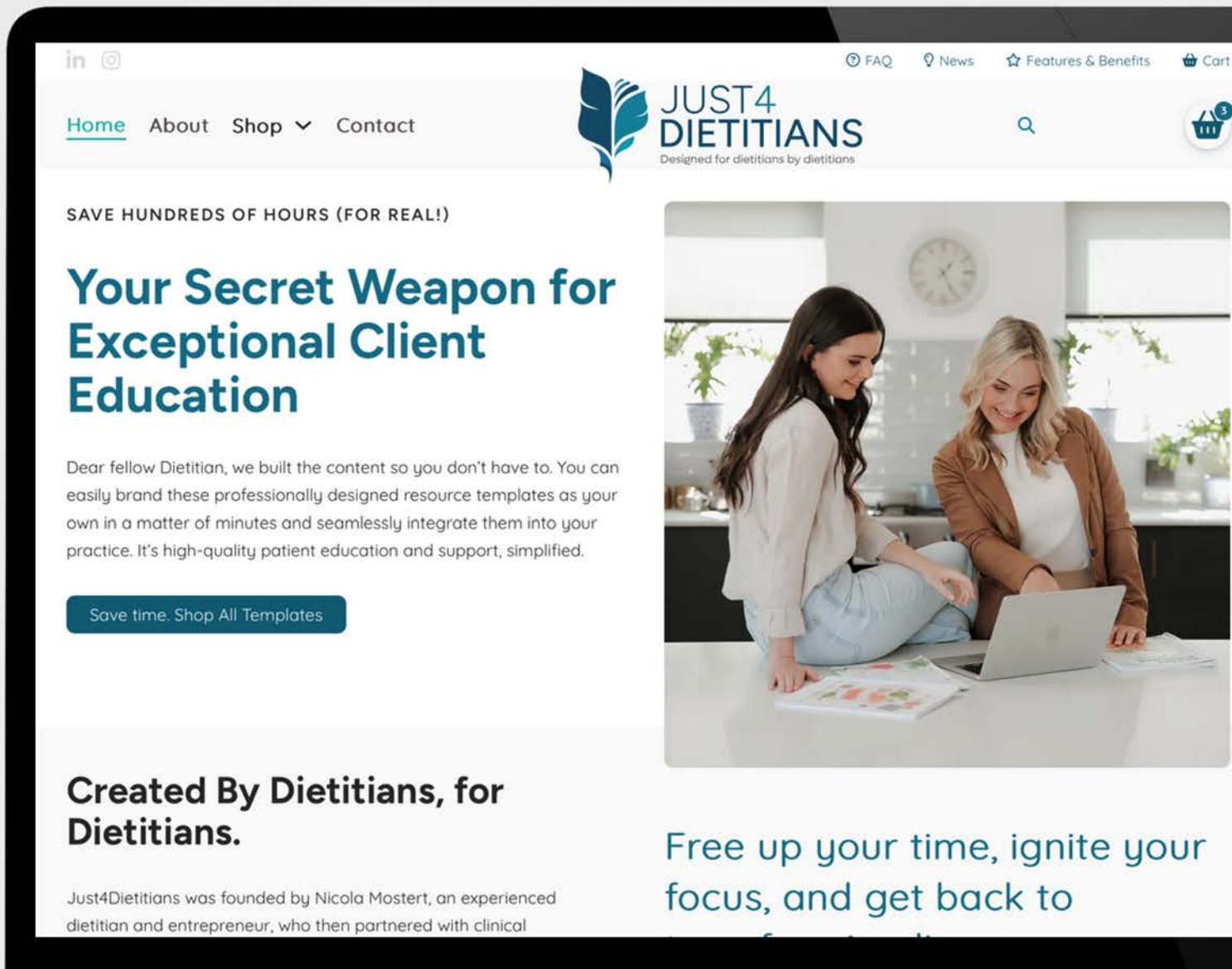




JUST4 DIETITIANS

Designed for dietitians by dietitians

Website and Canva Tool



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Welcome

Welcome to Just4Dietitians.com — your go-to hub for professional tools, templates, and resources created by dietitians, for dietitians.

In this guide, we'll walk you through exactly how to navigate and use the Just4Dietitians website — from browsing and downloading our clinical booklets, two-pagers, and tool kits, to customizing your templates and making the most of every resource designed to support your practice.

