Creating and Customizing Menu Plans and Reports with Food Processor

Presented by ESHA Research

Wednesday, February 9, 2022
11:00 AM PT | 1:00 PM CT | 2:00 PM ET
ESHA Research

ESHA Research was established in 1981 offering one of the very first nutrition software solutions. Today, ESHA’s suite of nutritional software products, services, and databases are recognized as the industry’s top choice for dietary and recipe nutrition analysis, food and supplement formulation, labeling.

**ESHA Solutions**
- Genesis R&D® Food Formulation & Nutrition Facts Labeling
- Genesis R&D® Supplement Formulation & Supplement Facts Labeling
- REX® Regulations Expert Document Search Portal
- Food Processor® Nutrition & Diet Analysis
  - Menu Planning Module add-on for Food Processor
- Consulting Services
ESHA’s Food Processor® Nutrition Analysis software combines an extensive and meticulously researched food and ingredient database with an uncluttered, easy-to-use interface for accurate and comprehensive nutrition analysis. Since 1984, dietitians and other healthcare professionals, researchers, restaurants, educational facilities, and many more have used Food Processor to analyze menus, diets, foods, recipes, and nutritional and fitness needs.

- Dietary Intake Analysis
- Fitness Tracking
- Recipe Analysis
- Menu Planning
- Reporting
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What We’ll Cover Today

• Food Processor Menu Planning Module
• Creating a Menu Plan
• Creating Cycle Menus
• Reports
• New – Menu Calendar Report
• Q&A
Food Processor Menu Planning Module

- Create menu plans from frequently used foods and recipes
- Quickly analyze menus and meals for nutritional content
- Build menu templates around the nutritional standards that match the dietary needs of the populations that you serve
- Choose from generic DRI or specific client nutrient profiles for comparative analysis
- Modify the menu analysis to view adjusted averages within your collections
- Use the Cycle Menu option to see a week (or other range of days) at a glance
Food Pick List

- As you build menu plans, a Pick List is formed from the foods you include so that they can easily be selected and used again in additional days
- Pick List can consist of individual foods as well as recipes
- Foods can be assigned to Meals and to Collections (categories)
Organizing Foods

• Meals:
  • Breakfast,
  • Morning Snack
  • Lunch
  • Afternoon Snack
  • Dinner
  • Evening Snack
  • No Meal - unassigned

• Collections (food type):
  • Beverage
  • Entree
  • Protein
  • Vegetable, etc.
  • No Collection - unassigned
  • Create your own
Menu Plan

This example shows:

• 1 week of meals
• 3 meals each day
• Multiple offerings for each meal listed by Collections
Cycle Menu

• Enter meals and food selections to be offered
• Organize by numbers of days in cycle
• Can repeat days, e.g. enter 7 days of meals and repeat (in same order or mix them up) to create a 10-day cycle
Menu Plan Calendar Report

Calendar Report Display Options

• Month and Year
  • Select the month and year, and the calendar formats to the correct days of the week

• Days Per Week
  • Toggles between a 5-day and 7-day week option

• Show Prev/Next Month
  • Shows end of previous month and beginning of next when selected
Menu Plan Calendar Report 5-Day Example

- Menu Calendar report begins the cycle in the left corner
- Note “Pizza Friday” – this menu cycle lists “Day 5” with the pizza menu
- “Show Prev/Next Month” option will show all days in the cycle; uncheck to only display days only in the current calendar month
- This example shows one meal only, the lunch menu
Resources for Using Food Processor

- Tutorials
- Blogs
- Webinars

https://esha.com/resources/esha-elearning-center/