs



Dill Salmon



Egg Fried Rice



Field Greens Salad

# Edit Meal Page

- 1 To quickly find a meal by name, start typing the name into the search box and it will filter
- 2 List of all meals available to edit; sorted alphabetically, scroll down to see more. Selected meals will highlight in green
- 3 Back to settings
- 4 Proceed to edit meal screens. Button does not appear until a meal has been highlighted for edit

## Notes:

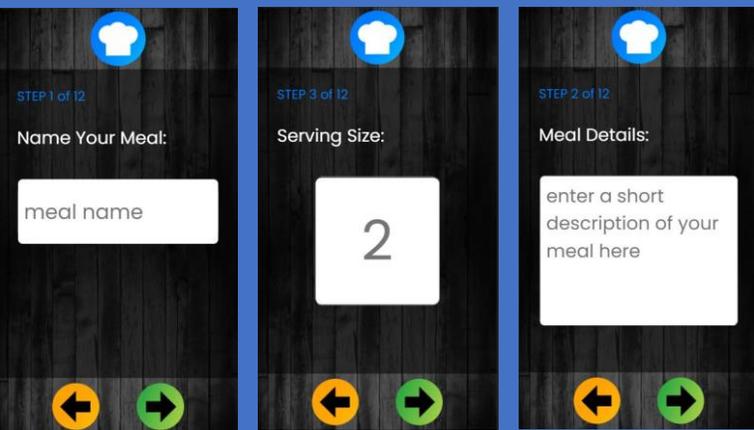
- You can only edit meals that you have created. Default meals in the app cannot be changed
- Editing a meal here changes the default values

3



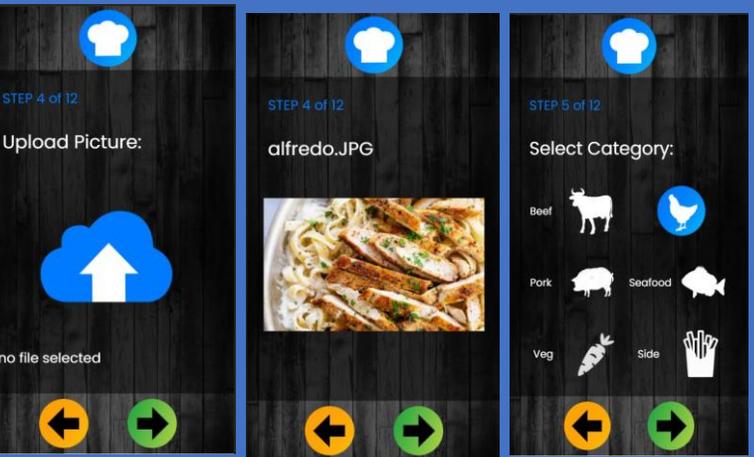
4

# Create / Edit Meal



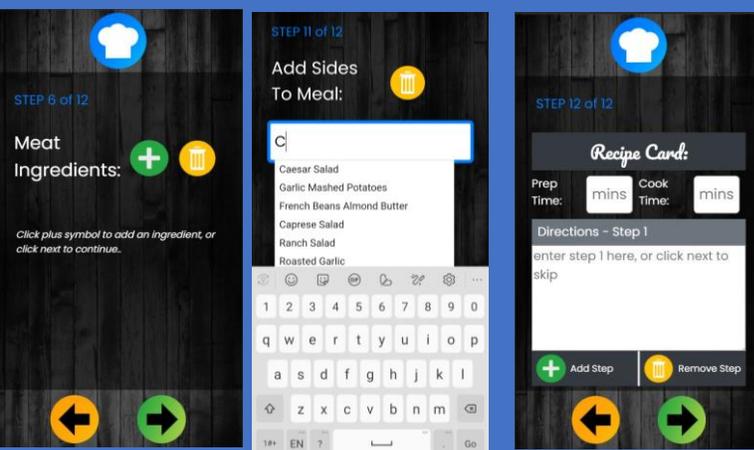
1

To create or edit a meal, you will move thru 13 screens, inputting or changing info. The green button moves forward, orange backward. Changes made will stay in place if you need to move back



2

To upload a pic, click the cloud icon. Pics must be 1 mb in size or smaller. The category selected will ensure the meal appears in that category. You can assign multiple categories to the same meal



3

When adding ingredients or sides; first start by typing the name, a list of options will appear as a fast find. Ensure you select the exact ingredient as it shows. If you type an ingredient that does not already exist, it will be created and added to database. You can only add sides that already exist.

# Credits

App design by Mike Benke

App built by Mike Benke

Recipes by Mike Benke, Adam Blanchard

# Links



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