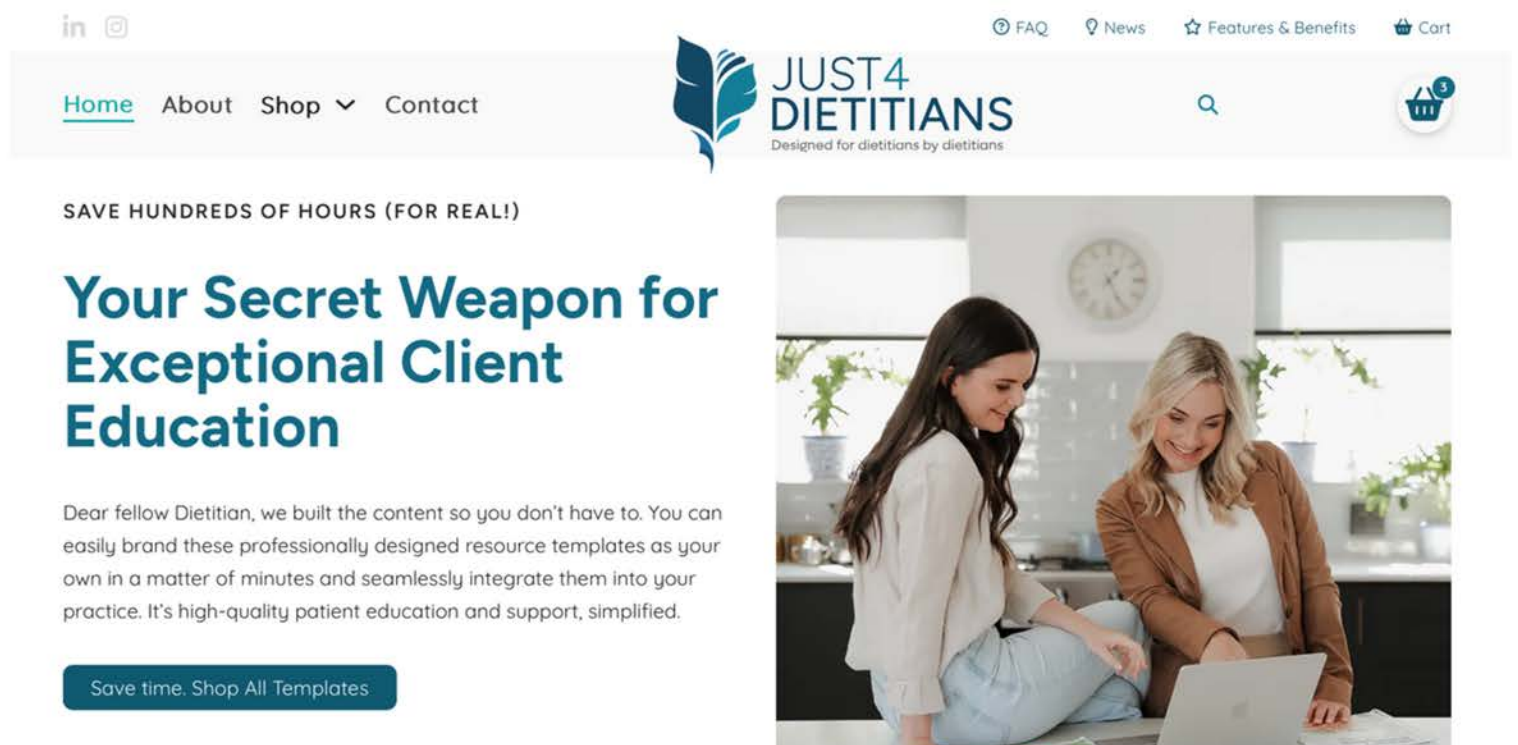
Step 1 - Explore the homepage

The homepage gives you a quick overview of everything Just4Dietitians offers.

Here you'll find:

- Featured products – our most popular or newly released templates.
- Quick navigation tabs to key areas like resources, templates, and our blog.

Spend a few minutes scrolling through the homepage to get a feel for what's available and what section best suits your needs.



The screenshot shows the homepage of Just4Dietitians.com. At the top, there are social media icons for LinkedIn and Instagram on the left, and navigation links for FAQ, News, Features & Benefits, and Cart on the right. Below this is a main navigation bar with links for Home, About, Shop (with a dropdown arrow), and Contact. The Just4Dietitians logo is prominently displayed in the center, with the tagline 'Designed for dietitians by dietitians'. To the right of the logo is a search icon and a shopping cart icon with a notification bubble showing '3' items. The main content area features a large heading 'Your Secret Weapon for Exceptional Client Education' and a subheading 'SAVE HUNDREDS OF HOURS (FOR REAL!)'. Below the text is a paragraph describing the service: 'Dear fellow Dietitian, we built the content so you don't have to. You can easily brand these professionally designed resource templates as your own in a matter of minutes and seamlessly integrate them into your practice. It's high-quality patient education and support, simplified.' A dark blue button with white text 'Save time. Shop All Templates' is positioned below the paragraph. To the right of the text is a photograph of two women, one with long dark hair and one with blonde hair, sitting at a table and looking at a laptop screen together in a bright, modern kitchen setting.

in @

FAQ News Features & Benefits Cart

Home About Shop ▾ Contact

JUST4 DIETITIANS
Designed for dietitians by dietitians

Q

3

SAVE HUNDREDS OF HOURS (FOR REAL!)

Your Secret Weapon for Exceptional Client Education

Dear fellow Dietitian, we built the content so you don't have to. You can easily brand these professionally designed resource templates as your own in a matter of minutes and seamlessly integrate them into your practice. It's high-quality patient education and support, simplified.

Save time. Shop All Templates

Explore

Step 1 - Explore the homepage

Quick feature products



INSTANTLY UPGRADE YOUR TOOLKIT

Our Bestselling Resource Collections

Explore the bundles and resources dietitians globally rely on most. Whether you need an entire library or a single specialty sheet, start here.



Clinical Nutrition Booklets



Two-Pager Handouts



Meal Plans & Tool Kits



BESTSELLING VALUE BUNDLE

Brand as Your Own: Metabolic Syndrome Bundle of 7

Transform the way you educate and empower your patients with the Metabolic Syndrome Bundle, a comprehensive collection of 7 customizable dietary guideline booklets designed to address the key conditions linked to metabolic health.

