



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



Hummingbird Cottage Cheese Bowl

			Cal	Fat	Protein	Carbs	Fiber	Cost
0.5	each	banana	52.5	0	0.5	13.5	1.5	0.09
0.75	cup	cottage cheese, low fat	135	1.5	19.5	7.5	1.5	0.77
0.25	cup	pineapple	35	0	0.25	8.5	0.5	0.18
2	tbsp	coconut chips/flakes, unsweetened	110	10	1	4	2	
0.25	tsp	cinnamon	3	0	0.1	0.4	1	0.03
0.25	cup	bran flakes	60	0.25	1	7.5	1.75	0.06
0.5	scoop	protein powder, vanilla, whey	60	1	12	1.5	0	0.64
			455.5	12.75	34.35	42.9	8.25	1.75

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