


Lebensmittel und Produkte in Lebensmitteldatenbanken suchen



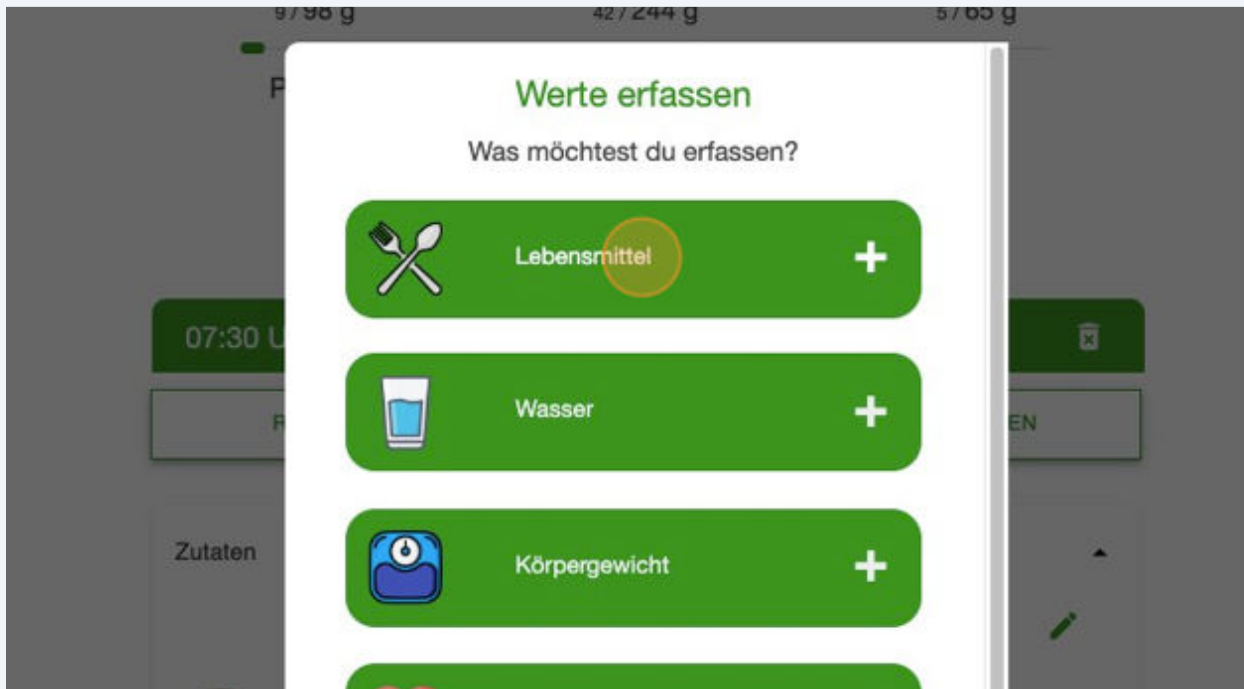
1 Navigiere zu demo.nattygainscoaching.com/plan