Quick navigation tabs



[Home](#) [About](#) [Shop](#) [Contact](#)



[FAQ](#)

[News](#)

[Features & Benefits](#)

[Cart](#)



Create an account

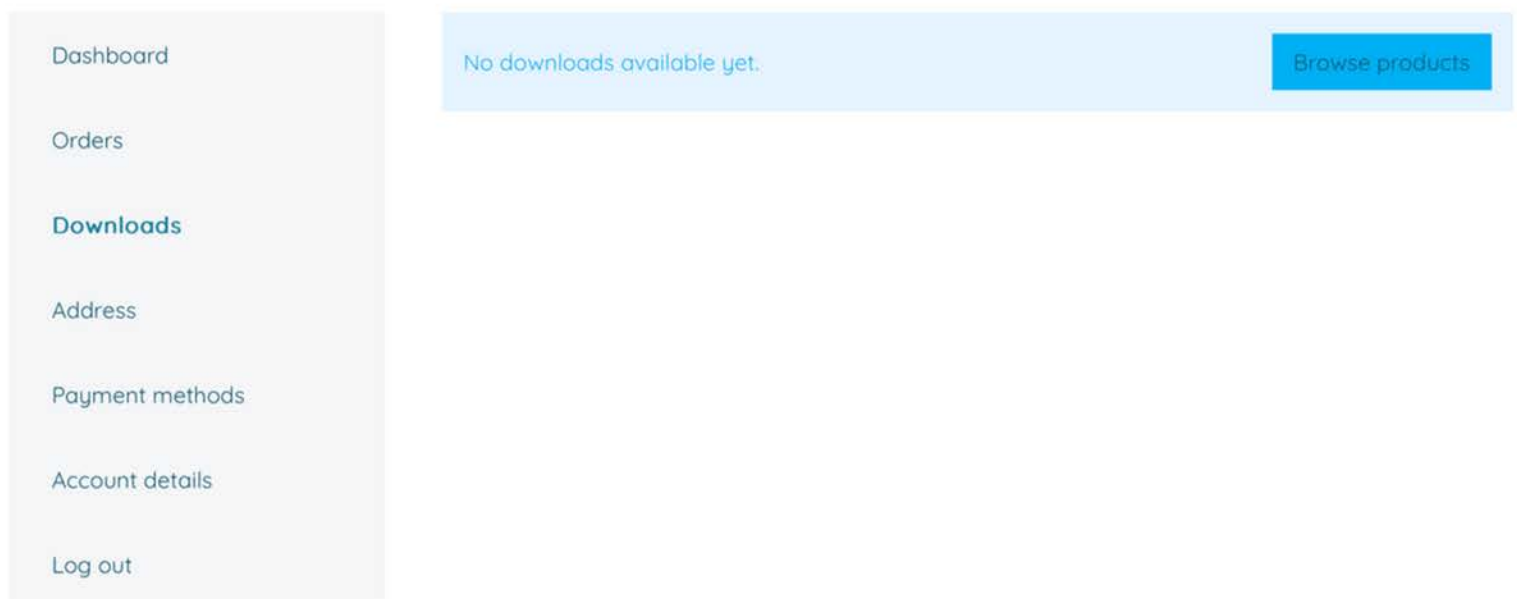
Step 2 - Create your account / Log in

Once you've logged in to your Just4Dietitians account, you can easily access any products or templates you've purchased.

Here's how to find them:

1. Go to the main menu and click on "My Account."
2. Select the "Downloads" tab in your dashboard.
3. You'll see a list of all the products you've purchased or received.
4. Click the "Download" button next to each item to open or save it to your device.

Tip: We recommend downloading and saving your files to a dedicated Just4Dietitians folder on your computer or cloud storage for easy access later. You can re-download your files at any time — they'll always be available under your account.



Browse

Step 3: Browse clinical resources

This is where the heart of Just4Dietitians lives — our curated collection of clinical tools designed for professional use.

You'll find several key resource types:

