

BenFit Manual

BENFIT
your foodcoach

www.benefitcoach.cz

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1. Login & change password

Every coach receives an email with instructions. You can use this to log in at coach.ben-fit.co.uk

Go directly to 'Forgot password' and follow the instructions.

After you are logged in, you can change your password to a password of your choice. Click on "Change password", in the top right corner. A new screen will open where you must enter the old password, and then enter your new password twice.

2. The intake

Take your time for the first intake conversation (at least 30 minutes).

In order to set the goal as realistically as possible for the participant, it is of the utmost importance to ask the right questions during the intake. Communicate with your participant and fill in detailed information about the participant.

2.1 Create participant & General information.

1. Open the tab Participants on the top left of the screen.
Click on the green plus at the top '+new participants'. An empty form will open.

The screenshot shows a 'New participant' form with the following fields and values:

- Coach*: Demo BenFit
- Find your address: Geef een locatie op
- Mobile phone*: (empty)
- Marital status: Nothing selected..
- Postal code and house nr*: (empty)
- Phone number: (empty)
- Initials*: (empty)
- Street*: (empty)
- Date of birth*: 28-05-2021
- First name*: (empty)
- Stad*: (empty)
- Email address*: (empty)
- Maiden name: (empty)
- Country*: The Netherlands
- Gender*: X
- Occupation*: (empty)

At the bottom of the form, there is a checkbox for 'The participant gives permission for the processing of personal data AND permission for the processing of special personal data'. Below the checkbox, there is a note: 'NOTE: The data will not be saved without permission.*'. At the bottom left, there are 'Add' and 'Cancel' buttons, and a link to 'Show less details'.

2. As coach, find your name and start entering the personal details of this participant.
3. **Because of the privacy laws, it is mandatory to ask permission from your participant to save their personal details in this system. Check the box after this message: *The participant gives permission to process (sensitive) personal data.***
CAUTION: without permission the data is not saved.
4. Don't forget to click "Save".

Let's review the questions on the general intake form.

Children	Dietary history	?	Smoker
Joint problems	Alcohol use	?	<input type="checkbox"/> Partner support Goal
Chronic conditions	Motivation	?	Goal weight 0
Medicine use	Nutritional supplements	?	Physical condition current <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10
Doctor's advice	Nutritional history	?	Physical condition desired <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10
Psychological state	Exercise history	?	

Occupation:

Ask questions about your client's occupation. Do they work in a team or individually?
 Ask if a participant works part-time or full time and if they have a physically active job with a lot of standing/walking or if they work in an office and are more sedentary.
 How many hours they work a week.
 Do they work night shifts or shift work? This can be very relevant when preparing a meal plan.

Children:

How many children has the participant? And of what age? If the children are adults then some questions you can ask are whether they still live at home, do you talk to them often or see them often?
 Communicate about the home situation. Go into details.

Joint problems:

Ask about injuries or sore joints, the kind of pain and which movements are painful and which are okay.
 Ask about current and past joint problems.

Goals:

Many people are focused only on weight when losing weight. Try not to focus on just bodyweight. Define the main goal. The wish to lose weight can originate from things the participant was able to do, but can't anymore, like playing football with grandchildren.

Goal in KG:

A realistic goal is in between 6 and 12 kg in 12 weeks. Explain to the participant that there are a lot of factors that can help them achieve their goal as well as many that can prevent them.

Injuries:

It is important to ask about injuries; which ones are relevant now and which were in the past.
 Ask what kind of injuries they were, how long ago, how the participant exercised in the meantime, and if they still have pain sometimes.

Chronic conditions:

For chronic conditions you need to know which conditions these are, and during which exercises the participant is bothered by them.

Examples: high blood pressure, painful joints or muscles. Usually, people with chronic conditions use medicines. **Always ask for approval from their doctor when the participant has a chronic condition.** Print a meal plan and give this to the participant for approval from the doctor.

Medicine use:

Medicine use can influence weight.

By adapting a healthy lifestyle and starting to exercise and eat healthy in daily life, medicines can be changed after consulting a doctor. This could be a great motivator. If the participant uses medications, or if they have chronic conditions, **always instruct them to consult their doctor before starting the programme.** Print a meal plan and give this to the participant to get a doctor's approval.

Doctor's advice:

BenFit is not a specific diet, does not have a medical background and is not used by doctor's and/or specialists. We recommend everyone with a (chronic) condition, to always refers to the regular medical authorities and only starts with BenFit after their regular doctor has given approval.

