

# 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



## Shamrock Smoothie

			Cal	Fat	Protein	Carbs	Fiber	Cost
1	cup	Spinach	13	0	1	1.5	1	0.35
0.5	each	Banana	52.5	0	0.5	13.5	1.5	0.085
0.5	each	Apple	47.5	0.15	0.25	12.5	2	0.2055
0.5	each	Avocado	160	12	2	12	6	0.375
1	sprig	Mint	4	0	0	1	0	0.173
1	scoop	Vanilla Whey Protein Powder	120	2	24	3	0	1.27
0.5	cup	Greek Yogurt, Plain, Non-fat	60	0	10.66	4	0	0.47
			<b>444</b>	<b>14.15</b>	<b>37.41</b>	<b>46</b>	<b>9.5</b>	<b>2.5817</b>

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