

SmartCook V2

User’s Manual

**User’s Manual
v1.0**

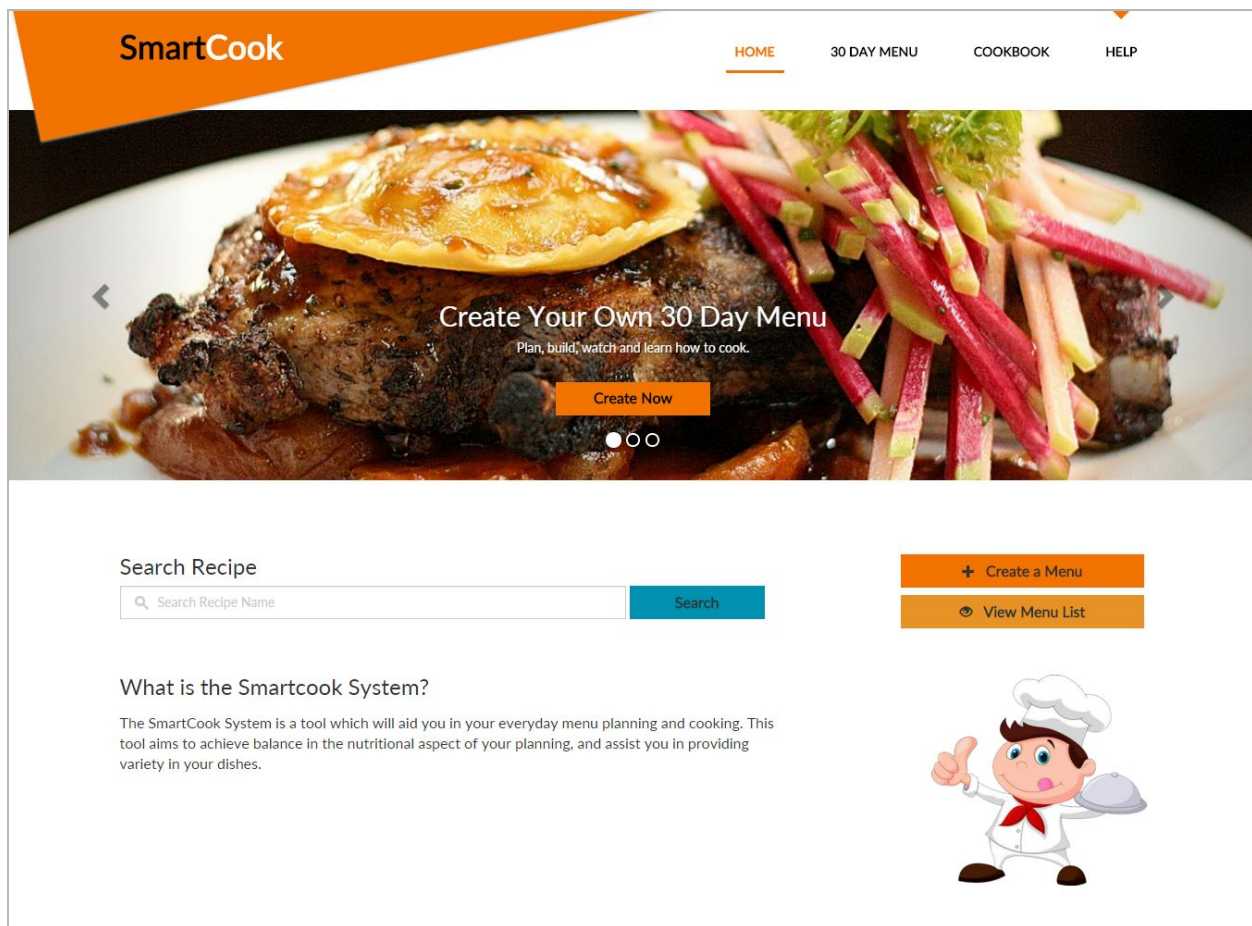
February 5, 2016

Welcome to the SmartCook V2 System

The SmartCook System is a tool which will aid you in your everyday menu planning and cooking. This system aims to achieve balance in the nutritional aspect of your planning, and assist you in providing variety in your dishes.

This document will serve as a guide for you to fully utilize the features of SmartCook V2 system. Compared to V1, there are significant number of changes made -- from improvements on the design and layout of the site, to a more efficient and fast response from the system, which result to an ultimately better user experience.

Home Page



The screenshot displays the SmartCook V2 Home Page. At the top left is the "SmartCook" logo. The navigation menu includes "HOME" (underlined), "30 DAY MENU", "COOKBOOK", and "HELP". The main banner features a close-up of a roasted meat dish with a lemon slice and colorful vegetables, with the text "Create Your Own 30 Day Menu" and a "Create Now" button. Below the banner is a "Search Recipe" section with a search input field and a "Search" button. To the right are buttons for "+ Create a Menu" and "View Menu List". A section titled "What is the Smartcook System?" provides a brief description of the tool's purpose. A cartoon chef character is positioned in the bottom right corner.

