RitualHeart

# How to use

RitualHeart follows food from the shopping list to the plate. What you buy goes into Storage, you cook from it with Recipes, and Meals counts what you eat. Here is how each tab works, and how your own AI assistant and sharing fit in.

## Shop

- Tap **+** to add an item. **Add & New** saves it and starts the next one; with **Keep details** on, the brand, amount and places carry over.
- Turn on **Keep as a regular** for what you always buy: it stays on the list, so tick it when you have it and untick it when you run low. A one-off goes once it is bought: swipe it away, or use ⋯ → **Remove bought one-offs**.
- In the shop, tap **Start shopping**. The list then takes only ticks, so nothing changes by accident. Tap **Finish** when you are done.
- After a trip, the bar **Bought on your last trip** waits above the list. Tap it when you are home to put what you bought into Storage in one go, with dates if you add them.
- Tap the list's name at the top to switch lists, make a new one, or share it. ⋯ → **Recently changed** shows what changed on the list.
- A house with a number on a row says how many of it you have at home: tap it to see what and where. If Storage calls it something else (Trajno mleko for Mleko), open the row and use **Link an item in Storage...**: the two names then count as one thing, and **Move to storage** adds to that item.

## Storage

- Tap **+** to add what you have at home: where it is kept and, if you like, its expiry date.
- Swipe an item left for **Used one** or **Used up**. Used-up items wait in the **Used up** section at the bottom of the list and in ⋯ → **Used up**, where **Add again** brings one back.
- Touch and hold an item for more: edit it, add it to the shopping list, move it, or delete it. **Move some to...** moves just part of it: two packs to the freezer, say, and the rest stays in the fridge.
- The **Expiring soon** filter shows what expires in the next 7 days.
- Tap the storage's name at the top to switch storages, make a new one (a cellar, a medicine cabinet), or share it.
- ⋯ → **Recent activity** shows what happened to each item in the last 30 days, and what was deleted, with **Restore**.

- ··· → **Import receipts** and ··· → **Import what's at home** fill Storage from photos that your own AI assistant reads (see below). For a delivery, turn on **Photos of the packs too** and send the photos of the packs with the receipts: the dates printed on them come with the lines.
- Is it called something else on the shopping list (Mleko for Trajno mleko)? Open the item and use **Link to a list row...**: the list then knows you have it, and **Move to storage** adds to it. A receipt links the two names for you when it ticks such a row off.

## Recipes

- Tap **+** to type a recipe, or use ··· → **Import with your AI** for a link, a text or photos of the pages.
- Each recipe says what is at home, such as **6 of 7 at home**. The **Cookable** filter shows the recipes you have everything for.
- On a recipe, change the servings and the amounts follow. A recipe also shows its nutrition per serving and its allergens, as far as the app knows its ingredients.
- An ingredient marked **not recognised** can be told what it is: ··· → **Match ingredients**.
- **Start cooking**, beside **Mark as cooked** at the bottom of a recipe, lets you tick off ingredients and steps as you go. Your ticks stay if you leave the screen.
- **Mark as cooked** takes what you used out of Storage. You see each item first and can change it, and **Undo** puts it all back. With **Log my portion** on, what you ate goes into the diary as well.
- **Add to shopping list** puts the ingredients you choose on your list, each with the recipe's name.
- ··· → **Recent activity** lists your cooks of the last 30 days and the recipes deleted, with **Restore**.

## Meals

- Your own AI assistant keeps your food diary in a chat: photos, weights, labels, words. ··· → **Your assistant** has the instructions to start that chat with.
- In the chat, write “export” for what is new since the last export, or “export today” for the whole day again.
- Copy the assistant's answer and tap the paste button at the top. You see what will be saved before anything is, and under **Storage** you can mark what came from home as used, or add it there; an entry you open offers the same.
- **+** adds by hand: **Scan a barcode**, **My foods**, **From storage**, **From a recipe** or **Type it in**.
- A number with **~** is an estimate. ··· → **Goal** sets a goal, and ··· → **Over time** shows your days in a chart.
- ··· → **Recently removed** keeps what was removed from the diary for 30 days, with **Put back**.

## Your own AI assistant

- Receipts, what's at home, recipes and meals can be read by any AI assistant you already use. RitualHeart sends nothing to it: you copy and paste the text yourself.
- **Copy the instructions**: choose the language if you like, then tap **Copy instructions**.
- **Ask your AI**: open your assistant, paste the instructions, and add the photos, the link or the text. The instructions ask it to name the chat, so you find the same chat next time.
- **Paste the answer**: copy the assistant's whole answer and tap **Paste** in RitualHeart. iOS first asks whether to allow pasting (to stop it asking, open iOS Settings → RitualHeart and set Paste from Other Apps to Allow). The app checks the answer and shows you every line, and nothing is saved until you tap **Add** or **Save**.
- **Your AI assistant**, in Settings, chooses what every copied text asks of your assistant: web lookups, checking its answer, questions in the chat and more. Each costs it some work, so web lookups and the check are off to begin with; each import says above **Copy instructions** what is off.

## Sharing

- To share a list or a storage, tap its name at the top and choose **Share this list** or **Share this storage**. Each one is shared on its own.
- Invite someone by email or phone number and send them the link, so they can join. For each person choose **Can make changes** or **View only**.
- Sharing is free. Only what you share is shared: your recipes and your food diary stay yours.

## Settings

- In **Appearance** you choose a theme for the whole app, or one for each tab.
- **Each tab** holds each tab's own settings, such as its row size.
- **Manage** holds your item suggestions, shopping places, the storage's locations and the names you linked between the shopping list and Storage, and for recipes your ingredient names, the ingredients still without facts and your replacements.
- **Household allergens** marks what carries one in Recipes and Storage. Something without a warning has not been checked, so always read the label.
- **Export your data** saves your lists, storages, recipes and food diary, with their photos, in a file you can keep. **Import from a file** adds what a file holds next to what you have.

The same guide is in the app: Settings → How to use.

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