



Looli

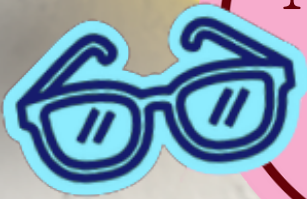
How To Use Our Nutrition Information



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



Greek Chickpea & Cottage Cheese Bowl

			Calories	Fat	Protein	Carbs	Fiber	Cost
2.0	tbsp	feta cheese	70	4.0	6.0	2.0	0.0	0.33
0.8	cup	chickpeas	135	1.0	8.0	24.0	8.0	0.00
0.8	cup	cottage cheese, low fat	135	1.5	19.5	7.5	0.0	0.77
0.5	each	cucumber, large	17	0.3	1.0	3.0	1.0	0.40
0.5	cup	cherry tomatoes	27	0.3	1.3	6.0	2.0	0.90
0.3	each	red onion, medium	10	0.0	0.3	2.5	0.5	0.31
2.0	tbsp	Parsley, fresh, roughly chopped	3	0.1	0.2	0.5	0.2	0.10
1.0	tbsp	Balsamic	15	0.0	0.0	3.0	0.0	0.14
1.0	tsp	olive oil	40	5.0	0.0	0.0	0.0	0.07
			452	12.0	36.0	48.0	11.0	3.00

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