As you will notice in the Home Page above, you can do several things already on the first page:

- Search for a Recipe
- Create a Menu
- View the list of Menus
- Go straight in viewing the Menu details.

This will be thoroughly discussed in the next sections of this document.

Searching for a Recipe

There are several ways you can search for a Recipe in SmartCook V2 -- one of them (probably the easiest) is through the Home Page. Refer to the middle section of the Home Page,

Search Recipe

In this field you can search ANY part of the Recipe Name. For example, type in “adobo” and click the Search button. Then you will be redirected to the Search Results page, see below,


Search Keyword

All Recipes | By Cuisine | By Category | By Key Ingredient | By Dish Type

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z


Click here to view the Recipe detail page.

Adobong Pusit




Video PDF

Adobong Labong



Video PDF

Kangkong Adobo

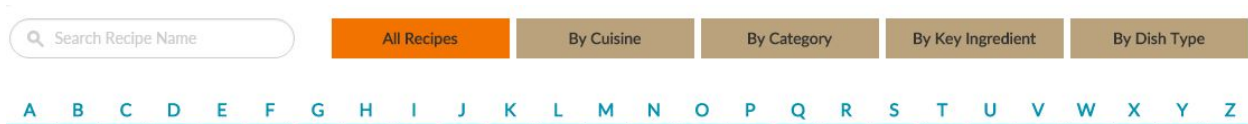


Video PDF

You will notice that all the recipe that has “adobo” in the title will be displayed as the result of your search. In this page, you can simply select a recipe by clicking it, so that you will be redirected to the Recipe Details page -- to be discussed in detail later.

Search filtering options

In the Search Results page - you will notice on the top part, some filtering options that you can use to short-list further your searches,



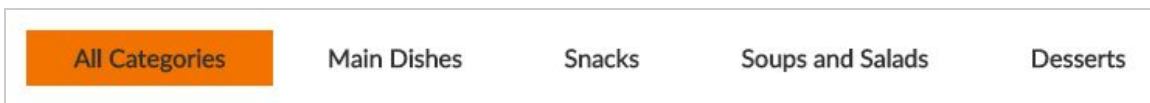
● By Cuisine

This option will provide you with the following drill-down options:



● By Category

This option will provide you with the following drill-down options:



Take note that these Categories are already predefined and are configured via the Admin Tool.

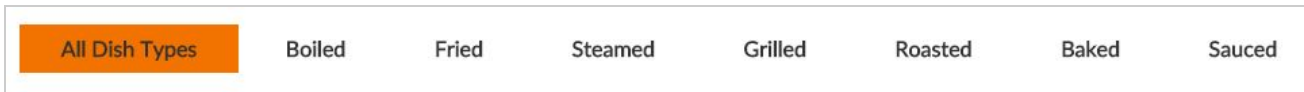
● By Key Ingredient

This option will provide you with the following drill-down options:



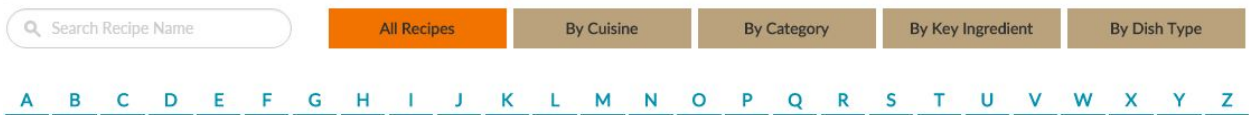
● By Dish Type

This option will provide you with the following drill-down options:



