



YOUR NUTRACHECK GUIDE

Set it up once, then log your food
in seconds.

● The Christmas Shred

● Step 1

GET SET UP.

- 1 Download **Nutracheck** from the App Store (iPhone) or Google Play (Samsung and Android).
- 2 Create your account. It'll ask a few questions about you and your goal.
- 3 Answer them, but don't worry about the calories it gives you. You'll swap them for ours next.
- 4 The one that does matter is your weight. Weigh yourself first thing in the morning, after the loo and before you eat, and use that.

● Step 2

PUT IN YOUR TARGET.

Get your numbers from our [calorie calculator](#) first. Then:

1 In your diary, tap the **blue menu button** to the right of the search bar.

2 Go to your goals.

Nutrient Goals



Set My Own Goal

3 Tap the calorie number and type in your target from the calculator. If you can set protein there too, put in your protein target.

4 Scroll down and tap **Apply Changes**.

● Step 2

WATCH OUT FOR "+ EXERCISE".

If you link a fitness tracker, Nutracheck adds the calories you burn onto your allowance.

Turn that off, or ignore it.

Your target already allows for your steps and your three sessions with us.

● Step 3

LOG YOUR FOOD.

Your diary shows each meal, your total for the day, and how many calories you've got left.

- 1 Pick the meal and add a food.
- 2 **Scan the barcode** if it's got one. It's the quickest and most accurate way.
- 3 No barcode? **Search** for it. Be specific about the brand, and whether it's raw or cooked.
- 4 Set how much you had (grams is best) and add it.

Foods you've had before are saved for you. Start typing the name and Nutracheck suggests it, so you don't have to scan every time.

● Save time

SHORTCUTS.

My Meals

Have the same meals a lot? Go to **My Meals**, tap +, name it, add what goes in it, and save. Next time it's one tap.

Ready-made recipes

My Meals also has recipes already in it. Swipe across the top to look through them, or tap

Popular Recipes.

● Save time

MORE SHORTCUTS.

Eating out

The **Eating Out** section has coffee shops, fast food and takeaway menus. Look it up before you go so you can plan the rest of your day.

Diary settings

You can rename meals and add extra ones, like "Snack 2", in the diary preferences.

LOGGING TIPS.

Raw or cooked?

Food changes weight when you cook it. Rice and pasta get heavier, meat gets lighter. The packet will say which one its numbers are for. Make your entry match how you weighed it.

Check it against the packet

If the numbers look odd, compare them with the label.

Log it before you eat

Plan your day in the app in the morning. It stops the "oh go on then" extras creeping in.

Log the bad days too

They're the ones your coach most needs to see.

That's it

YOU'RE READY.

Log 6 days out of 7. Log as you go. Log the bad days too.

Apps update and buttons move. If something in this guide isn't where we've said, ask in the Christmas Shred group on Trainerize and we'll sort you out.