2 Klicke den "Tracken" Button

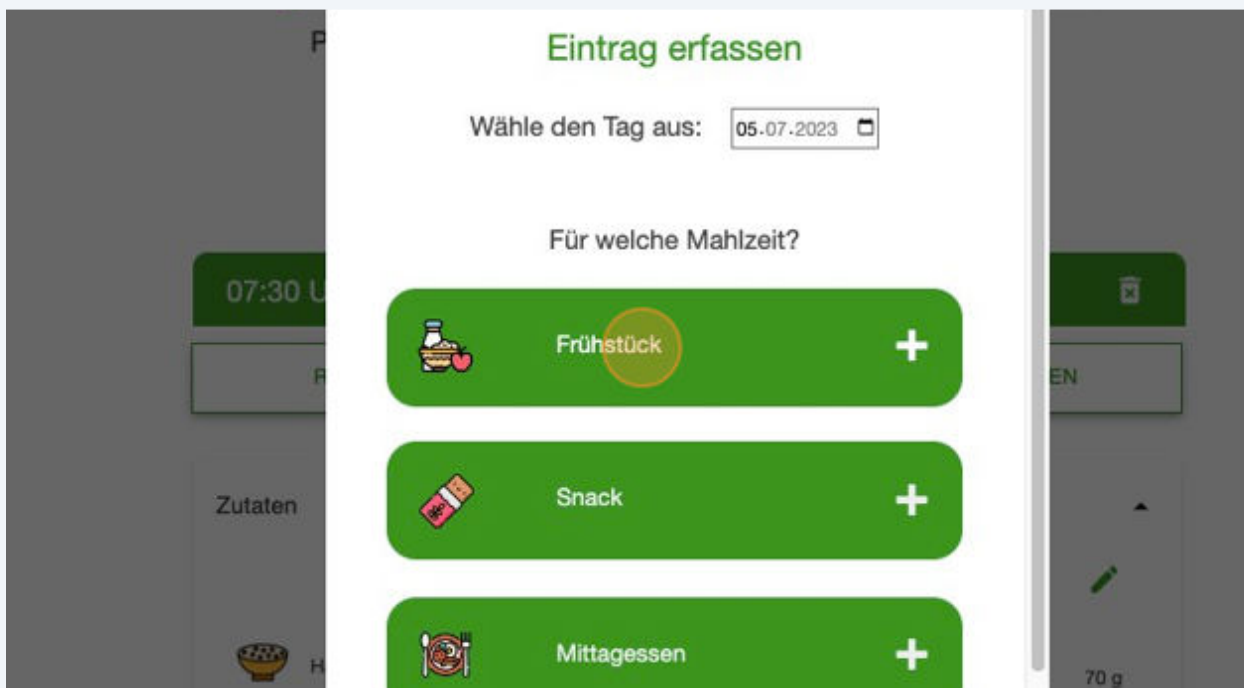
 Haferflocken	70 g
Zubereitung	▼
Nährwerte	▲
Kalorien	261 kcal
Proteine	9 g
Fette	5 g
Kohlenhydrate	42 g
Ballaststoffe	7 g

Tracken +

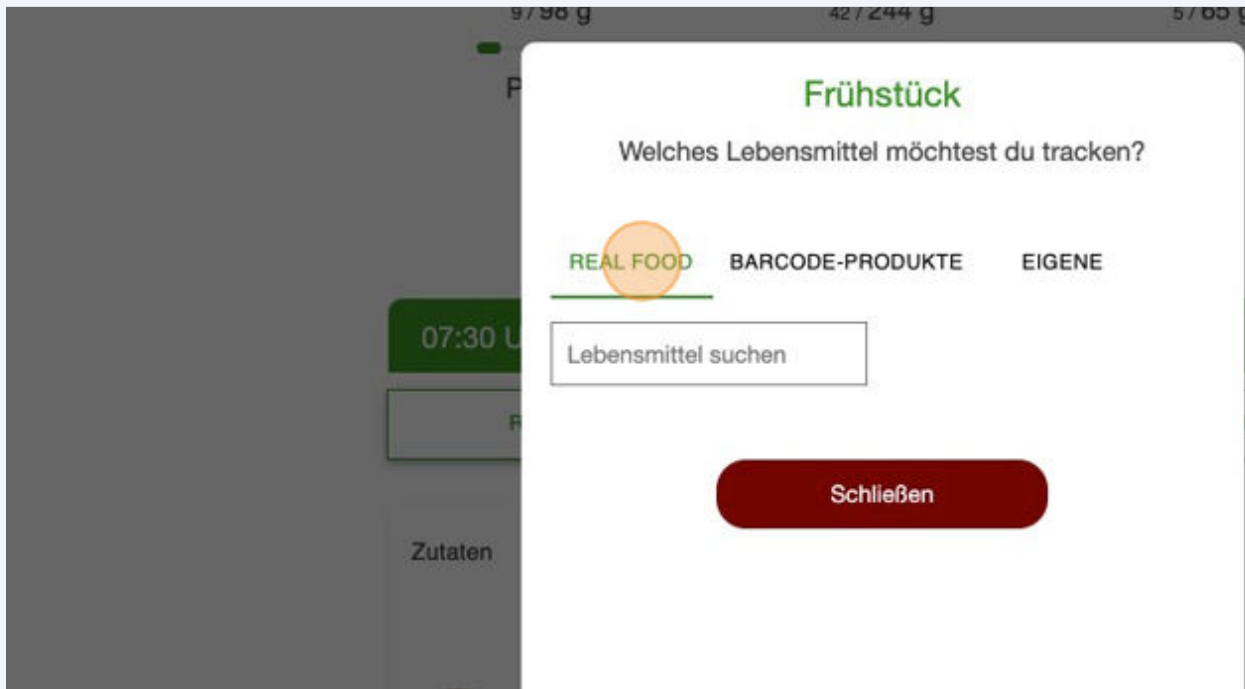
3 Klicke "Lebensmittel"