● Filter by *first letter* of Recipe

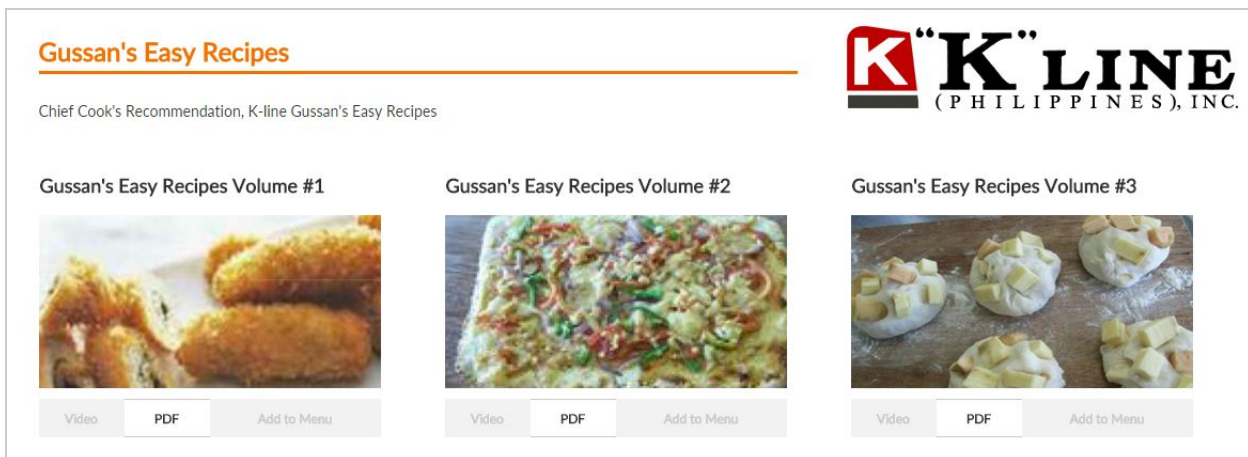
To further pin-point the recipe you are looking for, the system provides the simplest form of filtering -- alphabetical drill-down (via the first letter).



Notice the letters in BLUE below the other filter buttons, you can click on those to further short-list the search results.

Search for K-line Gussan’s Easy Recipes

On the upper right hand side of the screen, hover on COOKBOOK -- then click on “K-line Gussan’s Easy Recipes”.

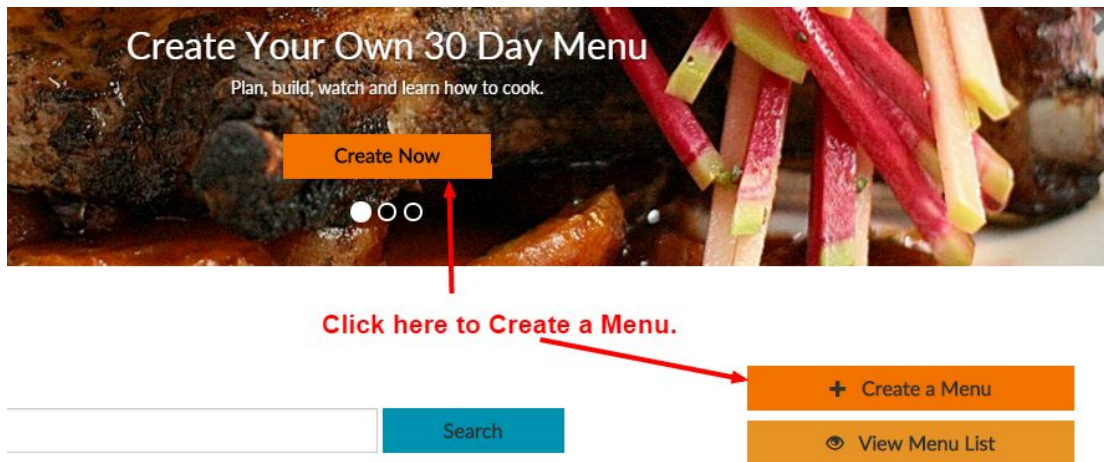


Notice that these recipes can only be viewed via PDF file.

Creating your own Menu

One of the main features of the SmartCook V2 is the option for you to create your own menu -- for you to add your own set of recipes, not to mention that you can schedule them as well.

In the Home Page, click the following buttons to create a menu,



Upon clicking, you will be presented with a dialog box that contains all the information needed for the system to initiate the creation of a menu. See image on the right.

Note:

- All fields are required.
- Start and End dates does not have to be 30-days, it can be as short as 5 days (or even less).

The image shows a dialog box titled 'Create a Menu'. It has a close button in the top right corner. The dialog box contains the following fields:

