



# How MenuSano Works

MenuSano is a 3 step process:

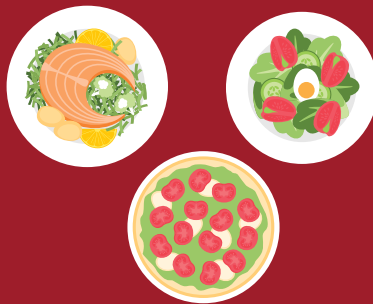
1

Input your recipes



2

Assemble your recipes to form your Dishes



3

Print/export your menu or nutritional Label



Step 1

When you input your recipes, the MenuSano nutrition calculator generates the nutritional composition of your recipe with a nutrition facts label. You can export or print this nutrition label anytime. Here you can adjust the quantities and ingredients to achieve the desired nutritional profile you want.

Step 2

Combine your recipes that make up your dishes. A new nutrition label is generated to reflect the nutritional composition of the whole dish with a nutrition facts label. Experiment with the quantities to achieve the desired nutritional profile you want.

Step 3

Combine your dishes to create a menu which will display the nutritional composition of each dish and then print or export the menu. Or print/export the nutrition facts label to attach to a food product or display on your website, brochures, or anywhere you want!

