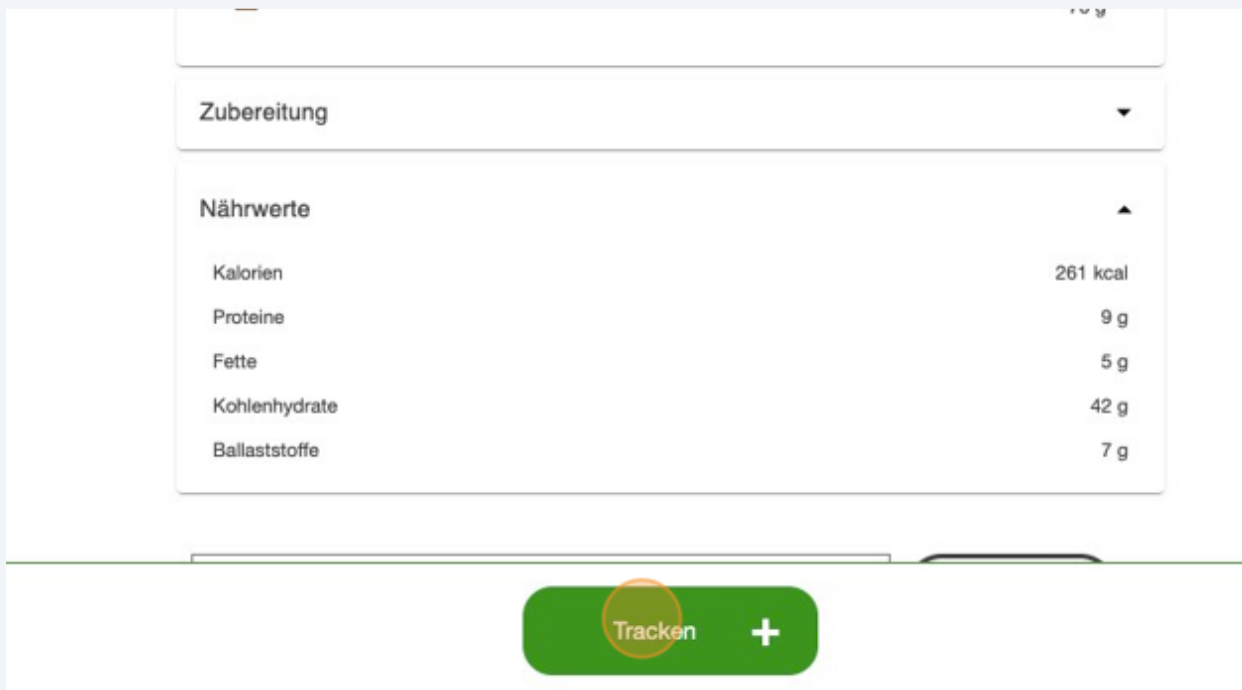


Eigene Lebensmittel anlegen

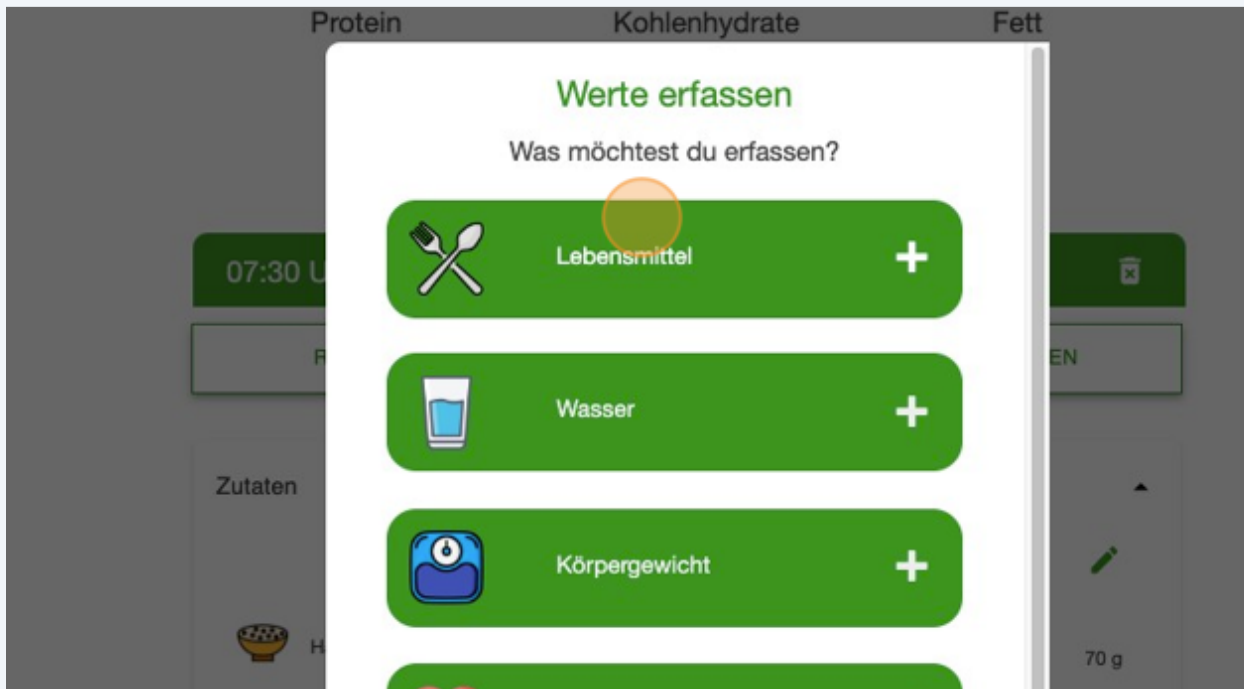