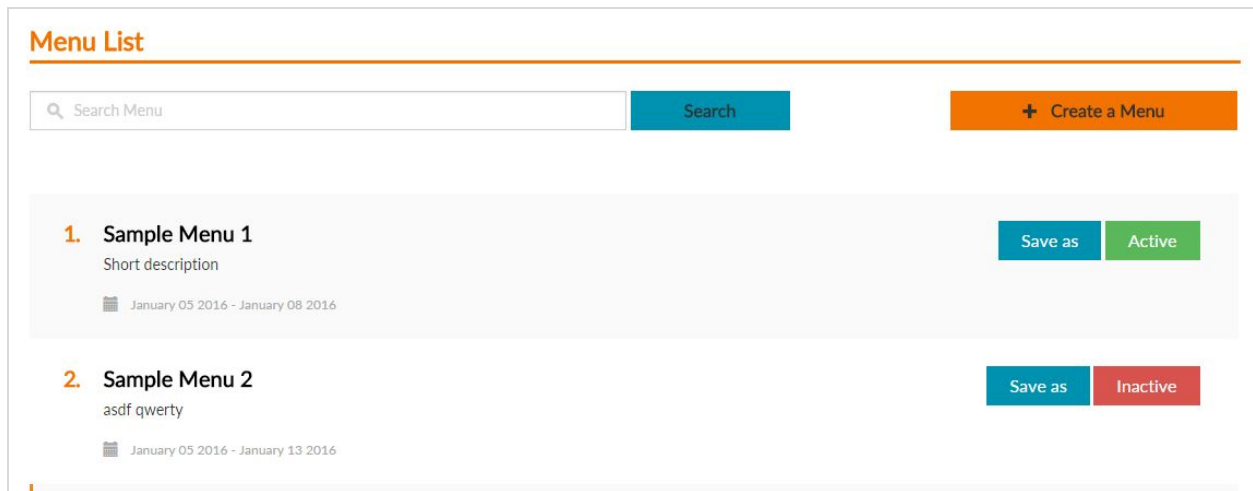
- Menu Title: A text input field.
- Start Date: A date input field with a calendar icon.
- End Date: A date input field with a calendar icon.
- Short Description: A text area.

At the bottom of the dialog box is a blue button labeled 'Create Now!'.

After successfully creating the menu, you will be redirected to the **Menu List Page**.

Menu List Page

In this page, you will have the option to view all menus that were created.



In case you are finding it difficult to scroll up and down to find a particular menu, the system provides a Search option -- simply type in any word or phrase that is part of the Menu title/name, then click the Search button.

The details of the menu can be viewed by clicking the Menu title. To be discussed later.

Take note that **only one menu can be ACTIVE at any one time.** This particular menu will have the *ACTIVE button* enabled (Green shaded) on the right side of each menu item.

In order for you to set a menu as active, you should click the *INACTIVE button* (Red shaded) -- it will then trigger a change in the system and set that specific menu as **active**.

This is important because any recipe that is being added from this point forward, will be reflected on the currently ACTIVE menu. This can be shown when viewing the **Menu Details Page**.

Menu Details Page

There are two (2) ways for you to get to this page,

- By clicking the “30 Day Menu” menu item on the top-right side of the page. Take note that the menu that you will be viewing here is the **current ACTIVE menu**.



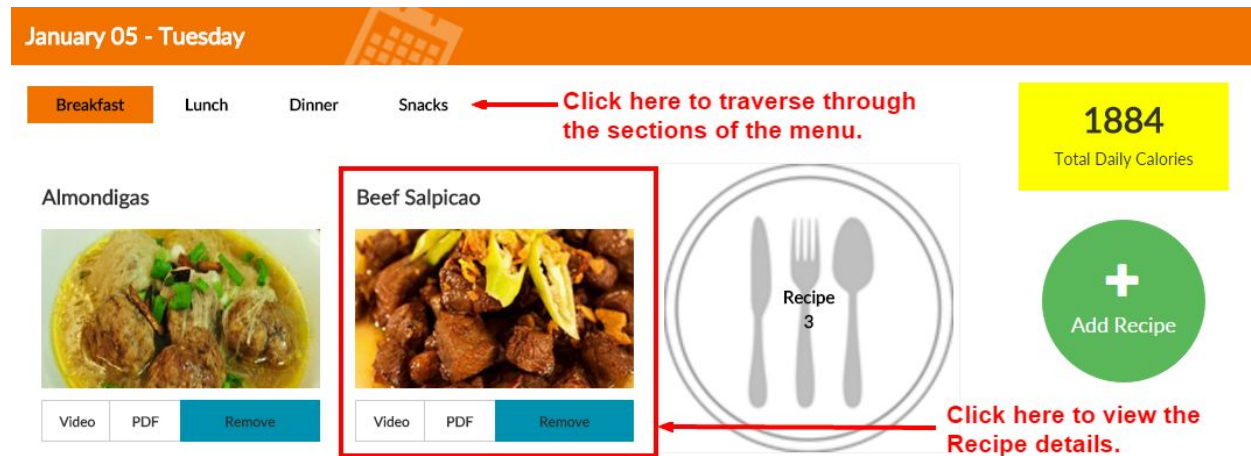
- By clicking the Menu Title in the Menu List page.



By doing this approach, it does not matter if the menu you are viewing is the ACTIVE menu or not. You will simply be redirected to the Menu Details page.