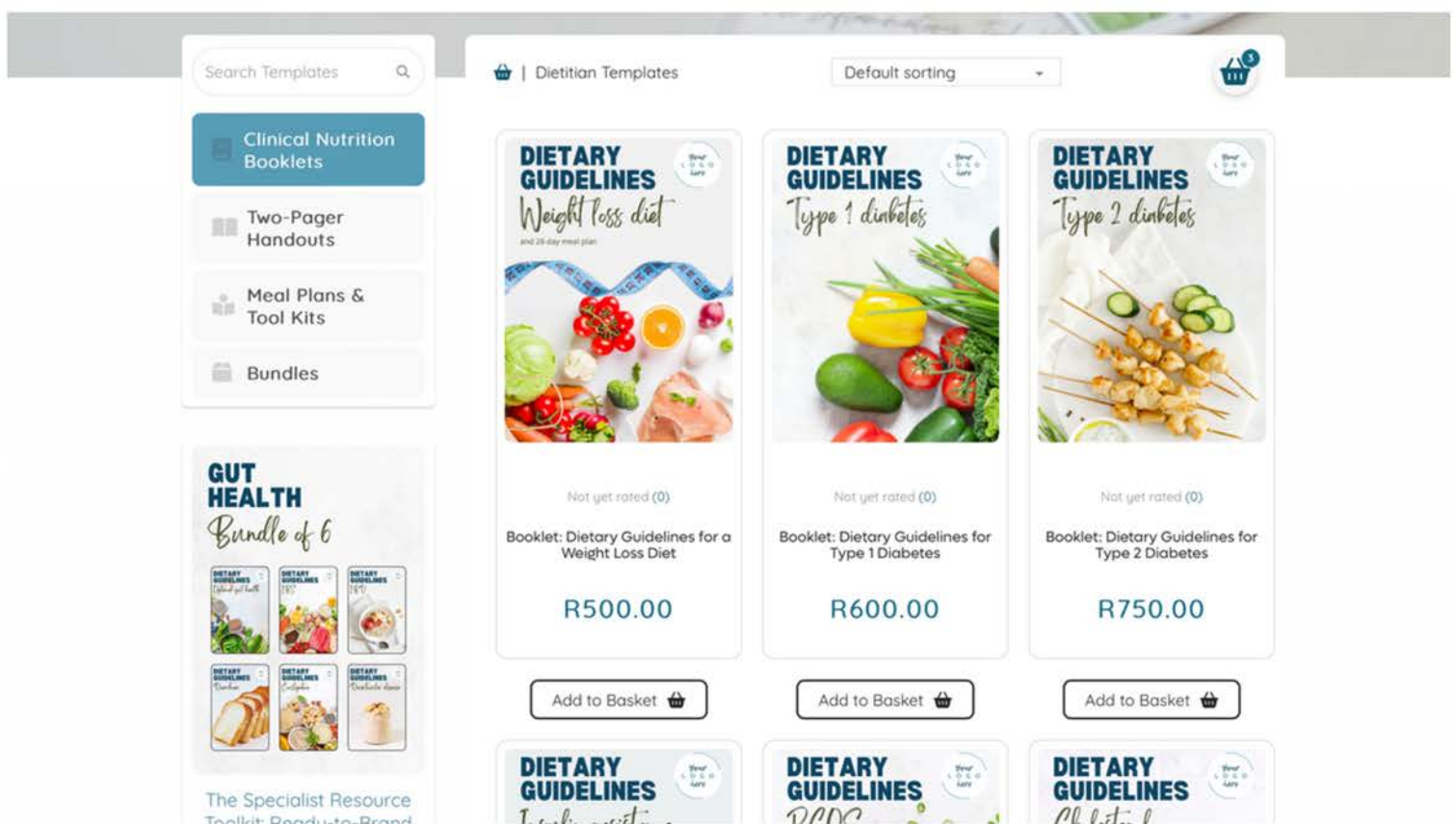
Clinical booklets

Our clinical booklets are in-depth, evidence-based resources covering a wide range of medical nutrition topics.

Each booklet:

- Provides condition-specific dietary guidelines and client-friendly education pages.
- Is fully branded and editable, allowing you to personalize it for your practice.

They're perfect for handouts, workshops, or clinical use during consultations.



