

Ingredients Meals Diets Days

meal/create

Create New Meal

Meal Name: _____

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meal/build/1

Components

Cobb Salad

Current Ingredients	
Ingredient	Servings
• Egg	0.75
• Bacon	1.5
• Avocado	0.5

Add Ingredient

Choose Ingredient
Carrot
Chicken
Pepperoni
Rice (white)

Servings: _____

Current Meal Stats	
Calories	30
Saturated Fat	10
Polyunsaturated Fat	4
Monounsaturated Fat	8
Trans Fat	0
Total Fat	22
Cholesterol	30
Sodium	4
Potassium	8
Dietary Fiber	3
Sugar	2
Total Carbs	8
Net Carbs	3
Protein	15