

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



Strawberry Crunch Chopped Salad

			Cal	Fat	Protein	Carbs	Fiber	Cost
2	cup	Shredded Lettuce	16	0	0.2	3.2	2	0.78
4	oz	Chicken	140	3	25	0	0	0.429
1	cup	Strawberries	50	0	0	13	3	0.953
0.25	each	Avocado	80	6	1	6	3	0.1875
0.5	oz	Pretzels	60	0.5	1.5	12	0	0.085
2	tbsp	Feta Cheese	70	4	6	2	0	0.327
1	tbsp	Whipped Mayo	40	3.5	0	2	0	0.055
1	tsp	Dijon Mustard	5	0	0	0	0	0.022
1	tsp	Vinegar	0	0	0	0	0	0.005
1	tsp	Honey	21	0	0	6	0	0.0779
			482	17	33.7	44.2	8	2.9214

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