The Value of Exportable Recipes, Meals, and Meal Plans

NutriBase software can be categorized into four basic families: NutriBase EZ Edition (for novices - www.imchubby.com), the Consumer Editions (NutriBase Junior, Personal, and Personal Plus - www.dietsoftware.com), and the Professional Edition (Clinical - www.nutribase.com) and the Network Editions (www.nutribase.com).

Some professional users of NutriBase refer or resell one of the NutriBase Consumer Editions to their clients. In addition to the software, they provide their clients with meal plans and guidance.

NutriBase supports the sharing of recipes, meals, meal plans (and more) among NutriBase Junior, Personal, Personal Plus, and Clinical Editions.

There are two basic ways that you can do this:

You can export your Meal Plan for a client to use. Start by creating a custom Meal Plan for a client (or for a particular type of client - weight loss, athlete, body builder, diabetic, etc.). Export the Meal Plan to a compressed file. Send it to your client as an email attachment or copy it to a diskette and hand it to him. The client can then import the Meal Plan into his or her version of NutriBase. All the recipes used in the Meal Plan will automatically appear in the user's Recipe Manager. (All recipes-within-recipes will also appear.) All the meals used in the Meal Plan will appear in the user's Meal Manager.

The user can record your custom Meal Plan has her intake for the next four weeks. The only things she needs to edit will be her deviations from your Meal Plan. At the end of a month, she can backup her work and email it (or hand it to you on a diskette) to you for in-depth analysis, modification, and new recommendations.

Backup and Restore. Any user can click the Backup Icon on any of these NutriBase editions to backup all their client information, intakes, recipes, meals, meal plans, workout information, etc. to a floppy or other removable media. They can give this diskette to the consultant who can restore their data to their copy of NutriBase Clinical for more detailed analysis, adjustments, new recommendations and possibly a new, improved Meal Plan.

All imported Meal Plans "magically" provide you with all the nutrient information included in your edition of NutriBase. For example, suppose your client gives you a backup from their copy of NutriBase Junior (which tracks only a few nutrients). When you import it into your copy of NutriBase Clinical, you'll see up to 150 nutrient factors for their intakes, recipes, meals, and Meal Plans. The same holds true from any information transferred among NutriBase Junior, Personal, Personal Plus, and Clinical Editions.

These capabilities allow you to provide your clients with economical software that will make tracking their progress more visual, more engaging, and more accurate than it would ordinarily be.