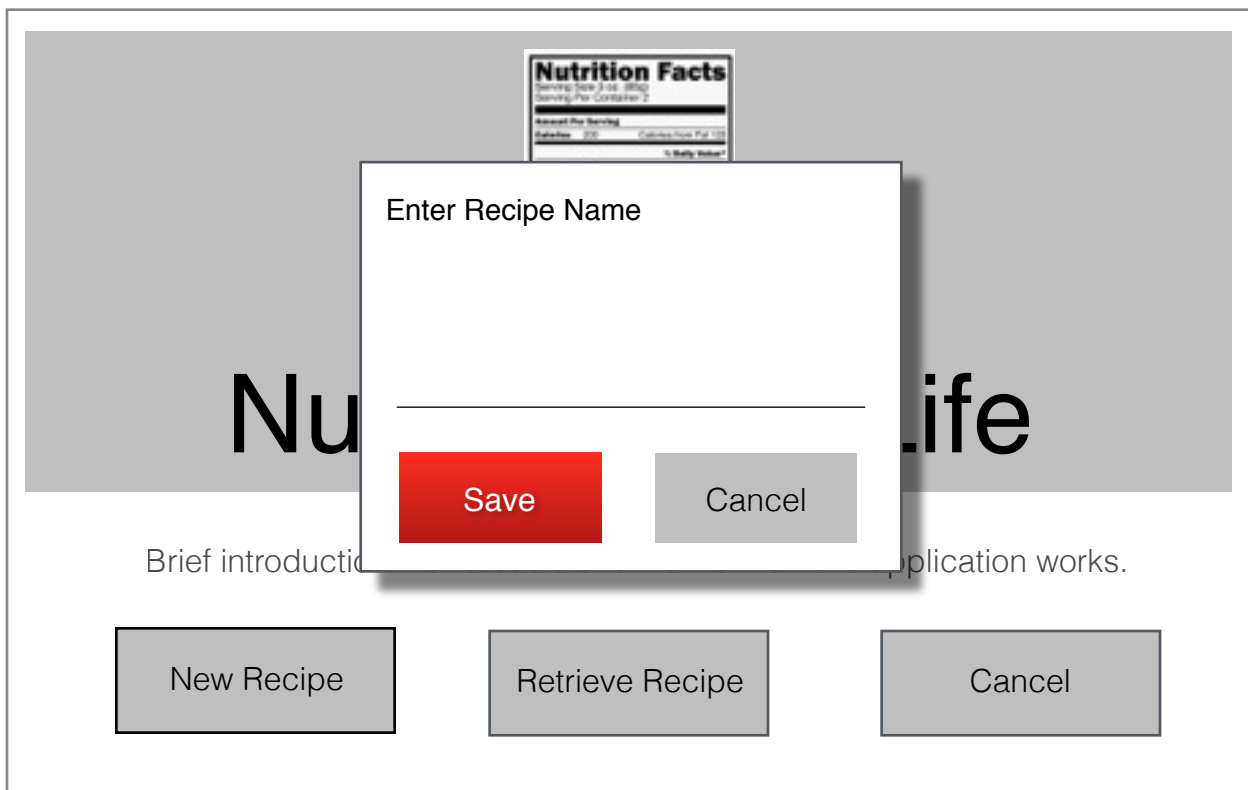


Intro page with “New Recipe” button highlighted to indicate selection.



User enters Recipe name and selects “Save”.

## Recipe Name

Brief instructions on how the chart works and how to enter ingredients.

	Ingredient	Amt	Cal	Fat	Chol	Carbs	Sodium	Protein
<b>Add</b>	<b>Edit</b>							

### Nutrition Label

Brief instructions on the next step to take.

Enter # servings \_\_\_\_ Enter weight (optional) \_\_\_\_

Get Nutrition Label

User selects “add” button to add an ingredient. All areas that are not accessible are greyed out. These areas include the add and edit buttons for other rows and the Nutrition label area.

## Recipe Name

Brief instructions

<b>Add</b>	<b>Edit</b>

Nutrition Label  
Brief instructions  
Enter # servings

Enter Ingredient Name

Recipe Amount

Calories

Fat

Cholesterol

Sodium

Carbohydrates

Fiber

Protein

Save

Cancel

User enters the values for each ingredient and selects “Save”.

## Recipe Name

Brief instructions on how the chart works and how to enter ingredients.

		Ingredient	Amt	Cal	Fat	Chol	Carbs	Sodium	Protein
Add	Edit	Ingredient	1	223	19	10	20	155	5
Add	Edit	Ingredient 2	2	400	20	22	11	0	2
Add	Edit	Ingredient 3	12	11	23	52	11	3	22
Add	Edit	Ingredient 4	5	500	22	1	35	55	

### Nutrition Label

Brief instructions on the next step to take.

Enter # servings  Enter weight (optional)

[Get Nutrition Label](#)

As soon as at least one ingredient is entered, the user can look at the Nutrition Label. They can choose to enter number of servings (default of 1) and/or weight. Then user selects “Get Nutrition Label” button.

## Recipe Name

Brief instructions on

to enter ingredients.

		Ingredient	Amount Per Serving		os	Sodium	Protein
Add	Edit	Ingredient	Calories	200			
			Calories from Fat 120				
			% Daily Value*				
			Total Fat	15g	20	155	5
			Saturated Fat	5g	28		
			Trans Fat	3g		0	2
			Cholesterol	30mg	10		
			Sodium	650mg	28	3	22
			Total Carbohydrate	30g	10		
			Dietary Fiber	0g	0		

### Nutrition Label

Brief instructions on

Enter # servings

[Get Nutrition Label](#)

Nutrition Facts	
Serving Size 3 oz. (85g)	
Serving Per Container 2	
Amount Per Serving	
Calories	200
Calories from Fat 120	
% Daily Value*	
<b>Total Fat</b> 15g	<b>20 %</b>
Saturated Fat 5g	<b>28 %</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10 %</b>
<b>Sodium</b> 650mg	<b>28 %</b>
<b>Total Carbohydrate</b> 30g	<b>10 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 5g	
<b>Protein</b> 5g	

[Print Label](#)

[Print All](#)

User can change ingredient values at any time to update Label. When finished, select “Get Nutrition Label” to print the label or the label with the ingredient list.