Psychological state:

This is a question you do not ask directly, but the answer comes from your interpretation from all the other questions.

Dietary history:

What diets have been tried?

Did they follow the diet well? (Why did they go for BenFit?)

What is the reason they failed?

What does the participant expect from this programme?

"Are you ready for this?"

These are questions you can ask and the answers can allow for criticism, but also give pointers to keep in mind when helping this person. If a participant has been on a lot of crash diets, be alert when setting the caloric requirement. Don't start too high in calories when beginning the programme.

Physical condition:

Ask if there are daily tasks that are harder than they used to be. For example, walking the stairs, bicycling, getting up from bed or the couch. Adapt the training, focus on improvement.

Alcohol use:

How often do they drink alcohol? Once a week, once a month, once a year?

Let the participants tell you how they can change, and if they are willing to lower their alcohol consumption.

Motivation:

"On a scale of 1 to 10, how motivated are you?"

The participant might say: "8"

You can go in two directions. You could ask: what makes the 8 an 8 and not a 7?

Or what do you need from me as a coach to make the 8 a 9.

Try to ask these questions several times during the programme.

Nutritional supplements:

Are they taking any supplements ?

Women over 50 years old, men over 70 and participants with a dark skin might need a vitamin D supplement. Women who want to get pregnant often take folic acid. Supplements can never be a substitute for food.

Participants who eat according to Paleo or Vegan meal plans most likely need extra vitamins. For example, iodine, iron, vitamin B12. Always instruct your client to consult a doctor before starting with supplements.

Nutrition history:

The nutrition history can be a description of a regular day of eating. Ask if they can describe a weekly pattern.

Exercise history:

Ask which exercises the participant tried during their life, or still enjoys.

Click "Save" and the file for your participant is created.

2. Unwanted products, allergies

Try to emphasize on products they are allergic to. Less favourable products can be deleted.



1. If these are just a few products, enter them in the search field and select the products.
2. Check entire food groups at once,: No added sugar, no nuts, no pork
3. If someone does not eat fish, or doesn't want bread for breakfast, check the box "no fish"/no bread for breakfast.

2.3 How to create the meal plan.

In the tab “Weeks”, you enter the results of measurements and the body composition every week. With that information the number of calories is calculated, and the meal plan is created.

If you have a participant who is not sure yet if they want to start with BenFit, use the Trial Week. Always do a complete intake first.

1. Click on the green plus where it says “+ week”. You can see a new week appear.
2. Enter the required information.

Details - week A new week has been created. Please fill in the details,

Start date 29-05-2021	Week number 3
Tree Natural	Phase 1
You can use a period (.) to use a maximum of 2 digits.	BMI 0
Weight (kg)*	Fat mass 0
Fat percentage*	Fat free mass 0
Height (cm) 175,00	Standard message Nothing selected..
Waist size	Personal message*
Occupation addition Light work	Activities
Sport addition 2 hours	Report
Partner(s) Nothing selected..	Energy requirement

(Re)-evaluate caloric requirement Save

Starting date: choose a date in the future.

Weight: fill in in kg

Body fat percentage: fill in the body fat percentage

Height: fill in in centimeters!

Waist size: for extra information when analyzing the progress of this participant.

“Occupation addition”:

None: No job.

Light work: Office job.

Medium work: Nurse

Heavy work: Builder.

Explanation "Sport addition":

Start by entering 1 hour, because the intensity the participant exercises at will not be 100%. If the participant loses weight quickly, then you can increase the sport addition in steps. When you are sure the participant exercises intensely, you can increase the amount of exercise taken.

Don't forget to put in a "Personal message". This can motivate your participant. With "Standard message" you can choose a standard message.

Choose "Admin" to create your own personal messages.

Choose "(Re)-evaluate caloric requirement.

The calorie requirement will appear for this specific participant.

Double check this! If necessary, change this manually.

Choose "Save".

In the top left there is a button "Generate", click on it.

With this button a meal plan is created.

You are automatically sent to a new page.

2.4 Generate and send a meal plan.

After clicking on "Generate" you are rerouted to a new page. This might take a few minutes.

The programme now generates a meal plan.

After the meal plan is generated you can evaluate it or generate a new plan.

Check the meal plan well, as a coach you are responsible for what you send to the participant.

At the bottom of this page you can choose several options e.g. in PDF-format or e-mail.

2.5 Graphs

You can open a graph and check the progress (weight and fat mass) of your participant.

2.6 Delete week

If data was entered incorrectly then the faulty week can be deleted.