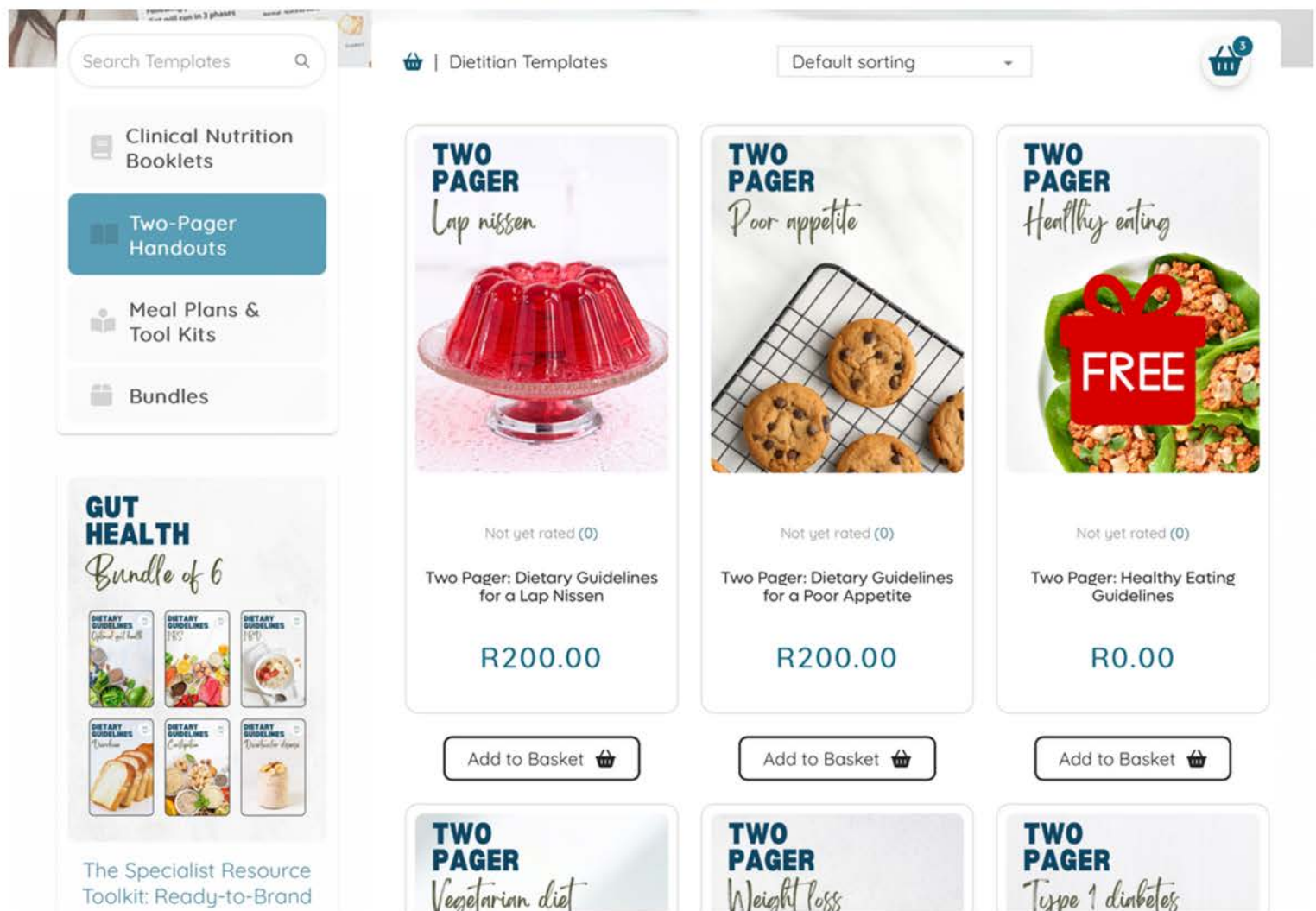
Browse

Step 3: Browse clinical resources - Two-Pagers

Two-pagers

Need something short and impactful? Our two-pager resources are designed to be concise, visual, and easy for clients to understand.

- Each one summarises key nutrition advice for a single condition or topic (e.g., IBS, Iron Deficiency, Cholesterol, Pregnancy).
- They're ideal for quick consultations, email follow-ups, or displaying in waiting rooms.
- Editable in Canva or Word, so you can easily adjust text, colors, and branding.



Browse

Step 3: Browse clinical resources - Meal plans & Tool kits

Meal plans

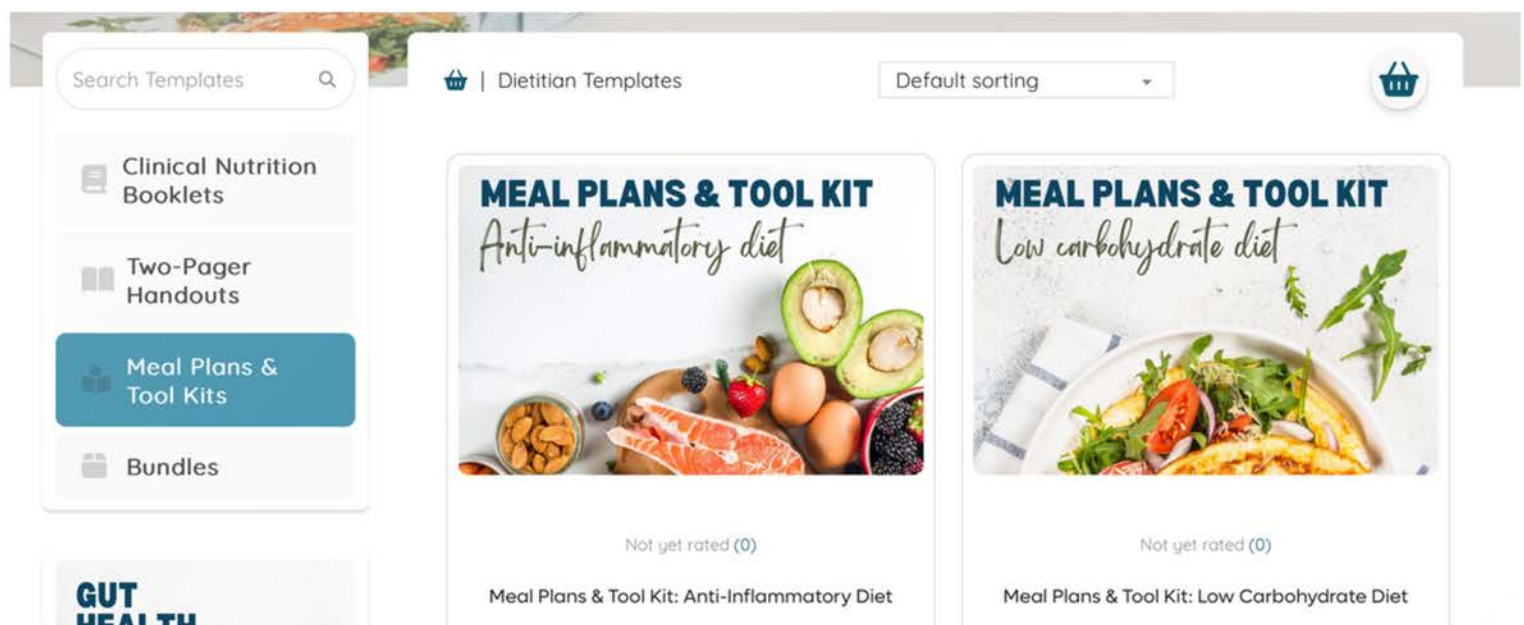
- Each plan is balanced, evidence-based, and created by registered dietitians.
- You'll find both low carbohydrate and anti-inflammatory meal plan templates.
- Each plan includes a full day-by-day breakdown, portion guidance, and swap suggestions.
- All plans are editable — you can adjust servings, meals, or swap ingredients to fit your client's needs.

