

Finding Recipes with Supercook

Supercook is a free app that generates recipes based on the ingredients you have in your kitchen. Users can specify what type of meal they are looking for according to the time of day, cooking method, diet, and recipe time. Users can add an unlimited amount of ingredients to the app. Users can also save their favorite recipes for future reference. Users can also create grocery shopping lists.

Table of Contents

Downloading Supercook on Your Device	2
Creating a Supercook Account	3
Signing in on the Supercook App	4
Navigating the Supercook Hotbar	5
Adding Ingredients	5
Finding Recipes & Saving Recipes	7
Creating a grocery shopping list	9

Downloading Supercook on Your Device

1. On the home screen, tap on the App Store app (iPhone/iPad) or Google Play app (Android, Samsung, Google Pixel, etc.).

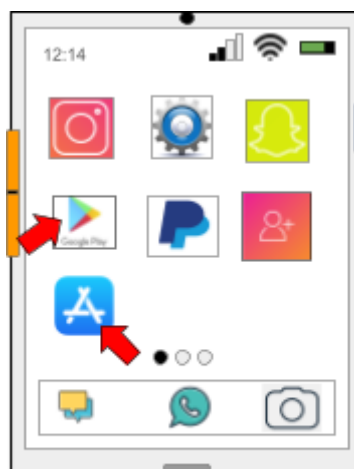
iPhone/iPad



Android

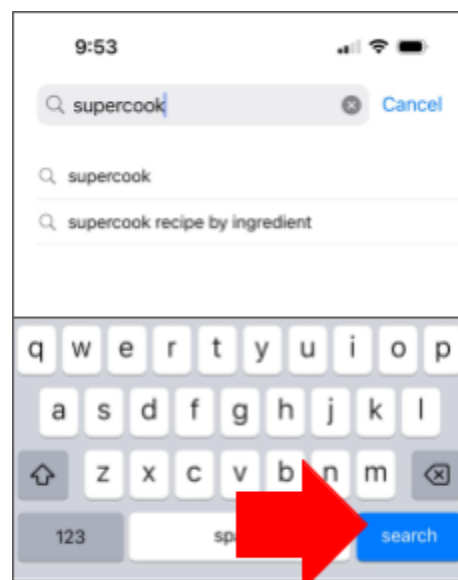
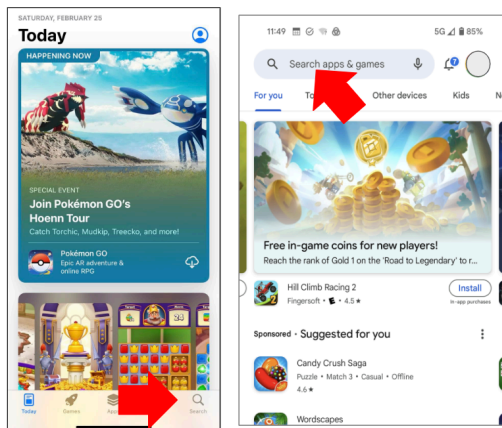


Google Play



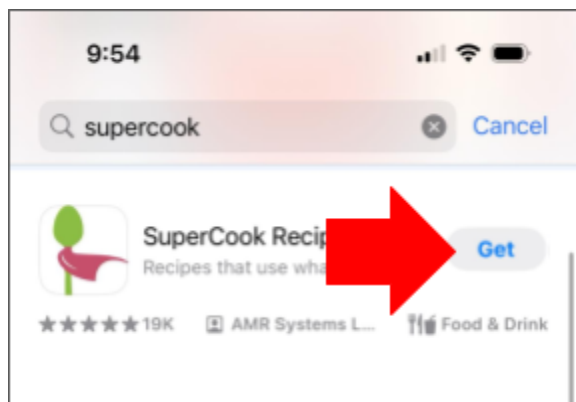
Home Screen

2. Tap on the search icon to display the keyboard.



3. Type "Supercook" into the search bar (pictured right).
4. Tap "search"/"enter" at the bottom of the screen

5. Locate "Supercook Recipes" and tap on the download icon. Once downloaded the Spotify app icon will appear on your home screen.

