

Great Nutrition Calculator – Make 30/30/40 bars, power bars, honey bombs etc.

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www.zonecalc.com

This is a free food calculator that lets you monitor your portions and percentages of fats proteins and carbohydrates you are eating per meal or per recipe. Good for exposing when your "healthy" chicken breasts are turning into "unhealthy" chicken dinners.

There is also a recipe that allows you to make your own 40/30/30 bars or fitness bars of any ratio you want for around 50 cents per bar . It works really well.

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