1 Navigiere zu demo.nattygainscoaching.com/plan

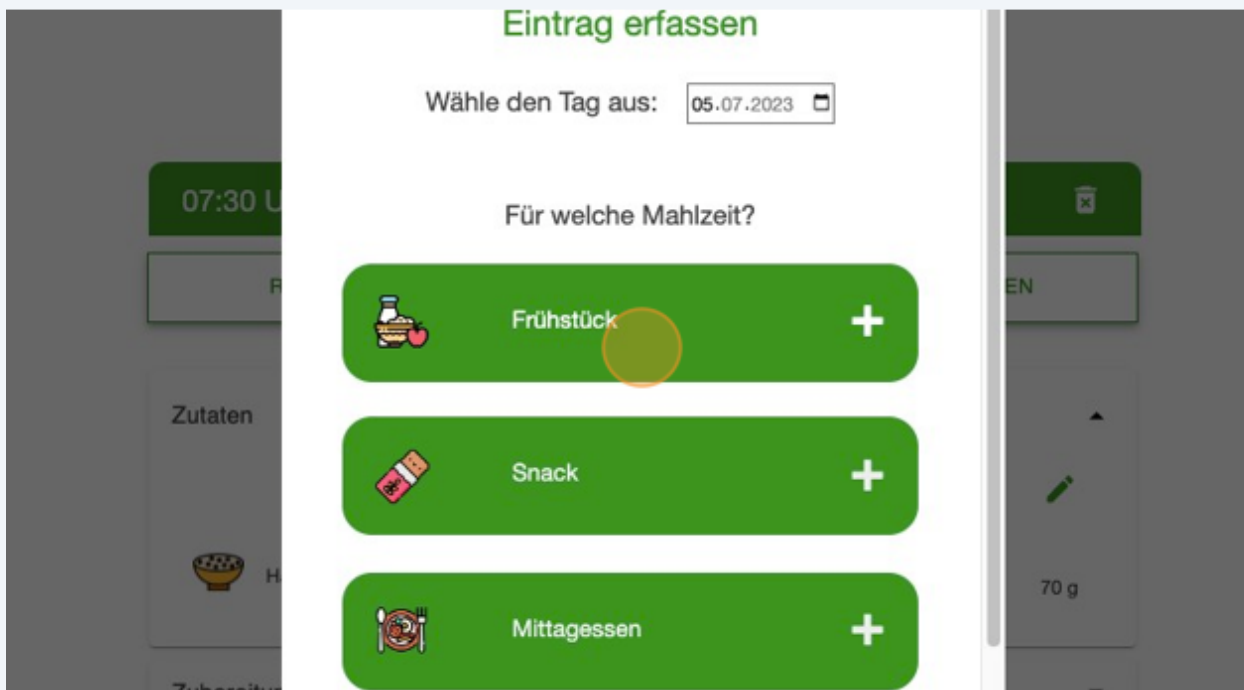
2 Klicke den "Tracken" Button



