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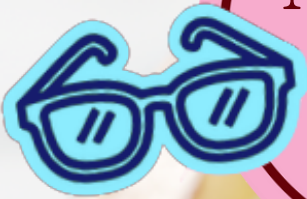
How To Use Our Nutrition Information



Nutrition info can be a great source of information as to how different foods or recipes may or may not make your body feel.

We break down our recipes into individual ingredients (as well as total it all) so you can begin to learn what foods provide what nutrients to your body and make correlations as to how this makes you feel.

Not into it or not ready to add this to your journey yet? No worries! Skip it for now and use only if or when it's helpful to you!



Nutrition
Info



Buffalo Chicken
Meatballs

			Cal	Fat	Protein	Carbs	Fiber	Cost
1	each	celery stalks	7.5	0	0.5	2	1	0.2
4	oz	ground chicken	150	8	20	0	0	0.93
2	tbsp	blue cheese	50	4	2.5	1	0	0.378
1	tsp	onion powder	0	0	0	0	0	0.021
1	tsp	garlic powder	0	0	0	0	0	0.021
1	tbsp	Green onion	1	0	0	0.2	0	0.0045
1	tsp	buffalo sauce	0	0	0	0	0	0
1	cup	brussels sprouts, shaved	35	0	3	8	3	0.75
1	tsp	oil	40	5	0	0	0	0.065
1	each	russet potato	134	0	4	31	2	0.162
2	tbsp	Greek Yogurt, Plain, non-fat	15	0	2.66	1	0	0.115
1	tsp	ranch seasoning	10	0	0	2	0	0.068
			443	17	33	45	6	3

Nutrition info is an estimate and may vary depending on preparation, ingredients, etc.