These meal plans are ideal for printing, digital sharing, or adapting for group programs.

Tool kits

Our tool kits pair perfectly with our meal plan templates to provide patients with everything they need to support long-term lifestyle change.

- Each kit includes recipes, hydration guides, exercise routines, portion visuals and SO much more — all designed to make your plans more practical and engaging.



Check out

Step 4: Add to basket and check out

When you've found a product you'd like:

1. Click "Add to Basket."
2. Once you're done browsing, select the basket icon to review your items.
3. Proceed to checkout and complete your purchase using our secure payment system.

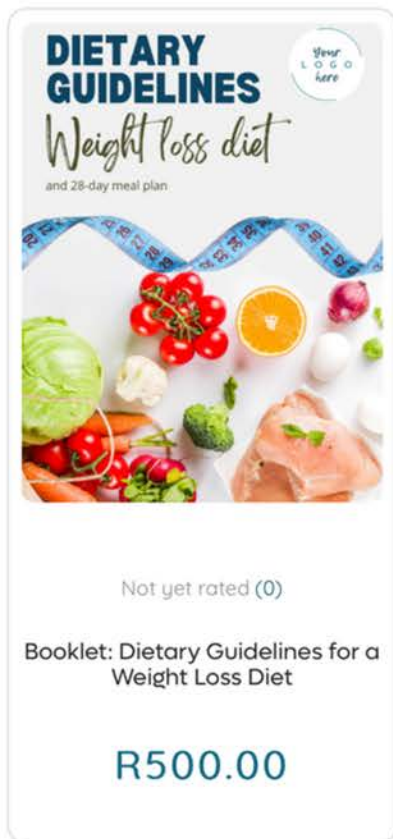
You'll receive:

- An order confirmation email
- Instant access to your downloads under Account → Downloads
- All products are digital and ready to use immediately.

Add to basket

View basket

Place Order



DIETARY GUIDELINES
Weight loss diet
and 28-day meal plan

Not yet rated (0)

Booklet: Dietary Guidelines for a Weight Loss Diet

R500.00

Add to Basket

Default sorting



Booklet: Dietary Guidelines for a Weight Loss Diet **R500.00** ×

Booklet: Dietary Guidelines for Type 1 Diabetes **R600.00** ×

Subtotal: **R1,100.00**

[View Cart](#) [Checkout](#)

What's in your basket?

Product	Subtotal
Booklet: Dietary Guidelines for a Weight Loss Diet	R500.00
Booklet: Dietary Guidelines for Type 1 Diabetes	R600.00
Subtotal	R1,100.00
Total	R1,100.00

Debit/Credit Cards



Conveniently pay with your debit or credit card

☒ Save to account

Your personal data will be used to process your order, support your experience throughout this website, and for other purposes described in our [privacy policy](#).

☒ I have read and agree to the website terms and conditions

[Place order](#)

Fill in the necessary details

Check out

Step 5: Recieving your order

Once your order has been recieved, you will be able to see a summary and details of your order.

[Home](#) [About](#) [Shop](#) [Contact](#)



Order received

Thank you, Your order has been received.

Order number: 12579	Date: October 30, 2025
Email: michaela@4lifeliving.co.za	Total: R0.00

Downloads

Product	Downloads remaining	Expires	Download
Booklet: Dietary Guidelines for a Weight Loss Diet ∞		Never	Brand as your own: Dietary Guidelines for a Weight Loss Diet
Booklet: Dietary Guidelines for Type 1 Diabetes ∞		Never	Brand as your own: Dietary Guidelines for Type 1 Diabetes

Order details

Booklet: Dietary Guidelines for a Weight Loss Diet × 1	R500.00
Booklet: Dietary Guidelines for Type 1 Diabetes × 1	R600.00
Subtotal:	R1,100.00
Discount:	-R1,100.00
Total:	R0.00

Order again

Check out

Step 5: Recieving your order

You will also recieve an email from us. Click on the link next to each product to download them.

 **Just4Dietitians** <mail@just4dietitians.com> Today at 15:10
To:  Michaela Keen



JUST4DIETITIANS

Designed for dietitians by dietitians

Good things are heading your way!

Hi Michaela,

We have finished processing your order.

Here's a reminder of what you've ordered:

Downloads

Product	Expires	Download
Booklet: Dietary Guidelines for a Weight Loss Diet	Never	Brand as your own: Dietary Guidelines for a Weight Loss Diet
Booklet: Dietary Guidelines for Type 1 Diabetes	Never	Brand as your own: Dietary Guidelines for Type 1 Diabetes

Order summary

Order #12579 (October 30, 2025)

Save your files

Step 6: Download and save your files

- Once you have downloaded it, you will receive a PDF similar to the one below.
- Click where it says “Click here to access your template” to open your canva template.
- Then you will be ready to customize your template!