You'll have to start with the last generated week. Click on the most recent week . Click on **X** .

You get a pop-up to confirm you want to delete the week forever .

3. Menu types

A tree has several branches, just like nutrition has different branches.

This is where the name "Tree" comes from.

The different branches reflect the different eating habits of clients.

Every tree consists of six meal times per day.

Basic:

This is a basic eating pattern with normal, customary, affordable food. Product groups that are used: dairy, (breakfast) cereals, bread, fruit, raw vegetables, potatoes, pasta, rice, oil, spread etc. In this meal plan meat as well as fish and vegetarian meals are implemented.

Basic easy:

In this category the same products are used as in the “basic” tree, but with less variation. In this meal plan meat as well as fish and vegetarian meals are implemented. This eating pattern is suited for someone with a long history of dieting. This meal plan requires shorter preparation times than the “Basic” tree.

Low carb

This tree is low in carbohydrates, but not entirely without carbohydrates. This means there is less bread, rice, potatoes and pasta and more salads. Not every meal contains a carbohydrate source.

Natural

Organic and natural products. Smoothies, salads, vegetarian dishes and full-fat products are used.

Natural easy:

The Natural Easy tree is comparable with the Natural tree. Organic and natural products. Smoothies, salads, vegetarian. The variety in products is less and the shopping list is smaller compared to the Natural tree.

Paleo:

Only unrefined food like humans ate thousands of years ago. Only use this tree when the participant specifically requests this or wants to bring their eating habits to another level. This requires extra planning to prepare meals and defers from conventional ways of eating. No bread, rice or pasta is chosen.

Protein rich:

This tree can be applied when more protein is required, e.g. in sports or for ~~the~~ elderly people. In this tree there is a protein shake every day which can be excluded via the tab “Unwanted products”.

Vegan:

This tree contains no meat, fish, eggs or animal products. The recipes usually need more preparation time because of the variety in products.

Vegetarian:

In this tree all meat products are filtered out. No fish is used in this category.

Pescetarian:

In this tree all meat products are filtered out. Fish is used in this category.

3. Extra options

3.1 Marking a participant as inactive

You can archive a participant by clicking on ‘Archive’ This participant is now removed from the participant list.

3.2 Marking a participant as active

The participants marked as inactive can be found under the button: Inactive.

If you want to re-activate the participant; click on the green flag and mark participant as active.

3.3 'Promoting' to the next phase

If a participant followed BenFit for 12 weeks, you need to promote the participant to the next phase to be able to continue the programme. The 2nd phase can be a next phase for the weight-loss programme for people who are not ready to go on independently with (or without) the meal plans, but who are still heading towards their goal weight. The button "promote to next phase" becomes active when a participant has had 12 weeks of meal plans.

Phase 2 should be an extension of the first 12 weeks.

In the second phase you can choose to plan less appointments with the participant. In this phase you can adjust the price level to the time spent on coaching. In phase 1 the participant has made all the assignments in the BenFit workbook, in the second phase there will be more assignments that focus on "coach yourself".

3.4 Send meal plans automatically

You can send meal plans automatically for 2, 3 4 and up to 12 weeks ahead.

The meal plans are sent the night before the starting date, keep this in mind for when your participant wants to do their grocery shopping. You can choose the starting date a day before, so your participant has enough time to do shopping.

Once generated, no changes can be made.

Our advice is not to use this method unless it's needed, e.g. when the coach is not available. Participants expect personal coaching and an appointment every week with their coach to talk about how it's going and evaluate the meal plans. Another benefit of sending meal plans one week at a time is that you can walk through the meal plan and make a new one if you wish.

Weekly contact is the method of choice.

The automatic mailer is a different method.

3.5 Supplements

Supplements can be added to the meal plans: folic acid, vitamin B12 and vitamin D. For example, for participants who eat vegan (Vitamin B12), women over 50 years old and men over 70 (Vitamin D), or participants who would like to get pregnant (folic acid). Choose a day and meal where the supplement should be added. Choosing a day and meal only needs to be done once and will be applied for all following weeks.

4. Standard messages

Several standard personal messages can be chosen when generating a meal plan.

Always read the standard messages yourself. This way you know what you send the participant. Or you can write a personal message yourself.

How to use the standard message in a 12-week BenFit programme?

