Urban Nutrition, LLC
Life is hectic, eating healthy shouldn't be.

Nutrient Analysis Worksheet

Name of Product/Recipe:	
Number of Servings:	
Weight per serving (grams):	

Ingredients: (Please list in descending order by weight)

Ingredient	Descriptors	Volume	Weight
(brand name if available)	*(fresh, frozen, canned, dried etc.)*	*(cups, tbsp.)*	*(grams, lbs.)*

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