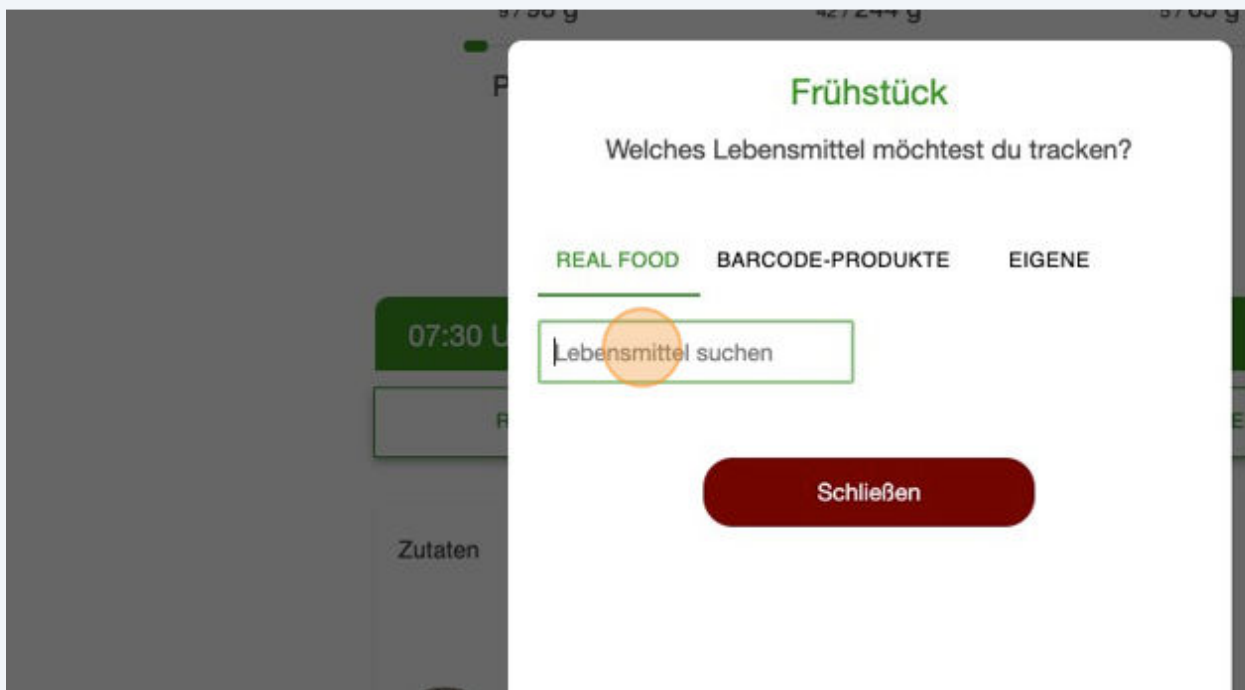
4 Klicke z.B. "Frühstück"