- * The “standard message” is added to the field “personal message”, this is where you can edit the message.
- * The standard messages match the assignments from the BenFit workbook. If you do not use the workbook, edit the text manually.
- * The standard messages assumes the participant wants to lose weight. If this is not the case, you need to edit some of the messages. There are people who use the BenFit system because they want a healthy lifestyle but do not need to lose weight.
- * The messages also assume a person loses weight and feels better. When losing weight does not go as planned, check the messages to avoid disappointment.

The texts are meant as a tool and can be adapted to the situation.

Read the 12 standard messages from phase 1 in the appendix.

5. BenFit Helpdesk

Always ask your questions through the form under “Helpdesk”, top right in your online coach environment.

Also use this form for questions about your participant, the next coach training, questions about your licence, etc.

Make the question/remark as specific as possible, with all the information you already have so the answer can be as specific as possible.

6. Frequently Asked Questions

Do you have a question about the BenFit programme? Please read the frequently asked questions before you consult the helpdesk. The answers of the following questions can be found in the appendix.

- 1. If someone has a lactose intolerance, what can they use instead of dairy?**
- 2. Can I use the Diabetes menu for participants with high blood sugar?**
- 3. I have two partners that are linked, but there is a different meal for dinner, what went wrong?**
- 4. Can my participant claim a BenFit programme with health care?**
- 5. Are there seasonal dishes in the meal plans?**
- 6. Why are some data mandatory to fill in the intake form? For example, marital status. This does not seem important for the intake.**
- 7. Is it possible to mark some products as unwanted for all my participants at once?**
- 8. Certain products are in every tree but cannot be marked as unwanted. For example, broth and buttery spread.**
- 9. The meal plan where the macronutrients and calories are visible cannot be downloaded for the coach. Why not?**
- 10. Do I need to lower the caloric requirement the system recommends?**
- 11. I would like to give meal plans to a couple, they both use one email address. How can I do this?**

Appendix 1. Standard messages

Week 1

Hi, Eat as much of your list as you can. If you really can't finish something, try to eat it later. If you would like to eat a certain meal on another day, switch the entire day and not just that meal. With each meal there is always 1 glass of water, but you can also have any other low-calorie drink, like tea without sugar. Even if you are not thirsty it is important to drink enough. Being thirsty is a signal you're already dehydrated, so try to make sure you are never thirsty. Have a great week !

Week 2

Hi, At the dinner meal you can always switch cooked potatoes with home made mashed potato or jacket potato. Check the other days for the right portion. Make whatever you feel like eating at that time, or whatever saves you the most time on a busy day. It is not recommended to switch to brown rice or wholegrain pasta every time. Potatoes are a good source of vitamin C, which pasta and brown rice do not contain. Good luck this week!

Week 3

Hi, If you couldn't finish your breakfast at first, you were allowed to make up for it at another time during the day. Try to limit doing this. At the end of this week you should be able to eat everything mentioned at that time. If that's still too hard, let me know!

Week 4

Hi, After a few weeks of healthy eating habits and exercising you might feel a lot fitter, maybe you're sleeping better or your stamina is better. These are reasons to keep going, even at difficult times. Good luck!

Week 5

Hi, You have already changed a lot about your eating pattern and you have started to exercise more. The result of that is that you have lost weight and started to see real progress in everything you do. If you are having a difficult time, check your workbook and read what has changed in your life. It is important to prepare for how you handle a difficult moment and what you are not going to do. Another tip: fill your cupboards with healthy snacks. When you do buy unhealthy snacks for visitors, try to put them in another place from the healthy snacks. This way you will not be tempted as much. Good luck next week!

Week 6

Hi, This week, take the time to work on things that relax you. Can you write 10 things down? Relaxation is important, especially when you have a busy life. Daily stress makes your body create more of the hormone cortisol. This hormone makes your body deposit fat around your waist (visceral fat). If you want to have a tighter stomach, learning how to relax is a must! You can lower your stress level by relaxing daily, even if it's only for 10 minutes. Don't feel guilty when taking the time to read a good book or take up a hobby. Your body needs to relax to recharge. Remember the quote from Thomas Harris (an American writer): 'The time to relax is when you don't have time for it'. Have a great week !

Week 7

Hi, It's time to think about your end goal. This is how you would like to be. You have already lost some pounds and probably feel better. Act how you feel! Try to tighten your navel and raise your chest. Show people you are healthy! You might have to get used to walking up straight. Maybe it feels like you are overdoing it, but this only feels that way. From the outside you look beautiful and confident. Take care of your posture everywhere: at home, in the car, at work, everywhere! Good luck!