The screenshot shows the SmartCook interface for the 'Sample Menu 1' details page. At the top, the 'SmartCook' logo is on the left, and navigation links for 'HOME', '30 DAY MENU', 'COOKBOOK', and 'HELP' are on the right. Below the logo, the page title 'Menu Details' is displayed. The main heading is 'Sample Menu 1', with three action buttons: 'Back to Menu List', 'Print Menu', and 'View Inventory'. The menu is organized by date, starting with 'January 05 - Tuesday'. Under this date, there are tabs for 'Breakfast', 'Lunch', 'Dinner', and 'Snacks'. Three recipe cards are shown: 'Almondigas', 'Moussaka', and 'Beef Salpicao'. Each card includes a video thumbnail, a PDF icon, and a 'Remove' button. On the right side of the menu, a yellow box displays '1884 Total Daily Calories' and a green circular button with a plus sign and the text 'Add Recipe'. Below the Tuesday section, there are sections for 'January 06 - Wednesday', 'January 07 - Thursday', and 'January 08 - Friday', each with a keyboard icon in the background.

Each day in the menu is displayed using an “accordion” type of handling. The inclusive days are initially expanded for you for ease of viewing. But, for the purpose of ease of manipulation, these accordion items can easily be “collapsed” and “expanded” as required.

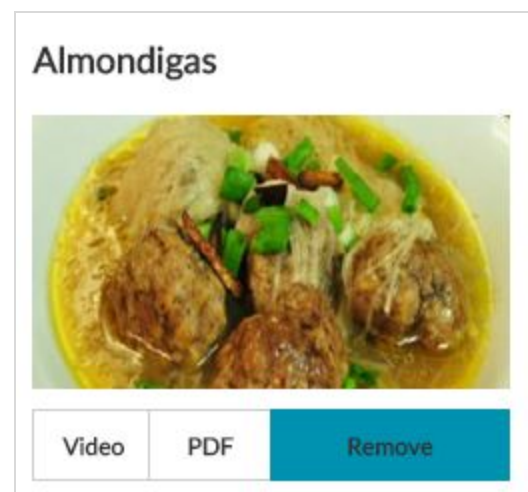


Looking into the details on what can be accomplished in each menu accordion display --

Every item is subdivided into four (4) sections (*Breakfast, Lunch, Dinner and Snacks*), you can easily switch between those sections by clicking the designated buttons (see image above). Note also that, you will still have the option here to view the Recipe details, by clicking the actual menu item.

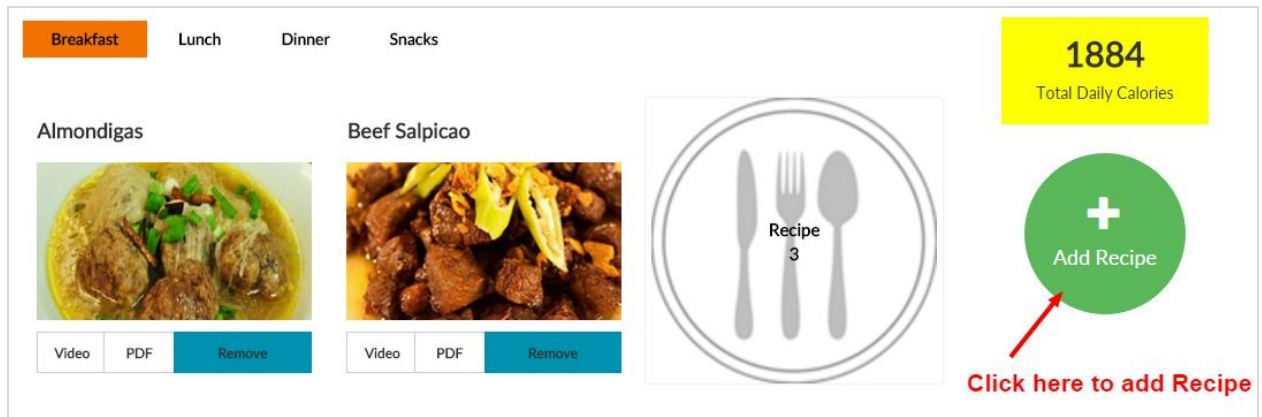
Take note that anywhere within the system, once you see a menu item (or a recipe item) in this format display (see image),

- The whole item can be clicked, it will then redirect you to the Recipe details page.
- Video button will only be **enabled**, if and when an actual video was uploaded for viewing.
- PDF button will only be **enabled**, if and when an actual PDF file was uploaded for viewing.
- Remove button, this is only available in the Menu Details page. A prompt will be displayed to confirm this action.
- “Add to Menu” button -- (not on the image)
This is only displayed when you are in the Search Results page.

