How to use this tool

If you want to use the digital version

1. If you download on desktop, once you open up the form you will see light blue boxes above the lines. Click on each blue box and type your answers into the form.
2. If you download on mobile, once you open up the form you won't see boxes but you will be able to type above each line. Zoom in, click and type your answers into the form.
3. Take it with you when you see your provider.
4. Click the 'download the app' or 'email the care team' button on the last page to get more help.

How to download and edit on iOS



Click the top right icon



Select 'Save to Files'



Open up, zoom in and edit by clicking on lines & typing

If you want to use the print version

1. Print it out and fill it in whenever you go to a new provider.
2. Take it with you when you see your provider.
3. Scan the QR code on the last page to get more help.

Healthy Eating - DASH Meal Prep

[Scene]

	Breakfast	Lunch	Dinner
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

Breakfast ideas

Oatmeal with Fruit and Nuts

Ingredients: Rolled oats, almond milk, fresh berries (blueberries, strawberries), sliced almonds or walnuts.

Benefits: Whole grains provide sustained energy, and fruits add vitamins and antioxidants. Nuts add healthy fats and protein without excessive sodium or sugar.

Lunch ideas

Grilled Chicken Salad

Ingredients: Grilled chicken breast, mixed greens (spinach, kale, arugula), cherry tomatoes, cucumbers, avocados, olive oil and lemon dressing.

Benefits: Lean protein from chicken, healthy fats from avocados, and a variety of vitamins and minerals from fresh veggies.

Dinner ideas

Baked Salmon with Asparagus

Ingredients: Salmon fillet, asparagus spears, olive oil, lemon, garlic, herbs (dill or parsley).

Benefits: Rich in omega-3 fatty acids which are anti-inflammatory, and asparagus provides fiber and vitamins.