Week 8

Hi, Almost all products contain calories, and we need them. Maybe you are checking the label more lately, keep doing this. Reading labels takes time, but it's important. A lot of things are added to products, to give it a longer shelf life, to give it a prettier colour or to make it spread better, and so on. If you're trying to choose between two similar products, it is usually best to go for the one with the least additives. Another tip: The ingredient that is mentioned first in the list is the ingredient that makes up most of the product. The ingredient that is mentioned last is contained in the smallest amount. Good luck next week!

Week 9

Hi, Try to be aware of how you feel now. What has changed compared to a few weeks ago? How did you feel last year around this time? These changes are positive, be proud of them! How you exercise, eat and relax is your 'new lifestyle'. It should be possible for you to keep this new lifestyle. Some things are easier, some things are harder. Everyone has difficult moments. It is normal to not want to exercise every once in a while. But remember why you should do better. When there are things you are really struggling with, let me know! I might have a solution. Good luck this week!

Week 10

Hi, Would you like to eat more fish than you are currently eating, or would like to try a meat substitute? You can! The advice is to eat fish twice a week, one of which should be fatty fish. You can switch meat to lean fish more often, when you like. You can switch 3,5 oz meat to the same amount of meat substitute, 1,5 oz nuts or seeds, 2 eggs or 2,5 oz of legumes. Have a great week !

Week 11

Hi, Your body burns through a lot of energy each day. A 40-year old woman of 5'7" weighing 11 st and 11 lbs has a BMR of around 1450 kcal. A man of 5'9" weighing 12 st and 8 lbs has a BMR of around 1750 kcal. The BMR or Basal Metabolic Rate is the number of calories your body burns when resting.* Your activity, like work, exercise and moving around should be added to this. When you eat too little, this will hurt your function. Your body will receive too little energy from food and will try to get it from your muscles. Your body will 'eat' your muscles, as it were, reducing the muscle mass you are training so hard for to get! So it is important to give your body enough nutrition, with healthy foods. Even when you are sick. When you are sick it is still important to eat 6 times a day, even though it is hard. It takes a lot of energy for your body to heal itself. When your body doesn't receive this energy through food, it will get it from your muscles. This will make you feel washed-out and it will take longer to get better.

* BMR is an indication, this will vary depending on the person. Good luck this week!

Week 12

Hi, After twelve weeks of working hard on a new lifestyle, will you continue living like this? That is perfect! The longer you eat, exercise and relax like you have been doing these weeks, the less chance you have of falling back into your old patterns. Phase 2 of this programme can help you with this. In Phase 2 you will learn to coach yourself. The most important thing is to keep eating 6 meals a day and eating enough. The right nutrition in the right amounts will nourish your body and keep you fit. Make sure you

keep having a good, varied and healthy breakfast. When you start your day right, the chance of feeling peckish during the day is a lot less. There is a lot of news about nutrition, exercise and relaxation. There are new products, new kinds of sports and a lot more. Follow us so you can keep up-to-date!

Appendix 2. Frequently Asked Questions

1. If someone has a lactose intolerance, what can they use instead of dairy?

With a lactose intolerance there are many options.

Lactose free milk is freely available.

There are also many products made of soy: yoghurt, milk, etc. Ask your participants to use the non-sweetened, or the natural, non-flavoured variants (those usually contain a lot of sugar). They can use this in the morning.

There is also almond milk/hazelnut milk/rice milk etc. but those have less protein and are inferior alternatives to regular milk.

When your participant wishes to minimize their discomfort, it is best to switch to lactose free products or start using lactase analogues. This is a supplement that can temporarily make someone lactose tolerant. This is usually the more expensive option.

2. Can I use the Diabetes tree for participants with high blood sugar?

The products in the Diabetes tree are selected for having a low Glycemic Index. This can improve their blood sugar. It is also important to keep in mind that eating enough fibre (extra raw vegetables and whole grains/brown rice) is necessary so the absorption of carbohydrates in the blood is as slow as possible.

Also, use as little coffee, cola and energy drinks as possible. The meal plans are not a medical aid, so make sure the participant consults their doctor/ dietician/ diabetes-specialist nurse if they have problems with hyperglycaemia or hypoglycaemia. Print a BenFit meal plan and give it to the participant for the doctor or diabetes-specialized nurse for approval. **Never start this programme without approval from the doctor.**

The diabetes-specialist nurse should always be involved in their programme.

3. I have two partners that are linked, but there is a different meal for dinner, what went wrong?

Check if the participants are linked correctly. Create a new week for the partner with the lowest caloric requirement. Do not generate the meal plan yet. Then create a new week for the person with the higher caloric requirement. Now generate the meal plan for the participant with the lowest caloric requirement. Go the partner and click "link partner week". Now link the meal plans with the right week number and generate the second meal plan.