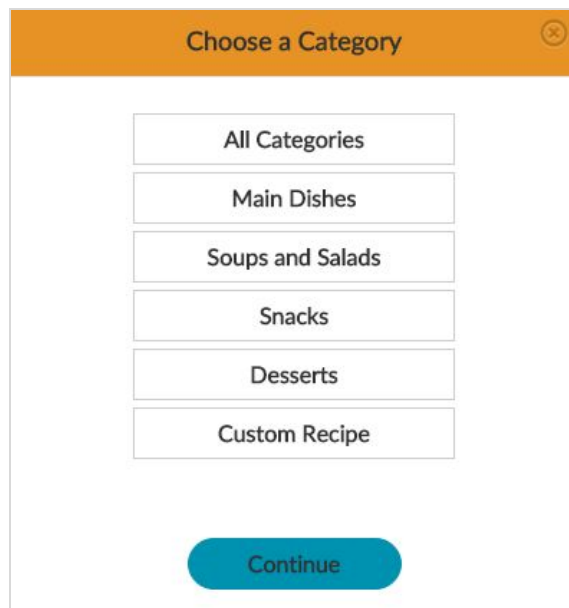


Adding a Recipe to the menu

1. In the Menu Details page



After clicking “Add Recipe” button, a dialog box will be displayed -- Instead of displaying all the recipes for you to choose, the system will give you the option to *filter your search* (By Category), see image on the right --

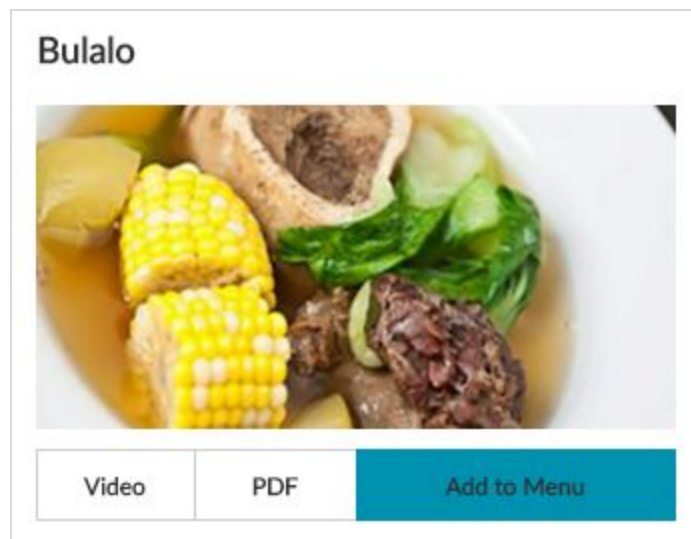


Custom Recipe button is available for those recipes that are currently NOT available in the list. When selected, a separate dialog box will be displayed --

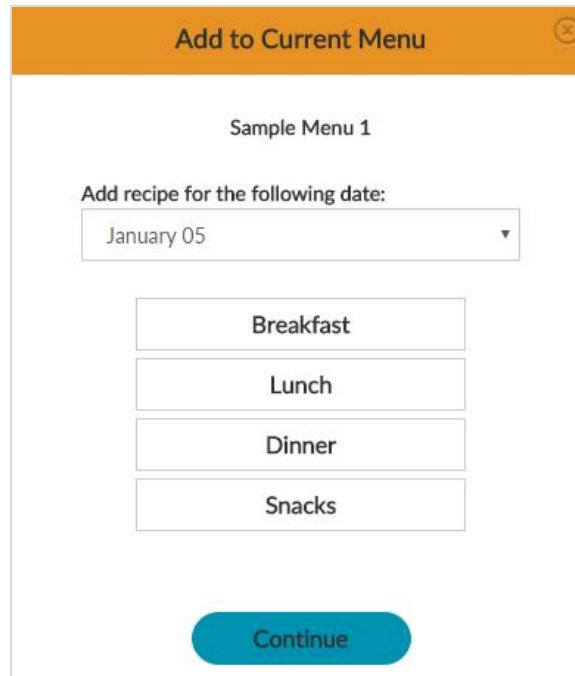


After choosing a Category (to filter results) -- you will then be redirected to the Search Result page so that you can finalize the recipe you want to be added to the currently active menu.

Once you are at the Search Results page, you can freely search for recipe items you wish to include.



When you decide on a recipe -- just click “Add to Menu” button, then another prompt will be displayed.



Add to Current Menu

Sample Menu 1

Add recipe for the following date:

January 05

Breakfast

Lunch

Dinner

Snacks

Continue

The system will prompt you for the **DATE** and the **Menu Type** (i.e. Breakfast, Lunch, Dinner, Snacks), as to when and where do you want the recipe to be added.


As you will notice here that you will always have the option to select a specific data and to what section -- this will give you the option to just stay in the Search Results page, play around with the filters until you find the recipe you want. Without going back-and-forth to and from the Menu Details page and the actual recipe.

Take note that every time you click on an “Add to menu” button, this will always be the sequence before you can add a recipe to a menu.

Recipe Details Page


It does not matter where you are in the system, if you see an item similar to the ones below,

Bulalo



Video
PDF
Add to Menu

Almondigas




Video
PDF
Remove

You can click on them and you will be redirected to the Recipe Details page.

