Beginning with 0.05 units per kg weight before every main meal

Pre-prandial blood glucose measurements, 2h - postprandial and also before the next main meal (6 measurements a day) before every main meal

Postprandial and before the next main meal, usually 60-160 mg/dl
Keep dose constant

Postprandial with 5 out 7 days >160 mg/dl and no hypoglycemia until the next meal (blood glucose >50 mg/dl)
After 1 week, increase the dose before this meal by 10-20% (approximated to full or half units) and again evaluate the blood glucose level. After another week further dose increase may be advisable.

Postprandial or before the next main meal <50 mg/dl or symptomatic hypoglycemia
The next day, decrease the dose by 10-20% (approximated to full or half units) before this meal. Re-evaluate the blood glucose level. A dose adjustment may be necessary.