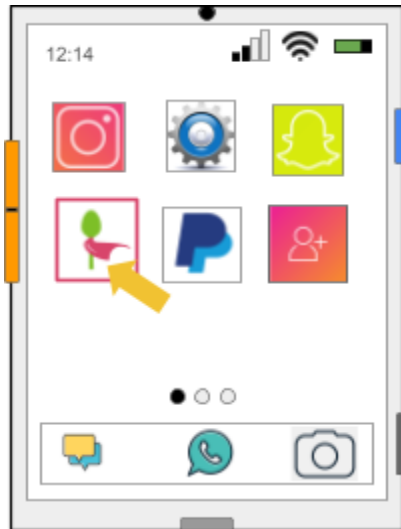


Tech Tip

If you do not see Kroger on your device, scroll down by dragging a finger from the bottom to the top of the screen

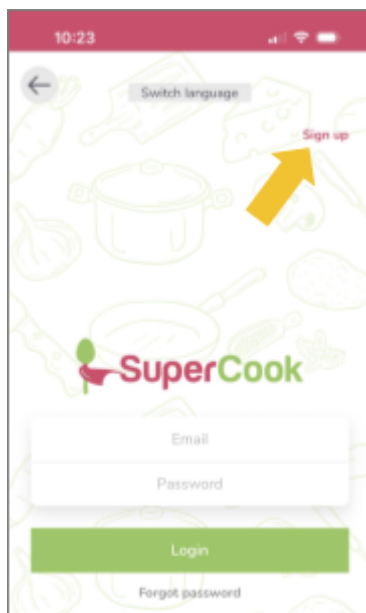
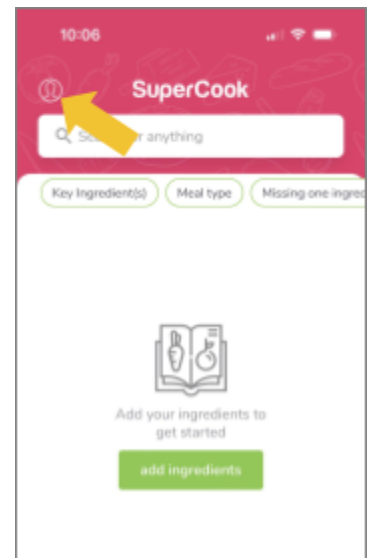
Creating a Supercook Account

1. On the home screen, tap on the Supercook app icon.
If you do not see Supercook on the home screen, drag a finger horizontally to view different pages of the home screen.



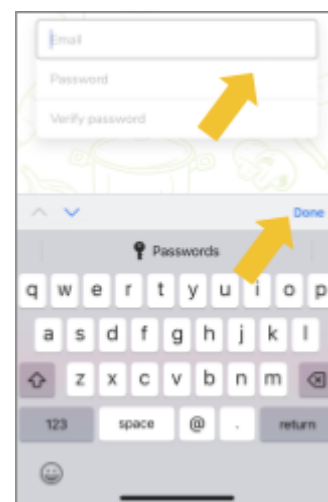
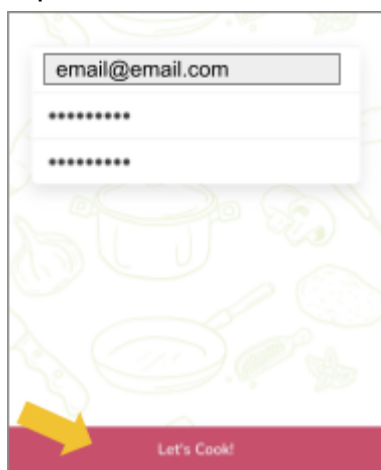
Home Screen

2. Tap on the “Profile” icon (person) located at the top left corner of the screen
3. Tap on “Sign Up” located at the top right corner of the screen.