SmartCook

[HOME](#)
[30 DAY MENU](#)
[COOKBOOK](#)
[HELP](#)

Nilagang Baka



Serving Size: 22

See Video
View PDF

+ Add to Menu

INGREDIENTS

- 2 kilograms beef sirloin, cut into serving size
- 4 bunches cabbage separate leaves
- 2 tsp peppercorn
- 1 pieces onion, sliced
- dash salt and pepper
- 1 head garlic
- 5 pieces potato cubed
- 5 pieces long green pepper
- 4 pieces carrots

PROCEDURE

1. Sauté garlic, onion and add the beef simmer for few minutes.
2. Then add water bring to boil until meat is tender.
3. Add the potato when half done add the carrots and season with salt and pepper.
4. Add cabbage let them simmer for 3 minutes, then serve.

NUTRITIONAL FACTS

Nutrition	Count
Carbohydrates	0
Sodium	0
Calories	204
Cholesterol	0

204

Calories per Serving

Key Ingredient:

Beef

Type of Dish:

Boiled

+ Add to Menu

← Back to Search

How to monitor stocks (Inventory)

In the Menu Details page, a “View Inventory” button is provided and placed at the upper right hand side of the page.



Stock Inventory are unique. Meaning, **every menu has its own set of inventory.**

Inventory Details

Sample Menu 1

[← Go Back to Menu Details](#)

SUMMARY Menu Period: January 5, 2016 - January 8, 2016 As of Date:

Monitored Stocks	Unit	Beg. Balance (Date)	Total Purchases	Total Consumption	Ending Balance
Beef	KLS	2	8	14	-4
Pork	KLS	15	10	4	21
Chicken	KLS	12	0	3	9
Fish	KLS	4	0	0	4
Shrimp	KLS	6	0	0	6
Squid	KLS	2	0	3	-1

[Update Stock Item](#)

PURCHASES

Date of Purchases	Beef	Pork	Chicken	Fish	Shrimp	Squid
Jan. 5 (Singapore)	0	10	0	0	0	0
Jan. 7 (Manila)	8	0	0	0	0	0

[Add Purchase Entry](#)

Each inventory comprises of three (3) main sections:

1. **Beginning Balance** -- this is the starting point of all the monitored stocks. Ideally, this is configured first, before adding any recipe. Everything has to be declared, all computation will be derived from these values.

Note: Stock Items consists of the following:

- Beef
- Pork
- Chicken
- Fish
- Shrimp
- Squid

2. **Stock Consumption** -- this is the actual total stock consumed by ALL the recipe that was chosen. This means that every recipe is configured to consume an X amount of KILOS of a certain stock (i.e. Pork, Beef, etc.). This is setup using the Admin tool. The value here is computed (derived).
3. **Stock Purchases** -- these are the purchases made after the Beginning balance is set. This is when stocks are added in the inventory during the duration of the menu. This value is inputted.

By default, the inventory list and computation is based on dates. That is why the “As of Date” drop down box at the upper right hand side of the Summary table is very important.

In the Summary table -- all the computation displayed there are all in reference with the “As of Date”. Meaning, it will only consider all entries that are below or equal to the date specified.

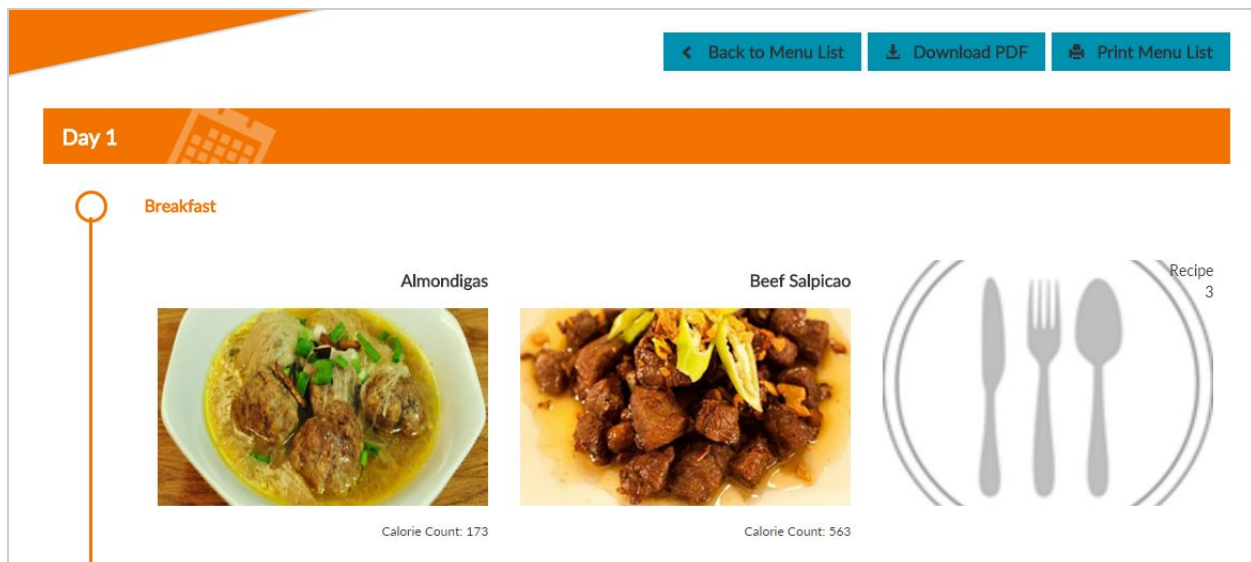
For example, if a purchase was made Tuesday, Feb. 9, 2016 and the “As of Date” was set to Friday last week (Feb. 5, 2016) -- meaning, as far as the inventory is concerned, that particular purchase did not happen yet. Therefore, the stocks purchased on Feb. 9 will not appear and will not be considered in the computation of the ending balance.

