

Looli

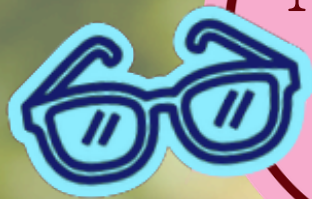
How To Use Our Nutrition Information



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



BBQ Tuna Salad Wrap



			Cal	Fat	Protein	Carbs	Fiber	Cost
1	each	Whole Wheat Tortilla, ~8"	110	2	4	22	5	0.33
1	can	Canned Tuna	100	1	24	0	0	0.96
1	tbsp	Whipped Mayo	40	3.5	0	2	0	0.06
1	tbsp	Bacon Bits	30	2	3	0	0	0.19
1	tbsp	BBQ Sauce	35	0	0	9	0	0.05
0.5	oz	Cheddar Cheese	55	4	3	0	0	0.13
1	each	Apple	95	0.3	0.5	25	4	0.41
2	each	Boston Lettuce Leaf	2	0.06	0.04	0.66	0.32	0.50
			465	12.8	34.5	58	9	2.12

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