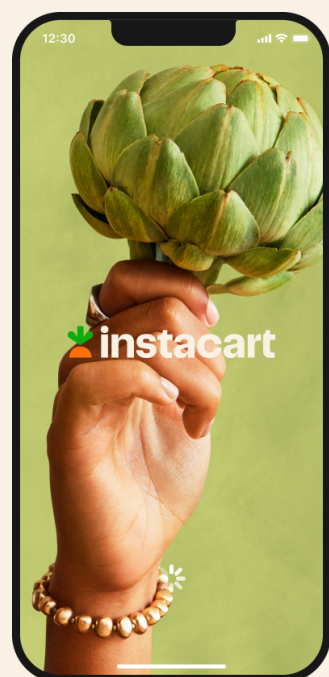


Enable personalized & collaborative nutrition plans that are instantly shoppable

Working with your client or patient on a nutrition plan should be collaborative and supportive. So we're here to help! You can now share a healthy shopping list with your client and they can instantly add those items to their cart and meet their health goals. And don't worry—these are private lists and only people with the direct link can view this plan. So whether you need a Low Sodium List or Diabetic-Friendly List, you can customize it however you like.

How to create a list:

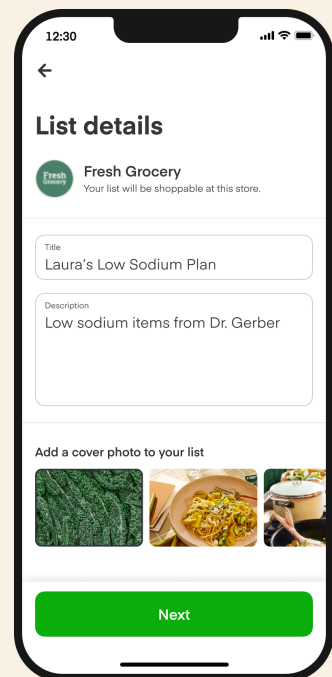
- 1 Log in or create an Instacart account for your practice.
- 2 From the homepage, select the hamburger menu icon in the top left corner.
- 3 Select "Your Lists" to visit your Lists page.
- 4 Select "Create New" in the top right corner.



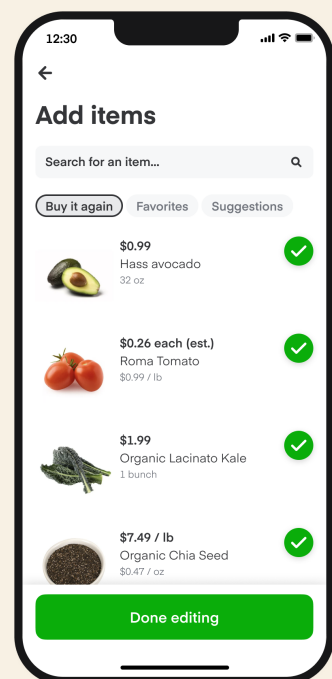
5 Choose your preferred store to build the list. The recipient will be able to choose from stores with item availability when they receive your list.

6 Add a title, description (ex: Laura's Low Sodium Groceries), and cover photo, then select "Done."

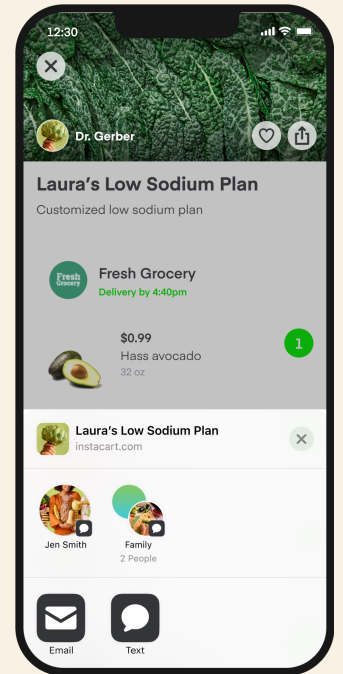
7 You'll then reach the "Add items to list" page, where you can select all the items you want your client to receive. Keep in mind that niche products may differ by grocery store so we recommend you focus on commonly-used products.



8 Select "Done" to see your final list.



- 9 You're all set to share the list with your client. Select the Share icon to copy the link if you're using a desktop, or send through email or text if you're using the app.



- 10 Your client will receive the list and be able to handpick items they want to order for delivery, through Instacart.

