



## Food Lab, Plate Costing

April 5, 2021

### Meez Step by Step Instructions

#### Sign up for MEEZ website

In internet browser, access: [getmeez.com](http://getmeez.com)

On website, click on: Try it free

On Pricing, click on: Try it Free

On Let's get you going on your 14 day trial in meez!, Click Start

On, 1 → My first name is, type: (your first name). Click OK

On, 2 → My last name is, type: (your last name). Click OK

On, 3 → My email address is, type: (your email address). Click OK

On, 4 → We're curious... How did you hear about meez? Select H Other. Click OK

On, 5 → What do you need most out of a recipe tool? Select D Costing. Click OK

On, 6 ?

On, 7 → How would like to use your professional recipe tool? Select A Business Use. Click OK

On, 8 → My company's name is, type: (your company name). Click OK

After, next statement on home cooks, Click Continue

After, next statement on pro version, Click Done

On, Welcome to meez! Click Activate your Account

On, Sign Up, enter your: Email, First Name, Last Name, Password, Re Enter Password, Click Sign Up. Click Start.

On, Welcome to your meez home screen!, Click Create you first recipe

You're ready to add your first recipe.



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#### Building a Recipe In Meez,

Example: Create an 8 oz Hamburger

On, Welcome to your meez home screen!, Click Create your first Recipe

On, Add New Recipe, type Recipe Name: (8oz Hamburger). Click Create Recipe

On, 8oz Hamburger,

Type: Total Yield (1 each)

Ingredients:

8 oz ground beef (select from drop down), Enter

1.5 oz Cheddar cheese (select from drop down), Enter

1 oz tomato (select from drop down), Enter

1 each hamburger bun, Click Create a New Ingredient

Click Done

On, 8oz Hamburger,

Click Ground Beef,

On, Group Been, Click Edit

In Ingredient Cost, Enter Purchase (ib.), Cost (\$1.94)

Click Done

Under Recipes On, Click 8 oz Hamburger

On, 8 oz Hamburger,

Click Cheddar Yellow

On Cheddar Yellow, Click Edit

In Ingredient Cost, Type Purchase (5 lbs).

Click, Add New Unit called

On Add a New Unit, Name 5 1b =, Type: Qty (5) Unit (lb). Click Create UoM

In Ingredient Cost, Type \$15.46

Click Done

Under Recipes On, Click 8 oz Hamburger



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On, 8 oz Hamburger,

Click Tomato

On Tomato, Click Edit

In Ingredient Cost, Type (25 lb)

Click, Add New Unit called

On Add a New Unit, Name 25 lb =, Type: Qty (25) Unit (lb). Click Create UoM

In Ingredient Cost, Type \$17.70

Click Done

Under Recipes On, Click 8 oz Hamburger

On, 8 oz Hamburger,

Click Hamburger Bun

On Hamburger Bun, Click Edit

In Ingredient Cost, Type Purchase (dozen buns).

Click, Add New Unit called

On Add a New Unit, Name dozen buns =, Type: Qty (12) Unit (each). Click Create UoM

In Ingredient Cost, Type \$3.75

Click Done

Under Recipes On, Click 8 oz Hamburger

On, 8 oz Hamburger,

From right menu, Click \$Cost

Click Edit

In Food Cost Calculator,

Type: Portion Size (1), Unit (each), Sell Price (\$7.5)



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