Print your Menu

In the Menu Details Page, there will be a button to print your menu -- “Print Menu” button.



Once clicked, you will be redirected to the Print Menu Details page.




You will have the option to convert it to PDF or have it converted to a printer-friendly page.

Print Menu List option

Menu: Sample Menu 1 Period: January 5, 2016 - January 8, 2016

Day	Breakfast	Lunch	Dinner	Snack
Day 1 (January 05)	Almondigas, Beef Salpicao	Bulalo, Adobong Pusit	Papaitan, Chopsuey	Pancit Miki Guisado, Kyopolou
Day 2 (January 06)	Sunflower Bread	Beef T-bone Grilled, Chicken Curry	Chicken Pot Roast, Sweet and Sour Fish	Palabok, Raw Fried Potatoes
Day 3 (January 07)		Clam Soup, Papaitan	Creamy Fish Soup with Potato	
Day 4 (January 08)				Calamares

Help: Calorie Chart



[HOME](#) [30 DAY MENU](#) [COOKBOOK](#) [HELP](#)

Calorie Chart

How many calories do you really need?

To maintain weight the chart below shows you your daily calorie limit.
 It's based on your age, activity level, and the BMI (body-mass index) of 21.5 for women and 22.5 for men.
To lose weight - about 1 pound a week -- reduce total calories in the chart by 500 a day.
To gain weight - add 500 calories per day for each pound you want to gain per week.

Gender	Age	Sedentary	Moderately Active	Active
Females	19-30	1800-2000 Calories	2000-2200 Calories	2400 Calories
	31-50	1800 Calories	2000 Calories	2200 Calories
	51+	1600 Calories	1800 Calories	2000-2200 Calories
Males	19-30	2400-2600 Calories	2600-2800 Calories	3000 Calories
	31-50	2200-2400 Calories	2400-2600 Calories	2800-3000 Calories
	51+	2000-2200 Calories	2200-2400 Calories	2400-2800 Calories

Legend:

***Sedentary** - A lifestyle that includes light physical activity associated with typical activities of daily living.
 ***Moderately Active** - Consists of walking 1.5 to 3 miles daily at a pace of 3 to 4 miles per hour (or the equivalent).
 ***Active** - An active person walks more than 3 miles daily at the same pace, or equivalent exercise.

Help: BMI Calculator

SmartCook

[HOME](#)
[30 DAY MENU](#)
[COOKBOOK](#)
[HELP](#)

Body Mass Index Calculator

Height

Enter Height in Centimeters

Weight

Enter Weight in Kilograms

Compute

BMI Categories	
Underweight	0 < 18
Normal Weight	19 - 24
Overweight	25 - 29
Obese Class I	30 - 34
Obese Class II	35 - 39
Obese Class III	BMI of 40 or greater

Help: Terms and Definitions

SmartCook

[HOME](#)
[30 DAY MENU](#)
[COOKBOOK](#)
[HELP](#)

Terms and Definitions

Term	Definition
al dente	cooked just enough to retain a somewhat firm texture
bake	to make (food, such as bread and cake) by preparing a dough, batter, etc., and cooking it in an oven using dry heat
barbecue	to roast or broil on a rack or revolving spit over or before a source of heat (as hot coals)
baste	to moisten (as meat) at intervals with a liquid (as melted butter, fat, or pan)
batter	a mixture consisting chiefly of flour, egg, and milk or water and being thin enough to pour or drop from a spoon
blanch	to put (food items) in boiling water or steam for a short time
broil	to cook by direct exposure to radiant heat
caramelize	to cook (something, such as a fruit or vegetable) slowly until it becomes brown and sweet
cure	to preserve meats by drying and salting and/or smoking