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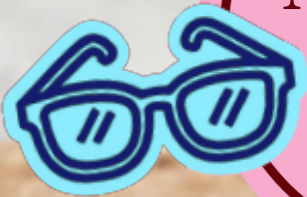
How To Use Our Nutrition Information



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

We break down our 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



Asian Chicken Salad Wrap

			Calories	Fat	Protein	Carbs	Fiber	Cost
4	oz	chicken breast, boneless, skinless	140	3	25	0	0	0.429
1	tbsp	soy sauce	5	0	1	1	0	0.052
1	each	cucumber, large	34	0.5	1.9	6	2	0.72
1.5	cup	coleslaw mix	25	0	1	5	2	0.436
1	tbsp	whipped mayo	40	3.5	0	2	0	0.055
1	each	8" tortilla, whole wheat	110	2	4	22	5	0.326
0.125	cup	peanuts	80	7	3.6	3	1	0.08
			434	16	36.5	39	10	\$2.10

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