Carbydacious v1.1

Rijdat Software 2012

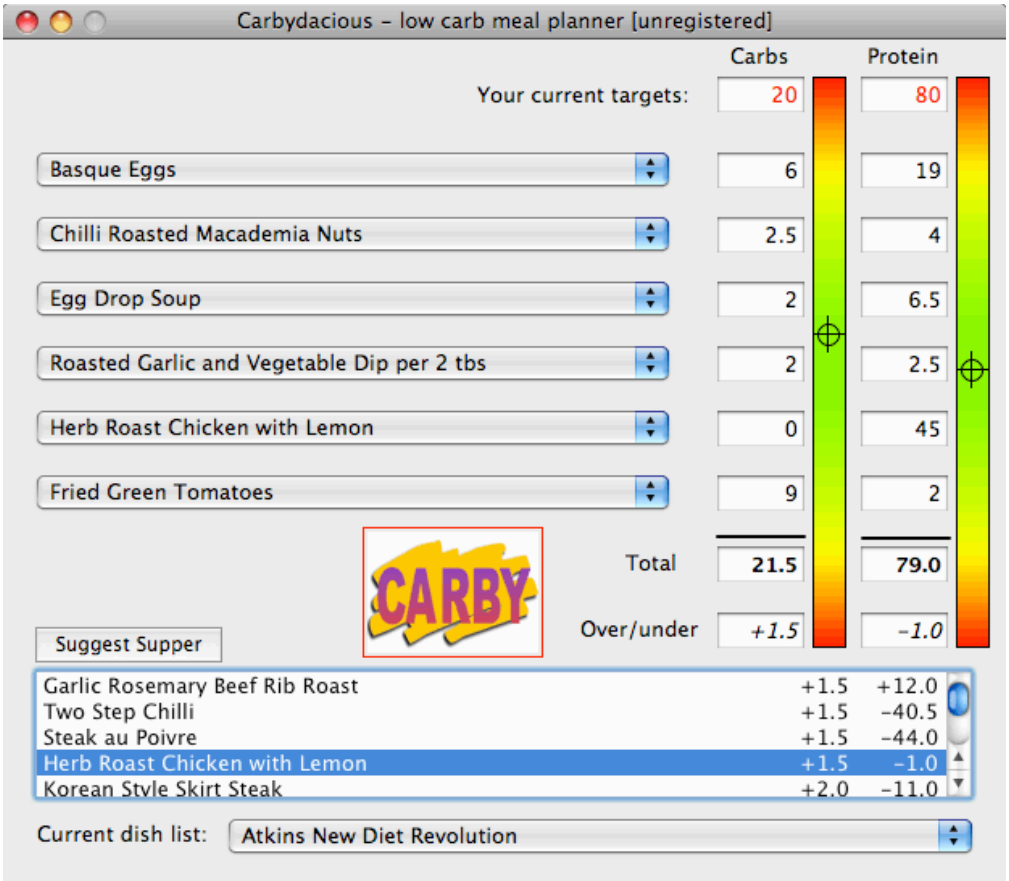
If you're on the Atkins diet or another low-carb diet it can be a real pain keeping track of your daily intake of carbs. Get rid of those scrappy bits of paper and use Carbydacious to help you work out the right combination of meals each day. Carbydacious will even suggest the best evening meal to balance the rest of your day's meals.

Carbydacious is a 30-day trial, after that you will need to pay to keep using - you can pay on-line at Kagi.com.

Keeping track of your meals

You can set your target totals for carbohydrate and protein by clicking in the appropriate numbers and typing in a new value.

Clicking on each meal menu (Breakfast, Lunch etc) lets you choose a dish and adds the carbohydrate and protein for the chosen meal to your totals. The Over/Under numbers show you how much carb and protein you have left for the day.



The coloured bars at the right give a graphical display of how close you are to your targets. Carbydacious comes with two sets of dishes, one based on "Dr Atkins New Diet Revolution"[1] and one based on "The Vegetarian Low-Carb Diet."[2] The menu at the bottom let's you choose between different sets of dishes. See below for how to edit these lists or create a new one.

Suggested supper

Carbydacious can suggest dishes you could choose for your evening meal to get your carb and protein numbers about right. Just select your Breakfast, Lunch and any snacks, then click on the 'Suggest Supper' button. Carbydacious will list all your possible evening meals, starting with the one which most closely meets your targets. You can double click on the dish you want to select it.

Editing the list of dishes

You can edit the list of dishes. Choose Edit Dish List from the Dishes menu. In the window which appears choose which meal you which to edit. Just click on a dish or a number to be able to edit it.

You can selected a dish and delete with the 'Delete dish' button.

Clicking on the 'Add dish' button creates a new dish at the bottom of the list. You can type in the name of the dish and then use the mouse to move along and put in the carbs and protein from your recipe.

Carbydacious will automatically save any changes you make to the current set of dishes.

Adding a new list of dishes

You can create a new set of dishes, for instance if you are working from a different diet book. Choose New Dish List from the Dishes menu. In the window which appears choose which meal you which to edit. As before you can add and delete dishes. When you have finished adding dishes to each meal click on the OK button and Carbydacious will ask you for a filename to save the list of dishes under.

---

[1] Robert C Atkins, Vermillion, 2003
[2] Rose Elliott, Piatkus, 2005

System Requirements

Carbydacious works on Intel Macs and Windows PCs.

Feedback

Please help us to improve Carbydacious by suggesting improvements and sending us new lists of dishes.

Rijdat Software - www.rijdatsoft.co.uk