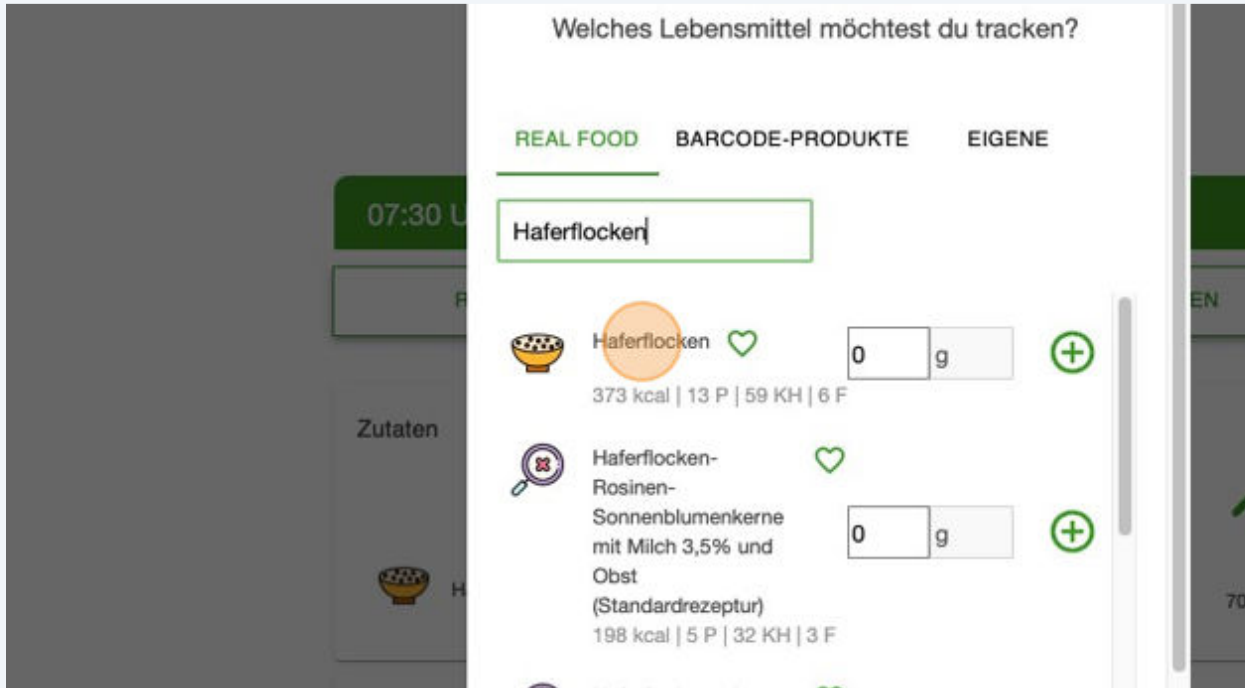
5 Option 1: "REAL FOOD"



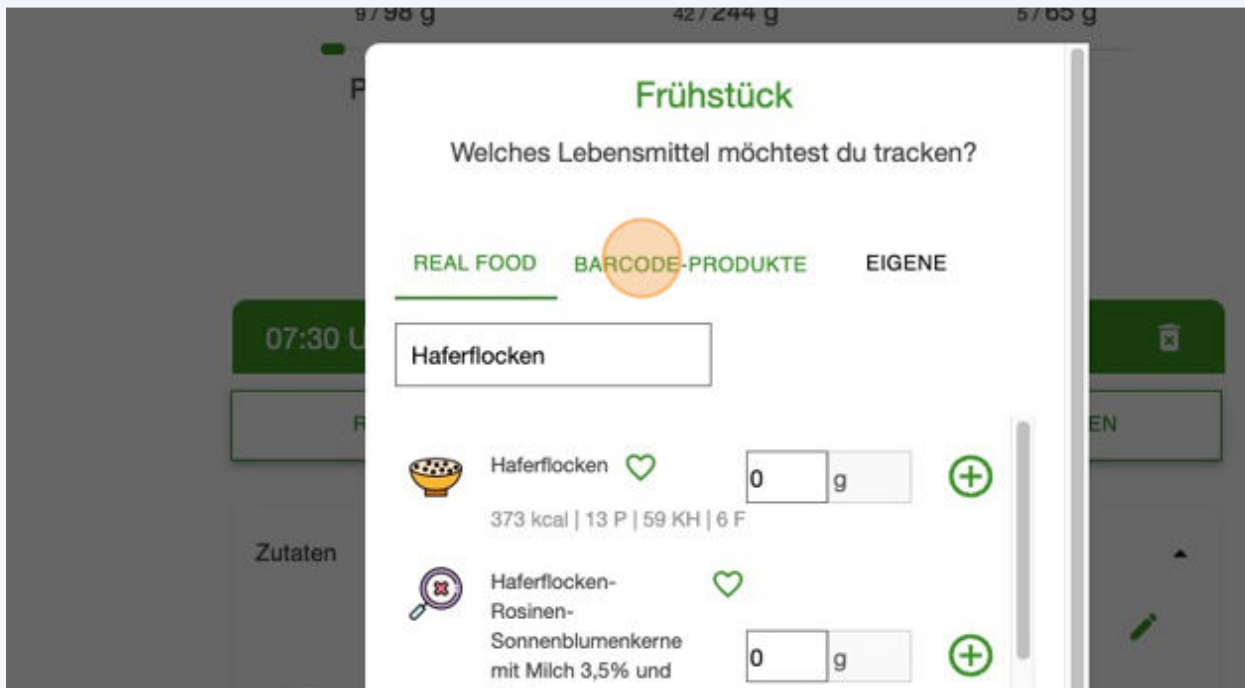
6 Suche z.B. "Haferflocken"