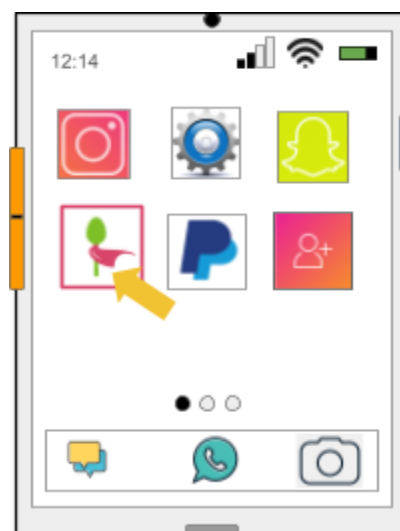


Supercook

4. Tap on "Email" to display the keyboard. Then, type in your email.
- 5.
6. Tap on "Password" to type in a password. Then type in the same password again for "Verify password."
7. Tap "Done" or the "Enter"/"Return" located at the bottom of the keyboard.
8. Tap Let's Cook" located at the bottom of the screen.

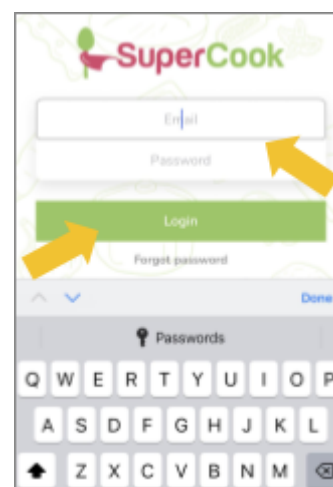
**Signing in on the Supercook app**

1. On the home screen, tap on the Supercook app icon.
2. Tap on the "Profile" icon (person) located at the top left corner of the screen.

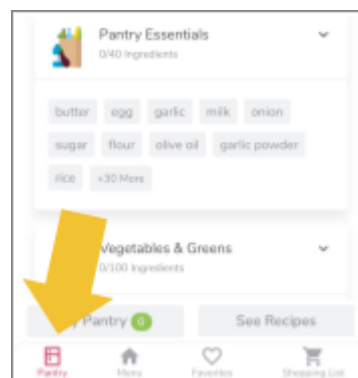
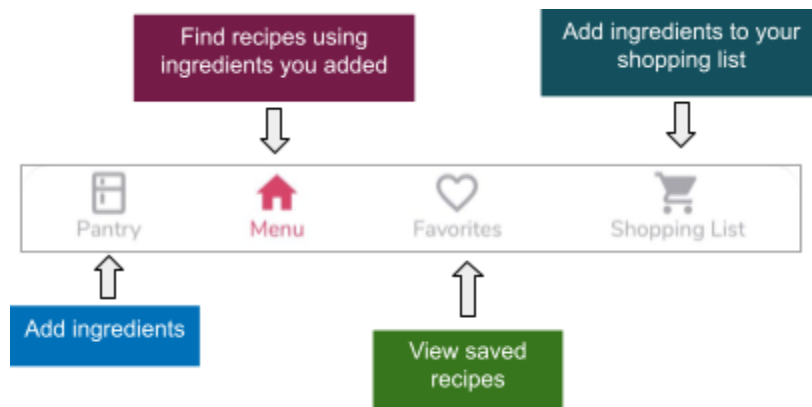


Home Screen

3. Tap on "Email" to display the keyboard and type in your email associated with your account.
4. Tap on "Password" to type in your password.
5. Tap on the green "Login" button.



