

The Value of NutriBase Folders

When you work with your recipes in NutriBase, you can organize them into up to 36 "tabs." You can add tabs, rename tabs, or delete tabs.

You can drag and drop recipes from tab-to-tab. You can put the same recipe into multiple tabs if you like. All recipes self-alphabetize within the tabs.

The tabs that you see when you first start NutriBase are in a Folder called the General Folder. You can create an additional 25 Folders.... each of which can contain up to 36 fully customizable tabs.

This means you could create a Folder for Diabetic Recipes, one for your hypertension recipes, one for your Low Fat Cookbook, one for your Barbecue Cookbook, etc.

Folders are also available for organizing your Personal Food Items and for organizing your Meals. NutriBase supports up to 26 folders for your recipes, your PFI's and your Meals.

When importing a NutriBase Meal Plan, it's a good idea to create a new Folder to accommodate the recipes that you will be importing. For example, if you download and install our Vegan Meal Plan, do this. Click the Recipe Manager and create a new recipe folder called Vegan Recipes. After you create it, make sure it is selected before you exit the Recipe Manager. Then, click the Meal Plan Icon and click the Import Button to import the Vegan Meal Plan. When you do, all of the recipes used in the Vegan Meal Plan will appear in the Recipe Manager in the selected folder.... In this case, the Vegan Recipe Folder. In this way, you can organize your recipes for your personal use.