

Looli

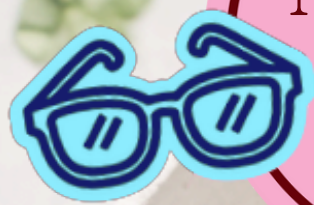
How To Use Our Nutrition Information



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



Viral Beef Cottage Cheese Sweet Potato Bowls

			Cal	Fat	Protein	Carbs	Fiber	Cost
0.25	lb	Ground Beef, 93/7	170	7	24	0	0	1.79
1	tsp	Taco Seasoning	15	0	0	3	0	0.039
0.5	each	Sweet Potato	51	0	1	12	2	0.11
1	each	Large Carrot	30	0	0.7	7	2	0.44
0.5	cup	Cottage Cheese	90	1	13	5	0	0.51
1	tsp	Olive Oil	40	5	0	0	0	0.06
0.25	each	Avocado	80	6	1	6	3	0.18
1	tsp	Hot Honey	20	0	0	5.66	0	0.1
			497	19	40	39	7	3.25

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