Navigating the Supercook Hotbar (located at the bottom of the screen)

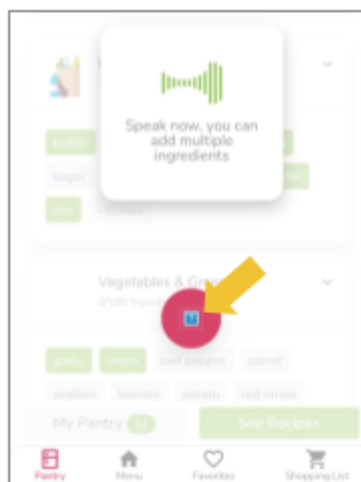
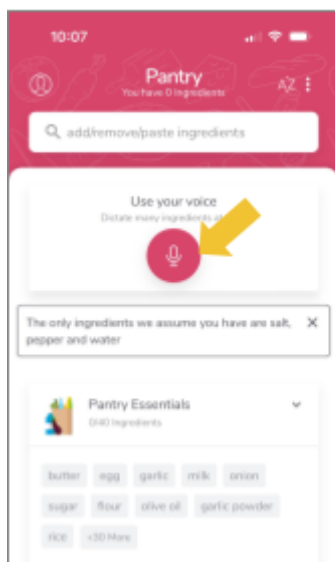


Adding Ingredients

1. Tap on "Pantry" located at the bottom left corner.

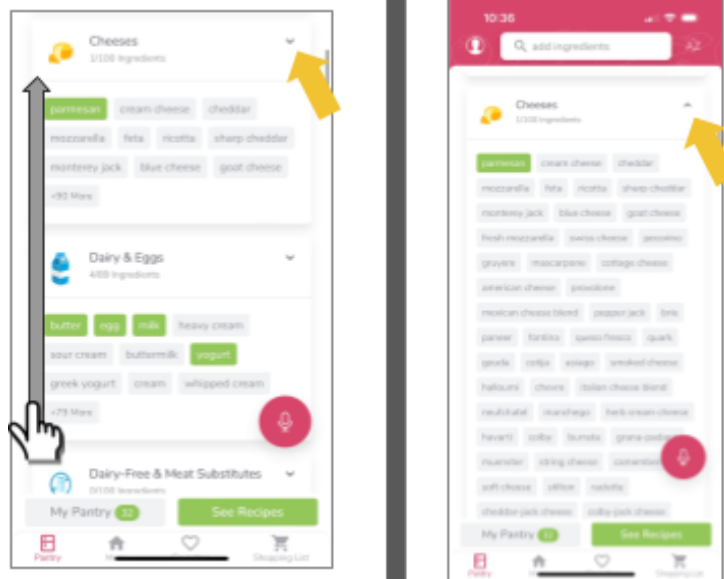
Using the Microphone to Add Ingredients

1. Tap on the microphone icon and begin speaking the ingredients you have in your kitchen out loud.
2. Once you are done, tap on the pink circle located towards the bottom middle of the screen.



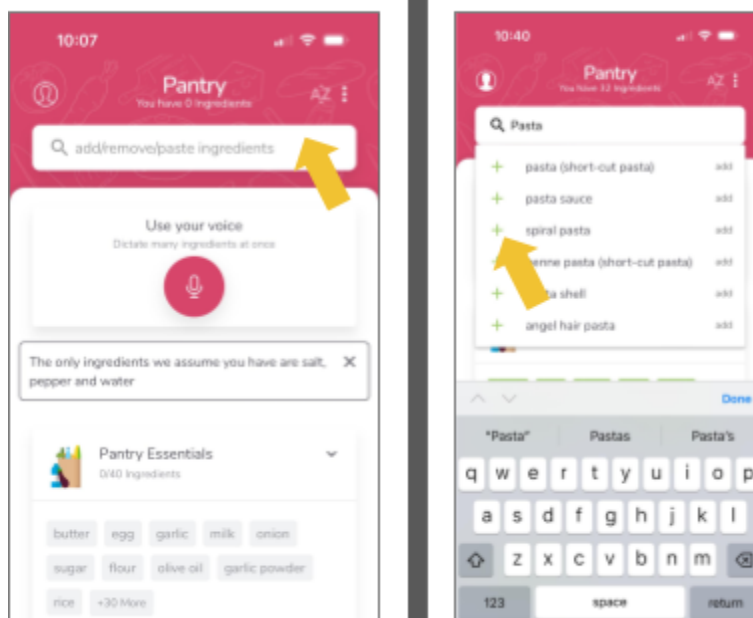
Using Ingredient Buttons to Add Ingredients

