To save time entering foods, you can use SuperTracker’s Copy Meals feature.

You can copy meals from one day to another or from one profile to another.

You also have the option to copy to one day or to set up recurrence so that your meal(s) are copied to multiple days.

Starting on the Food Tracker page, click the “Copy Meals“ button.

This will bring you to the Copy Meals page.

Under Step 1, you will see the foods you entered in Food Tracker for the day you were viewing when you clicked to Copy Meals.

If you would like to copy meals from a different date, use the “Change Date” calendar in the upper left of the page.
Click the checkbox next to the meals or food items you would like to copy.

If you select a meal, all food items in the meal will automatically be selected.

Click the checkbox again to de-select any food item you don’t want to copy.

Now under Step 2, Select People, select the profiles you’d like to copy to.

You can skip this step if you only have one profile.

And under Step 3, Select Date(s), either type in or use the calendar to select the date you want to copy to.

If you would like to copy to one day only, be sure the “Recurs more than once” field says “No.”

If you want to copy meals to multiple days, choose “Yes” for the Recurs more than once dropdown.
Additional fields will display underneath.

You can determine the recurrence interval.

For example, if you would like to copy to every week, enter 1; if you would like to copy to every other week, enter 2.

Then check the days of the week you would like to copy the meals.

For example, you could choose Monday through Friday or just Saturday.

In the “From” field, choose the day you would like the recurrence to start, by entering a date or selecting it from the calendar.

In the “To” field, choose the day you would like the recurrence to end, by entering a date or selecting it from the calendar.
You can copy up to one year in the future or one year in the past.

When you are ready, click the “Copy Meals” button.

The Copy Meals page refreshes, and a confirmation message displays, so you know your meals have been successfully copied.

You can continue to copy meals or navigate back to the Food Tracker page using the “Back to Food Tracker” button in the upper right corner.