



Looli

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



Easy Turkey Tzatziki Bowls



			Cal	Fat	Protein	Carbs	Fiber	Cost
4	oz	Ground Turkey	160	8	22	0	0	1.08
0.25	cup	Plain Greek Yogurt	30	0	5.33	2	0	0.23
0.25	each	Cucumber	8.5	0.125	0.475	1.5	0.5	0.18
1	tsp	Lemon Juice	0	0	0	0	0	0.02
1	tsp	Minced Garlic	5	0	0	1	0	0.04
0.5	tsp	Dill, Dried Or Fresh	0	0	0	0	0	0.04
0.5	cup	Cherry Tomatoes	27	0.3	1.3	6	2	0.85
0.25	each	Red Onion	10	0.05	0.325	2.35	0.45	0.31
2	cup	Shredded Lettuce	16	0	1.2	3.2	2	0.78
0.25	cup	Couscous, Dry	163	0.28	5.5	33	2	0.87
1	tbsp	Feta Cheese	35	2	3	1	0	0.16
			454.5	10.755	39.13	50.05	6.95	4.55

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