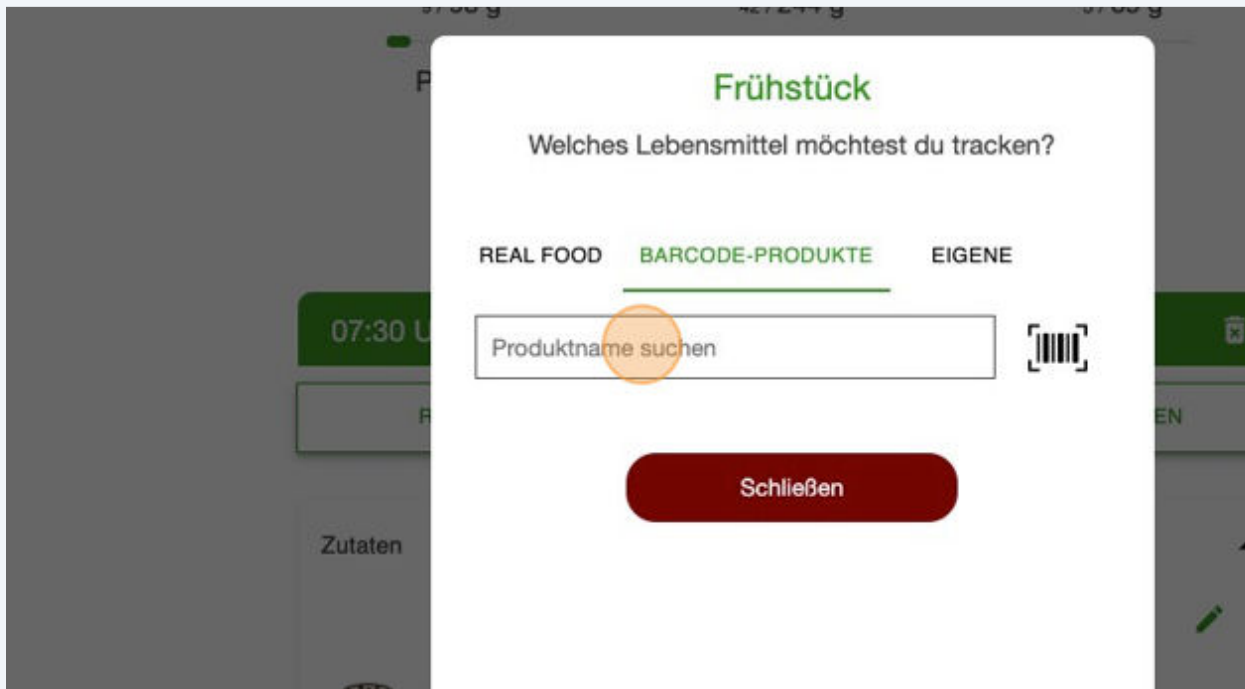
7 Finde "Haferflocken"



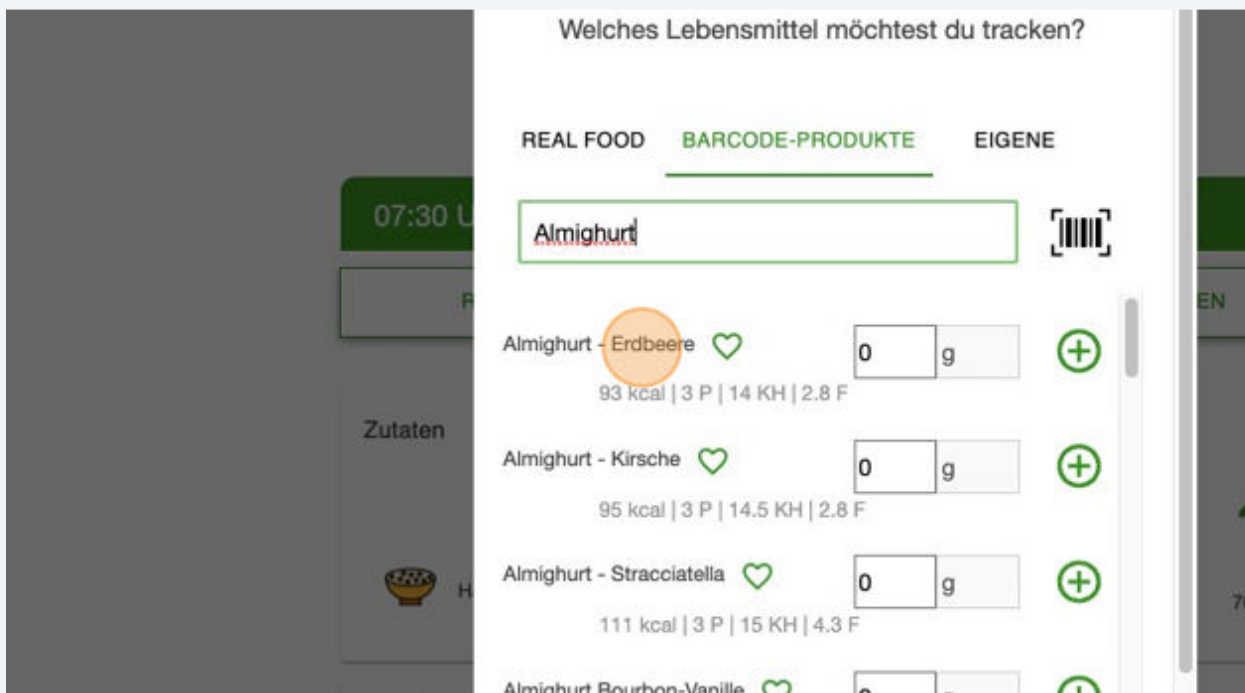
8 Option 2: "BARCODE-PRODUKTE"