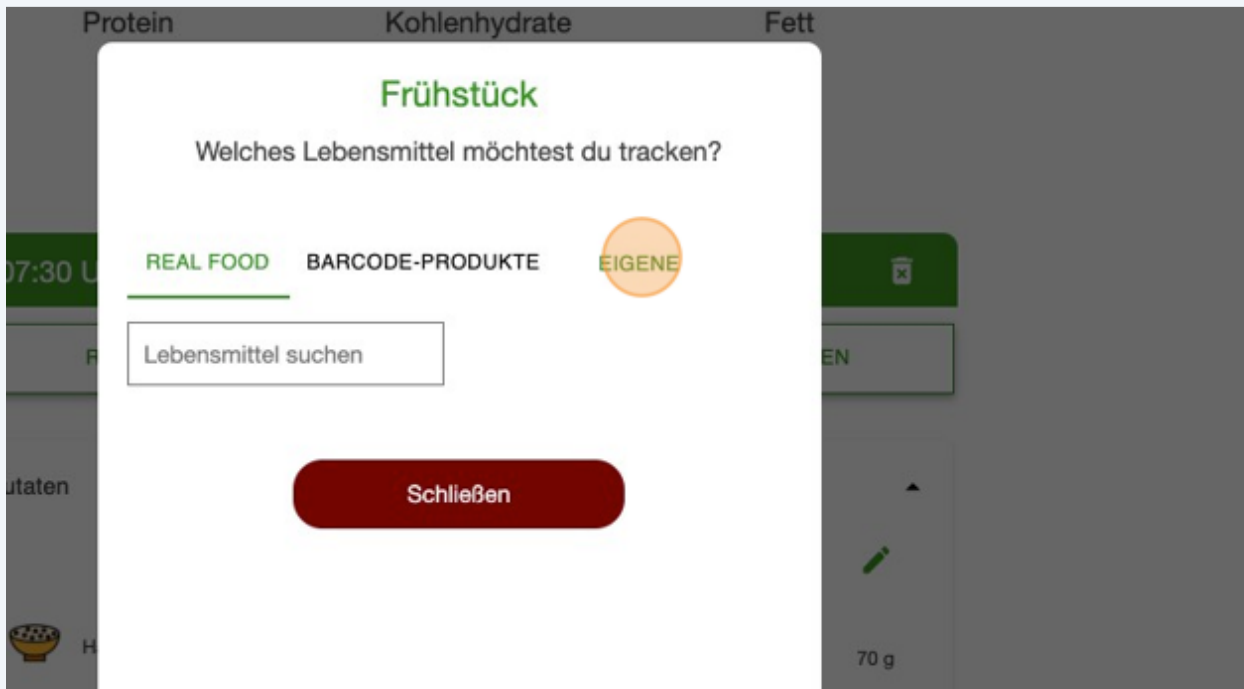
3 Klicke "Lebensmittel"



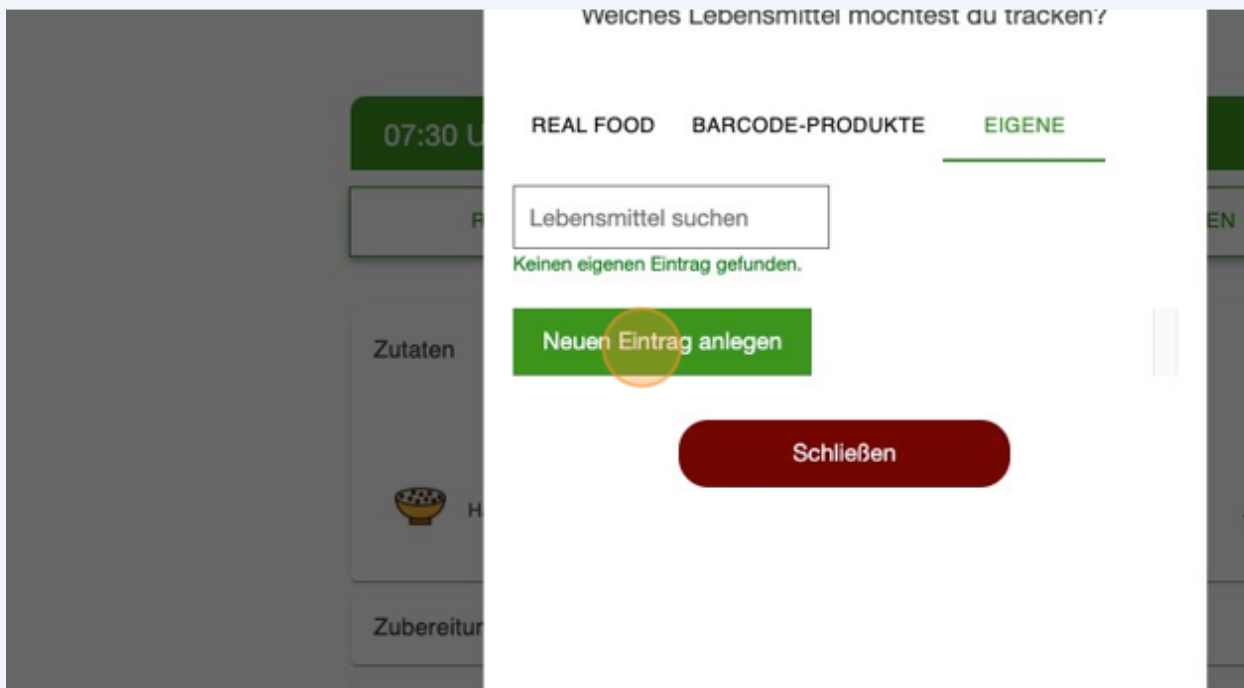
4 Klicke z.B. "Frühstück"