It is possible that the partner of the participant has some products in their dinners that are also in the list of Unwanted Products of the other person. The meal plan is generated, based on the products of the first partner (with the lowest caloric requirement). If the other person does not eat those products, alternative recipes are chosen.

Possible solutions:

-Mark the same products as unwanted for both partners.

-Unmark the Unwanted products and teach them to change the products themselves with the List of alternatives.

4. Can my participant claim a BenFit programme on their health insurance ?

Each insurance company has different qualifying criteria. It is certainly possible if a participant receives BenFit coaching from a registered consultant or dietician. If you're unsure whether you will be covered, then contact your insurance company for clarification.

5. Are there seasonal dishes in the meal plans?

BenFit uses many recipes that are seasonal and meals are different in winter and summer. There are also special seasonal products within each monthly plan:

Winter vegetables:

September : Chicory, Brussels Sprouts, Turnip
October : Parsnip, Cabbage, Mushrooms, Chicory
November : Endive, Kale, Pumpkin, Squash

Foods such as mushrooms, cabbage and carrots are available throughout the year, there are no filtered dates. Kale recipes appear after November 1st, carrot mash after October 1st.

Summer vegetables:

BenFit uses products in the right season as much as possible.

21-06 to 21-09 Cherries
21-06 to 01-10 Water melon
21-06 to 21-09 Nectarines
21-06 to 21-09 Peaches
01-06 to 01-09 Berries
21-06 to 21-09 Blackberries

When these products are not in the season mentioned above, they will not appear in the meal plans.

6. Why are some data mandatory to fill in the intake form? For example, marital status. This does not seem important for the intake.

The intake takes some time, and it is necessary to get a good image of the participant and their background. Marital status can be important when the participant cohabits and is/isn't supported by their partner when following the BenFit programme.

Eating together with family members can be motivating.

A participant who just broke off a relationship can have a distorted eating pattern, and people who are single do not always take good care of themselves.

These are factors to consider during the BenFit programme.

7. Is it possible to mark some products as unwanted for all my participants at once?

Because everyone can choose a different eating pattern, without the coach pushing their ideologies to a large group of participants, it is only possible to mark products as unwanted for specific individuals.

Trying to control eating habits too much limits the learning process and learning how to get healthy eating habits. BenFit helps the participants get on the road to awareness, but they can choose to go further themselves.

8. Certain products are in every tree but cannot be marked as unwanted. For example, broth and buttery spread.

Working with the "List of alternatives" is an important part of the programme.

The participants can switch products themselves and see that some products are easy alternatives. This way they learn an apple and an orange have almost the same number of calories, and that quinoa can be an alternative to rice.

Broth is usually part of a recipe, a bouillon cube with water as seasoning, but participants can leave the cube out or use herbs.

When we mark the bouillon cube as unwanted, hundreds of recipes cannot be chosen, which limits the generator and variation can be made impossible.

Buttery spread can be changed to another "butter product", do not leave it out because of the extra vitamins that are added to it.

Vitamin D is an important nutrient and deficiencies become more and more common.

When leaving out baking and cooking fats, butter, etc. a vitamin D supplement should be recommended.

9. The meal plan where the macronutrients and calories are visible cannot be downloaded for the coach. Why not?

The macronutrients are visible before sending the meal plan.

Printing this version is not profitable, analysis of these numbers does not make the participant lose more weight.

A lot of time can go into analysing these numbers, more attention for the participants during their coaching moment makes their programme more successful.

If your participant would like to see the macronutrients, they can use the app to make a food diary. Then they can view the macronutrients.

10. Do I need to lower the caloric requirement the system recommends?

The system calculates the calories needed to lose weight, so you do not need to adjust it, but it is possible to do so. The caloric requirement the system provides you with is always calculated in such a way a participant should lose weight. When a participant does not lose weight, you might need to lower the caloric requirement.

It is recommended for participants from a crash diet (e.g. Cambridge/The 1:1 Diet) to start at a slightly lower calorie requirement and build up for a few weeks.

I.e. someone who used to eat 800 kcal, do not set them at 1800 kcal in the first week, that would obviously be too much.

11. I would like to give meal plans to a couple, they both use one email address. How can I do this?

It is not possible to enter the same email address into the system more than once.

The best thing you can do is to enter an alternative email address for your participants, for example an alias email address.