

Displaying Nutrition Data

So I wanna show you this little feature over here at the top of the recipe collection. It's this little "nutrition facts". You can toggle this on and off just by clicking it, and you'll see that if you click it on, the nutrition facts pop up below your collection for the day. Or it gives it the information to you by column. So basically what this means is right now, it's only showing the data for one recipe because I only have one recipe up here. I have a breakfast recipe. Now if you add lunch and dinner to that, it's going to give you all the data for the entire day. So if you're looking to meet certain caloric needs, or you're trying to balance your Macros, this is a great way to play around with your meals to get the right balance for the full day. This is not data for the specific meal. That's located on the individual recipes. This is for the entire day.