1. Tap on the ingredient to add it to your pantry. It will turn green to indicate you saved it. Tap on the green colored ingredient to remove it from your list. Scroll vertically by dragging a finger from the bottom to the top of the screen to view more ingredients.
2. Tap on the “More” icon (arrow pointed downward) to view more ingredients in a specific category.



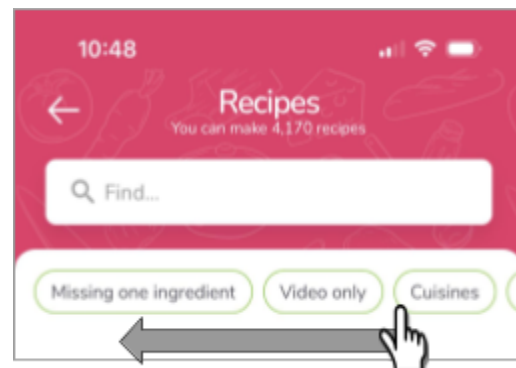
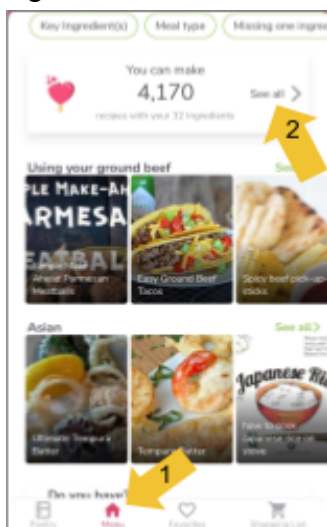
Using the Search Bar to Add Ingredients

1. Tap on the search bar that says “Add/remove/paste ingredients” to display the keyboard.
2. Type in the name of the ingredient and tap the + button.



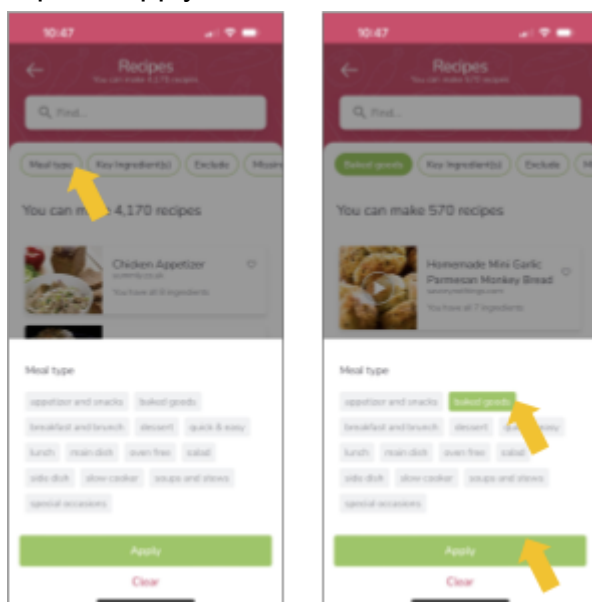
Finding Recipes & Saving Recipes

1. Tap on “Menu” located at the bottom of the screen.
2. Tap on the gray “See all” button next to “You can make # recipes with your ingredients”