5 Klicke "EIGENE"



6 Klicke "Neuen Eintrag anlegen"



7 Gib den Namen des neuen Eintrags ein

The screenshot shows a web interface for creating a new food entry. At the top, there is a search bar with the text 'Lebensmittel suchen' and a green button labeled 'Neuen Eintrag anlegen'. Below the search bar, a message reads 'Keinen eigenen Eintrag gefunden.' The main form area has a table with the following structure:

| Name des Lebensmittels | Einheit | Kategorie | | |
|--|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| <input type="text" value="Lebensmittel suchen"/> | ml | Eigene Einträge | | |
| kcal / 100 ml | Protein (g) | Kohlenhydrate | Ballaststoffe | Fett (g) |
| <input type="text" value="0"/> | <input type="text" value="0"/> | <input type="text" value="0"/> | <input type="text" value="0"/> | <input type="text" value="0"/> |

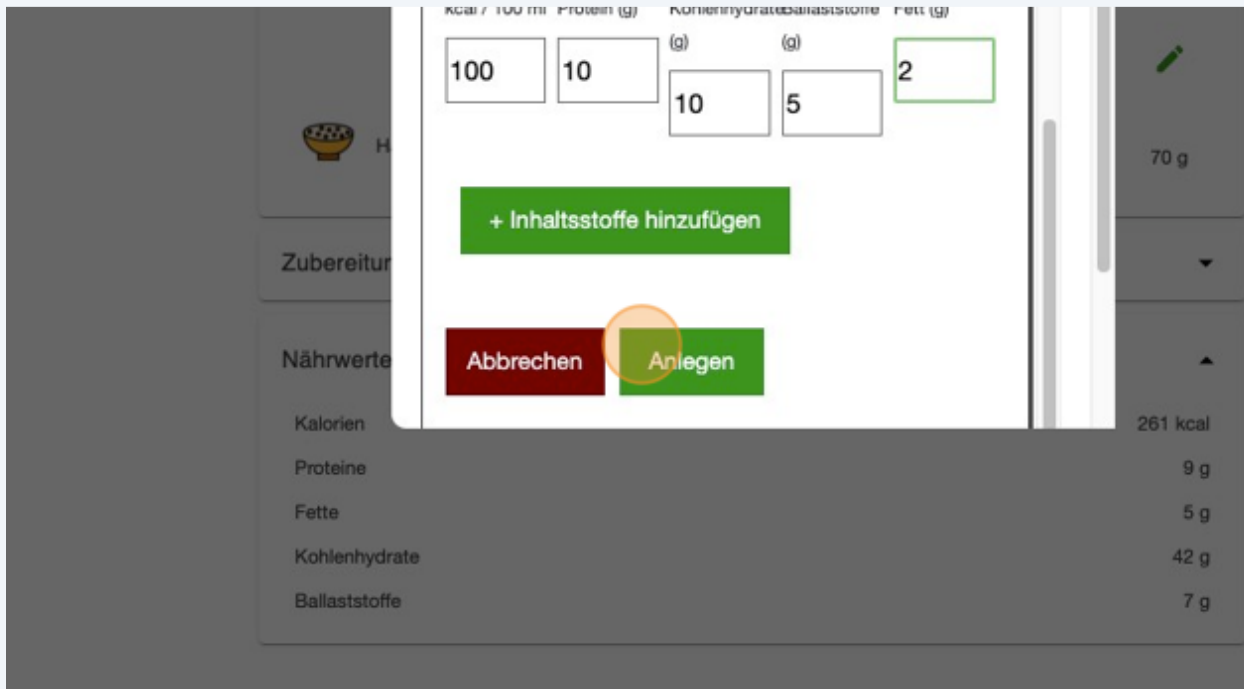
An orange circle highlights the search bar in the first row.

8 Trage die Nährwerte ein.

This screenshot shows the same form as above, but with the name field containing 'Neuer Eintrag' and the kcal field containing '0'. An orange circle highlights the '0' in the kcal field.

| Name des Lebensmittels | Einheit | Kategorie | | |
|--|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| <input type="text" value="Neuer Eintrag"/> | ml | Eigene Einträge | | |
| kcal / 100 ml | Protein (g) | Kohlenhydrate | Ballaststoffe | Fett (g) |
| <input type="text" value="0"/> | <input type="text" value="0"/> | <input type="text" value="0"/> | <input type="text" value="0"/> | <input type="text" value="0"/> |

9 Klicke "Anlegen"



10 Klicke "Schließen"

