



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



Samoa Cookie Overnight Oats

			Cal	Fat	Protein	Carbs	Fiber	Cost
0.5	cup	Oats	150	3	5	27	4	0.14
1	scoop	Chocolate Protein Powder	120	1.5	24	3	0	1.27
0.5	each	Zucchini	16.5	0.5	1.2	3	1	0.51
0.5	cup	Greek Yogurt, Plain, non-fat	60	0	10.66	4	0	0.47
1	tbsp	Cocoa Powder, Unsweetened	10	0.5	0	3	2	0.07
1	tbsp	Coconut, Shredded, Unsweetened	55	5	0.5	2	1	0.12
1	each	Medjool Date	55	0	0.5	33	3	0.27
			466.5	10.5	41.36	42	8	2.59

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