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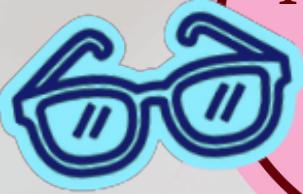
How To Use Our Nutrition Information



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

Ham + Cheese Breakfast Pocket



			Cal	Fat	Protein	Carbs	Fiber	Cost
0.5	each	Whole Wheat Pita	100	1.25	3	19	2.5	0.2475
2	each	Eggs	140	10	12	2	0	0.5
0.25	cup	Low Fat Cottage Cheese	45	0.5	6.5	2.5	0	0.25
2	oz	Sliced Ham Deli Meat	60	1.5	10	3	0	0.83
0.5	oz	Cheddar Cheese	55	4	3	0	0	0.125
0.25	each	Avocado	80	6	1	6	3	0.1875
			480	23.25	35.5	32.5	5.5	2.14

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