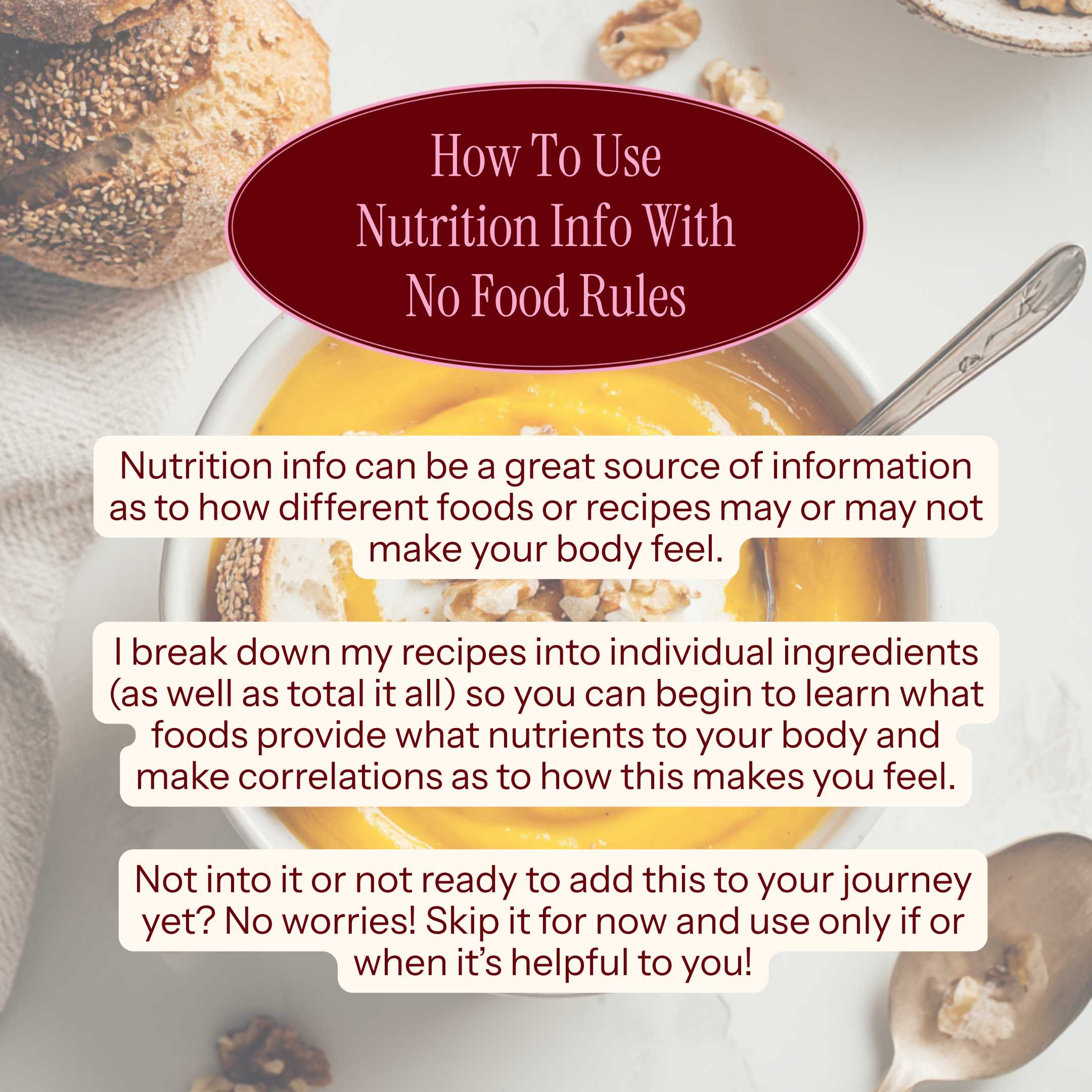


A top-down view of a white bowl filled with a vibrant yellow soup, topped with a dollop of white cream and a few walnut pieces. To the left of the bowl is a piece of rustic, golden-brown bread with a dark, seed-studded crust. Several walnuts are scattered on the white surface around the bowl. A silver spoon is partially visible on the right side of the bowl. The background is a light, neutral-toned surface.

How To Use Nutrition Info With No Food Rules

Nutrition info can be a great source of information as to how different foods or recipes may or may not make your body feel.

I break down my recipes into individual ingredients (as well as total it all) so you can begin to learn what foods provide what nutrients to your body and make correlations as to how this makes you feel.

Not into it or not ready to add this to your journey yet? No worries! Skip it for now and use only if or when it's helpful to you!

Nutrition
Info

Pumpkin Cheesecake
Bagel Bowl

			Calories	Fat	Protein	Carbs	Fiber	Cost
0.5	cup	cottage cheese, low fat	90	1	13	5	1	0.515
0.5	scoop	protein powder, vanilla,	60	1	12	1.5	0	0.635
0.5	cup	pumpkin puree	40	0	1	10	3	0.56
1	tsp	vanilla extract	12			1		0.4575
0.5	tsp	pumpkin spice season.	0	0	0	0	0	0.046
0.5	each	bagel, whole wheat	125	1	5.5	25	3.5	0.33
1	tbsp	whipped cream cheese	25	2.25	0.5	1	0	0.103
2	tbsp	walnuts	100	10	3	2	1	0.199
			452	15.25	35	45.5	8.5	2.8455

Nutrition info is an estimate and may vary depending on preparation, ingredients, etc.