



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

Snickers Snack Bowl

			Calories	Fat	Protein	Carbs	Fiber	Cost
1	tsp	maple syrup	17	0	0	4	0	0.08
0.25	cup	Greek Yogurt, Plain, non-fat	60	0	10.66	4	0	0.47
1	each	dates	55	0	0.5	16.5	1.5	0.16
2	tbsp	cocoa powder	20	1	0	6	4	0.16
2	tbsp	peanuts	80	7	3.5	3	1	0.08
			232	8	15	34	7	\$0.95

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