

# How to Guide

Here's a step-by-step guide of how to start using your downloadable Dollop by Vicki 2024 Meal Planner PDF .



## Using the 2024 Meal Planner PDF on Adobe (or Mac iOS Preview):

1. Open the Meal Planner PDF onto Adobe PDF or Preview (iOS) Application
2. Form Input Fields
  - The PDF have text boxes that you can type into to plan your week.
3. Annotations and Comments:
  - Depending on the PDF viewer, you may have the option to add annotations or comments. This could include highlighting text, adding notes, or drawing on the document.
4. Save Changes
  - Any changes made, save the PDF to a location on your device that you can easily access.

**An alternative is to access and view your PDF online through Google Drive after you've uploaded your download, where you can complete the PDF input fields directly on the web, following the same principles outlined above.**



## Uploading to GoodNotes App:

1. Open the GoodNotes app on your iPad.
2. Create a New Document:
3. Start a new document by tapping on the "+" icon.
4. Import PDF:
  - Look for an option like "Import" or "Add File." Select the PDF from your device.
5. Adjust Settings:
  - GoodNotes allows you to customise settings such as paper type, cover, etc. Make adjustments as needed.
6. Save:
  - Save the document, and your PDF is now in GoodNotes.



## Uploading to Noteability App:

1. Launch the Noteability app on your iPad.
2. Create a New Note:
  - Tap on the "+" or "New Note" button.
3. Import PDF:
  - Look for an option like "Import" or "Add File." Select the PDF from your device.
4. Adjust Settings:
  - Noteability might have settings for paper type, pen styles, etc. Adjust these according to your preference.
5. Save:
  - Save the note, and your PDF is now in Noteability.

## reMarkable

### Uploading to Remarkable Tablet:

For Remarkable Tablet:

1. Connect to Remarkable Cloud:
  - Make sure your Remarkable tablet is connected to the internet and synced with the Remarkable cloud service.
2. Upload to Cloud:
  - Use the Remarkable app on your computer or mobile device to upload the PDF to the Remarkable cloud.
3. Sync on Remarkable Tablet:
  - Open the Remarkable tablet, go to the cloud section, and sync to download the uploaded PDF.
4. Access the PDF:
  - Locate the PDF in your Remarkable tablet's library, and you can now access it.

**An alternative is to go to open up your PDF on your iPad or Android Tablet and click the share button, then select your preferred application to use (i.e. GoodNotes or Noteability etc) and follow the prompts.**