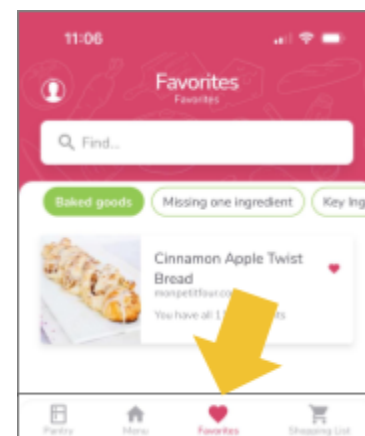
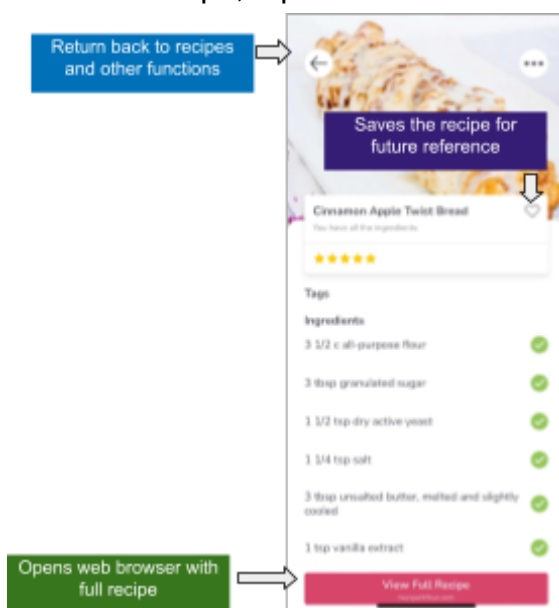
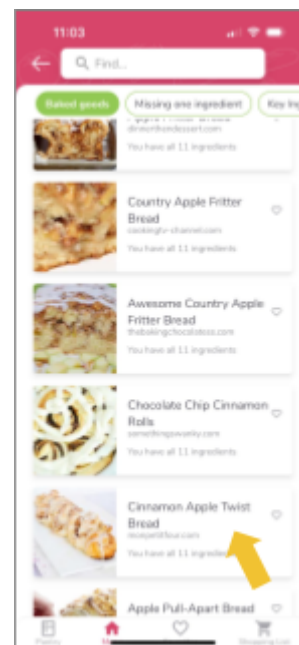


3. Tap on the filters under the search bar to specify the meal you are looking for. You can scroll horizontally by dragging a finger horizontally under the search bar to view more options. See below for a description of each filter.
- **Meal Type:** Select snack, main meal, time of day, cooking method, etc.
 - **Key Ingredients:** Select the main ingredient that will be used.
 - **Exclude:** Remove recipes with a specific ingredient.
 - **Video Only:** Shows recipes that have a video tutorial.
 - **Cuisines:** Shows recipes from a specific culture/country.
 - **Diet:** Select vegan, vegetarian, lactose free, and gluten free.
 - **Max Ingredients:** Shows recipes with a specific number of ingredients or less
 - **Rating:** Shows recipes with an online rating of 3+ stars, 4+ stars, or 5 stars.
 - **Recipe Time:** Shows recipes with a specific food preparation time
 - **Missing One Ingredient:** Show recipes where you are only missing on ingredient

4. Tap on the filter.
5. Tap on “Apply” located at the bottom of the screen.



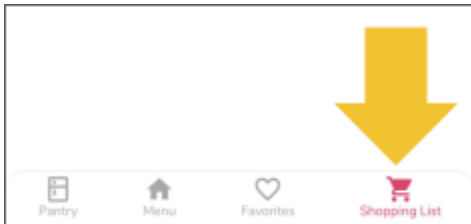
6. Tap on a recipe you would like to make.
To view more recipes scroll vertically.
7. Tap on “View Full Recipe” to view the recipe on the website it was posted on.
8. To save a recipe, tap on the heart next to the recipe name.



9. To view saved recipes, tap on “Favorites” located at the bottom of the screen.

Creating a Grocery Shopping List

1. Tap on “Shopping List” located at the bottom right corner of the screen.



2. Tap on “Add something” located at the top of the screen.
3. Type in the name of the ingredient, then tap on the ingredient from the generated list to add it.