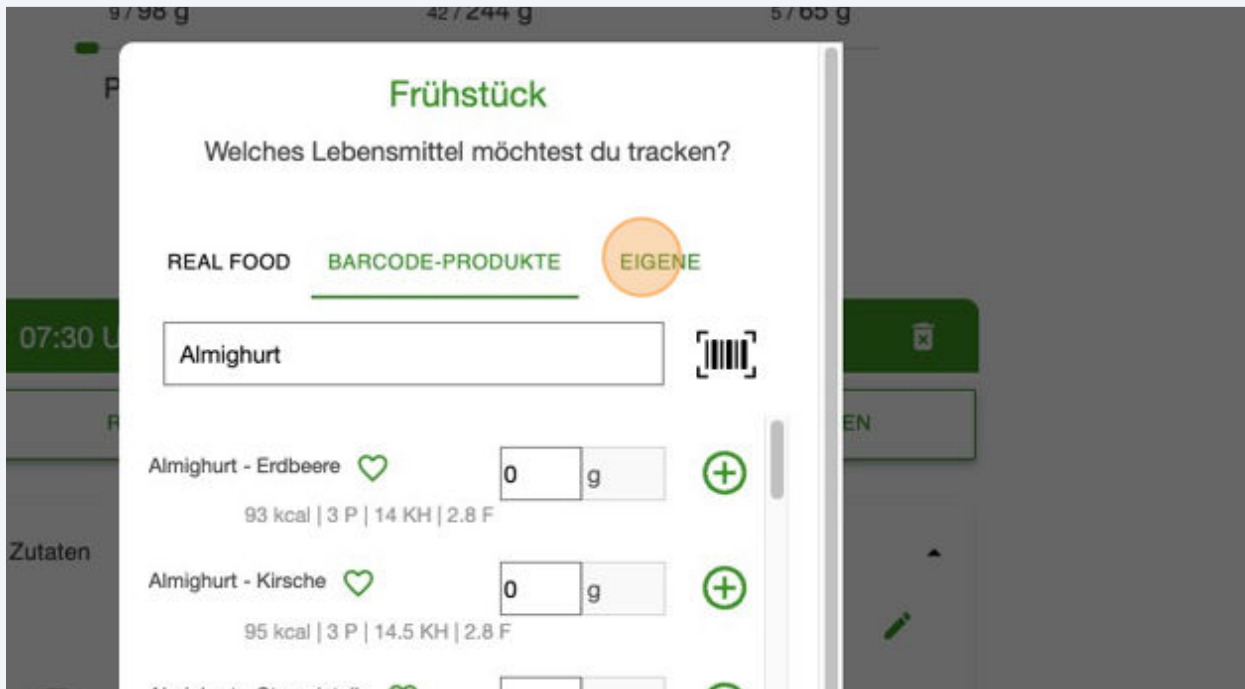
9 Suche z.B. "Almighurt"



10 Finde z.B. "Almighurt - Erdbeere"



11 Option 3: "EIGENE"



12 Klicke "Schließen"

