

# Step One

## Sign up for your 1 month free trial



**1click2cook** Know someone who would love this site? Then send them a 'lifesaver' Gift Voucher

Existing users click here to Login

What the press say...

Recommended by Janey Lee Grace

Choose Local Fresh Food

Give a 'lifesaver' Gift Voucher

Links we Like

\*Fruity

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If you need any help use the [Help?](#) and [?](#) links. You can also try the [How it works](#) screencast.

**Step 1: Create your account** (\* indicates mandatory field)

Email address\*:

Password (5-8 characters)\*:

Confirm password\*:

First name\*:

Last name\*:

Email:

Enter your email address...

Password:

Log in >

Forgotten password?

Sign up here >

Members

Emails accepted\*:  yes  no

Receive weekly email on:

Display ingredient amounts in\*:  metric  units

How did you find out about us?:

If you found out about us from an existing member enter their email address above and, if you subscribe, they will receive a free extension to their subscription!

Have you got a promotional code?:

Confirm

Tell a friend Your email address... Your friend's email address... Send

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1Click2Cook gives you a free 1 month trial. If you're not completely satisfied you can cancel your subscription with no hidden charges. Give it a go today by clicking *Try For Free* on the homepage, of the *Sign Up* in the top menu.

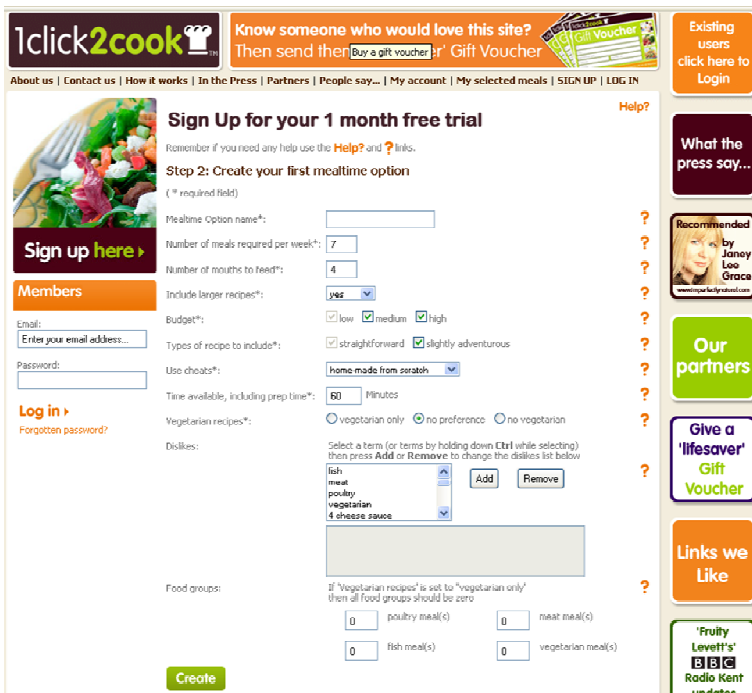
Fill in your details and click *Confirm*

**Free 1 month trial**

Sign up today and get 1 month free

# Step Two

## Set up your mealtime option



**1click2cook** Know someone who would love this site? Then send them a 'Buy a gift voucher' Gift Voucher

Existing users click here to Login

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Our partners

Give a 'lifesaver' Gift Voucher

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**Step 2: Create your first mealtime option** (\* required field)

Mealtime Option name\*:

Number of meals required per week\*:

Number of months to feed\*:

Include larger recipes\*:  yes  no

Budget\*:  low  medium  high

Types of recipe to include\*:  straightforward  slightly adventurous

Use cheats\*:  home made from scratch

Time available, including prep time\*:  minutes

Vegetarian recipes\*:  vegetarian only  no preference  no vegetarian

Dislikes: Select a term (or terms by holding down Ctrl) while selecting then press **Add** or **Remove** to change the dislikes list below

fish meat poultry vegetarian & cheese sauce

Food groups: If 'vegetarian recipes' is set to 'vegetarian only' then all food groups should be zero

poultry meal(s)  meat meal(s)  fish meal(s)  vegetarian meal(s)

Create

1click2cook will do everything for you. Each week we will provide your menu; generate your shopping list so you can get the ingredients you need; and provide easy-to-follow recipes so you can cook your meals.

All you need to do is set up your first mealtime option. You only need to do this once but you can amend it at anytime by visiting the *My Account* section.

Simply fill in your details and click *Create*

**We do all the work so you save all the time**