

dr.yumproject

eat well. change your world.



5 ways to help you eat healthier

1. meal-o-matic

Plug in your ingredients on hand to make a customized recipe. In the app store or free online.

2. recipe tags

All of Dr. Yum's recipes are tagged. Use tags like Allergy Friendly, Babyfood Option and Vegetarian for easy searchability.

3. dr. yum's meal planner

Meal planning is the key to skipping the drive-thru. Take control by planning weekly menus with healthy, delicious recipes based on PREP TIME!

4. nutrition information

Sarah, our registered dietitian provides a thorough nutrition analysis of each recipe.

5. dr. yum's favorite foods

Need ideas or want to know more about some of our favorite foods? Discover health benefits, interesting facts, storage tips, and recipe ideas for both familiar and unfamiliar ingredients!



doctoryum.org

dr.yumproject

eat well. change your world.



5 ways to help you eat healthier

1. meal-o-matic

Plug in your ingredients on hand to make a customized recipe. In the app store or free online.

2. recipe tags

All of Dr. Yum's recipes are tagged. Use tags like Allergy Friendly, Babyfood Option and Vegetarian for easy searchability.

3. dr. yum's meal planner

Meal planning is the key to skipping the drive-thru. Take control by planning weekly menus with healthy, delicious recipes based on PREP TIME!

4. nutrition information

Sarah, our registered dietitian provides a thorough nutrition analysis of each recipe.

5. dr. yum's favorite foods

Need ideas or want to know more about some of our favorite foods? Discover health benefits, interesting facts, storage tips, and recipe ideas for both familiar and unfamiliar ingredients!



doctoryum.org

dr.yumproject

eat well. change your world.



5 ways to help you eat healthier

1. meal-o-matic

Plug in your ingredients on hand to make a customized recipe. In the app store or free online.

2. recipe tags

All of Dr. Yum's recipes are tagged. Use tags like Allergy Friendly, Babyfood Option and Vegetarian for easy searchability.

3. dr. yum's meal planner

Meal planning is the key to skipping the drive-thru. Take control by planning weekly menus with healthy, delicious recipes based on PREP TIME!

4. nutrition information

Sarah, our registered dietitian provides a thorough nutrition analysis of each recipe.

5. dr. yum's favorite foods

Need ideas or want to know more about some of our favorite foods? Discover health benefits, interesting facts, storage tips, and recipe ideas for both familiar and unfamiliar ingredients!



doctoryum.org