



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



5 Layer Bowl

			Cal	Fat	Protein	Carbs	Fiber	Cost
0.5	cup	Refried Beans	120	2.5	6	18	7	0.285
2	oz	Ground Turkey	80	4	11	0	0	0.519
1	tsp	Taco Seasoning	15	0	0	3	0	0.039
0.25	each	Avocado	80	6	1	6	3	0.1875
1	each	Roma Tomato	18	0	1	5	1	0.21
0.5	cup	Cottage Cheese	90	1	13	5	0	0.515
0.5	oz	Tortilla Chips	70	3	1	9.5	0.5	0.07575
			473	16.5	33	46.5	11.5	1.83125

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