This link will take you to the canva document that you purchased.

Once you are on the canva document, you can then customise it to make it your own.

Step 7: Customize and use - Changing logos

Each product is fully editable — giving you control over your professional branding.

You can:

- Add your logo, contact details, and practice colors.
- Adjust the text to reflect your tone or clinical approach.
- Translate or localize content for your patient base.
- Our goal is to give you a strong foundation that you can make uniquely yours.

Once customized, you can:

- Print it for consultations.
- Share digitally with clients.
- Include it in your clinic welcome packs or presentations.



In order to save you time, we have designed our document in a way that requires minimal editing from your side.

All you need to do is click on the image that says “Your Logo Here”. Delete it and add in your own logo.

Step 7: Customize and use - Changing names

©2026 Your Practice Name

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Add in your practice name by clicking into the text block and replacing.

Make sure you delete this page when designing your own Canva Template

Remember to delete the last page in the document.

You can replace it with a page of your practice details so that patients can easily get hold of you.

Follow us on social media

Follow us on social media for exciting updates and new interesting information. Connect with others on our socials for support and inspiration.



Instagram: just4dietitians



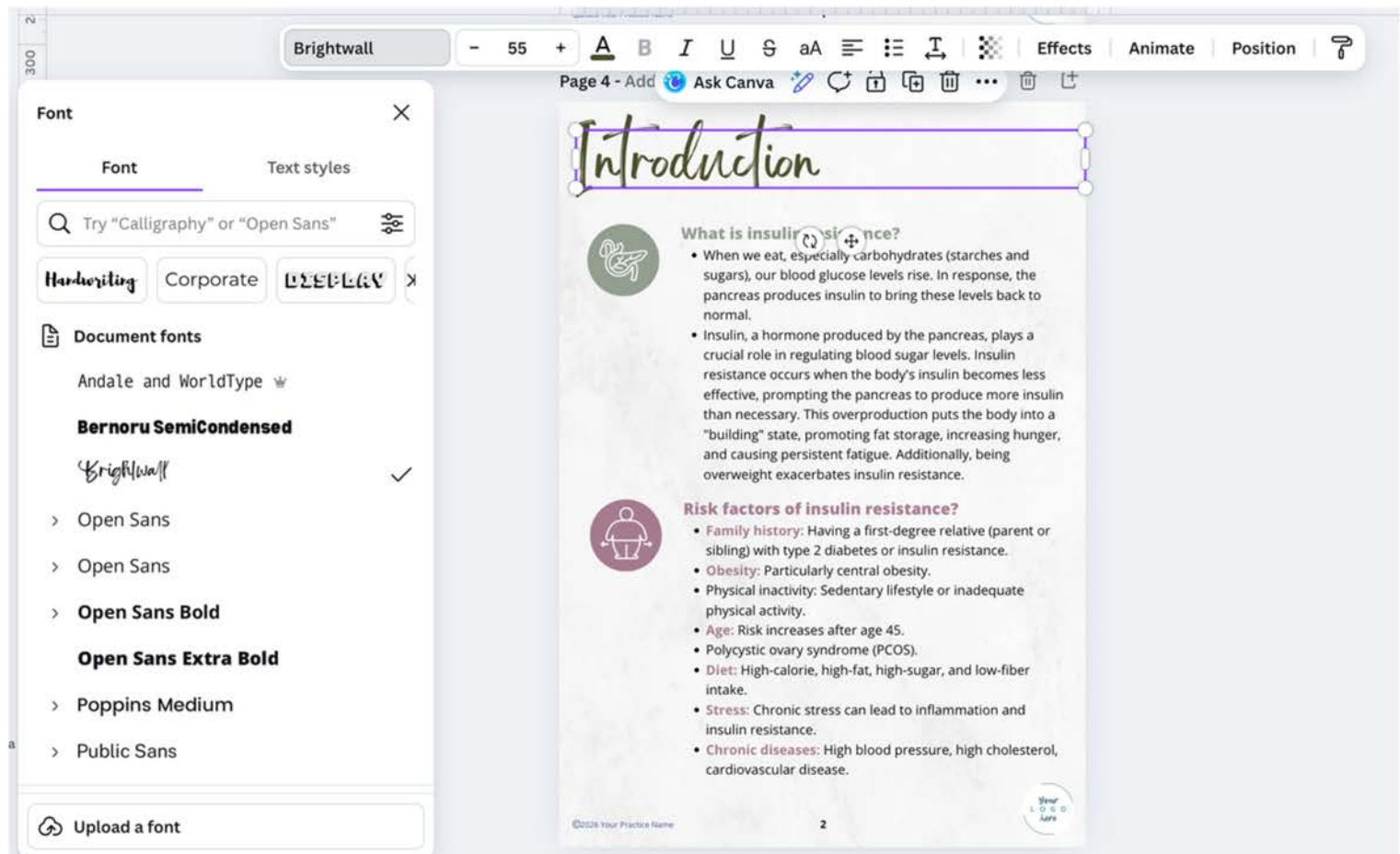
LinkedIn: Just4Dietitians



Step 7: Customize and use - Changing fonts

Here is a simple guide on how you can change fonts:

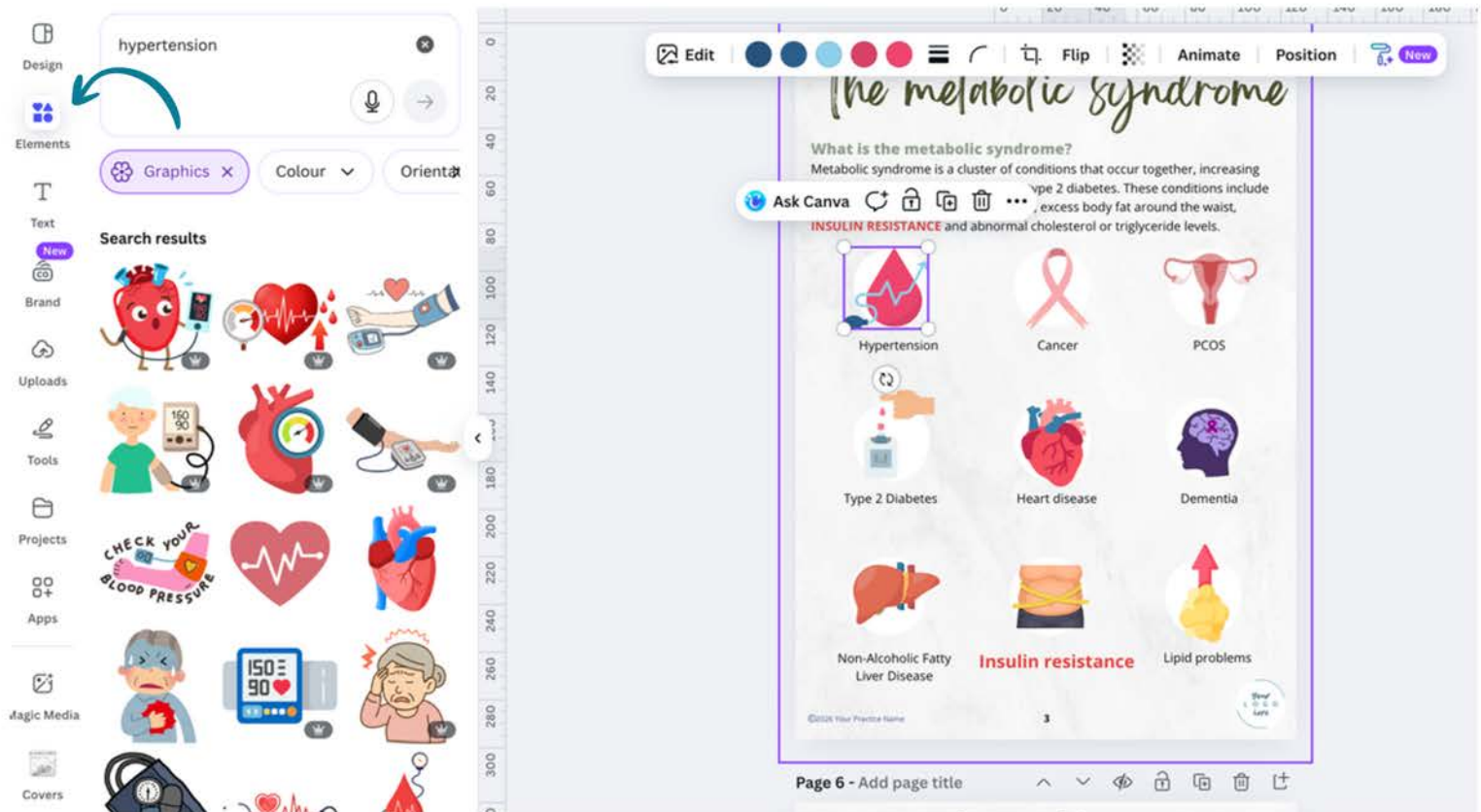
- Select the text you want to change and click directly on the text box.
- You'll see a toolbar appear at the top of your screen.
- Choose a new font
- In the top toolbar, click the Font dropdown menu (it shows the current font name).
- Browse through Canva's available fonts or use the search bar to find one you like.
- Click the font name to apply it instantly to your text.
- Adjust font size and style
- Use the toolbar to change the font size, color, or alignment.
- You can also use bold, italic, or uppercase for emphasis.



Step 7: Customize and use - Changing images

Here is a simple guide on how you can change images:

- Click on the image you want to replace.
- **To use your own photo:** Go to Uploads → Upload files and select an image from your device. Once uploaded, drag your photo over the existing image to replace it.
- **To use Canva images:** Go to Elements → Photos and type a keyword (e.g., “nutrition,” “food,” “healthy lifestyle”). Drag the image you like over the existing one, or place it anywhere on your design.
- Double-click to crop or reposition the image until it fits perfectly.
- Use Edit photo or Flip in the top toolbar to adjust lighting, tone, or orientation.
- 💡 **Tip:** Choose bright, clean, and professional visuals to keep your designs in line with the Just4Dietitians look and feel.



Follow us on social media

Follow us on social media for exciting updates and new interesting information. Connect with others on our socials for support and inspiration.



Instagram: just4dietitians



Website: www.just4dietitians.com



LinkedIn: Just4Dietitians

JUST4DIETITIANS Pty(Ltd)



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