

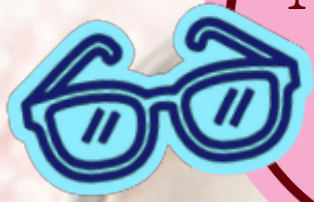
# Looli

## 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



## Berry French Toast Bowl

			Cal	Fat	Protein	Carbs	Fiber	Cost
2	slice	Whole Wheat Bread	120	2	6	24	4	0.17
2	each	Eggs	140	10	12	2	0	0.5
0.75	cup	Plain Greek Yogurt	90	0	16	6	0	0.47
1	tsp	Sugar	16	0	0	4	0	0.01
0.5	tsp	Vanilla Extract	6	0	0	0.5	0	0.22
0.5	tsp	Cinnamon	3	0	0.1	0.4	0	0.02
1	cup	Frozen Mixed Berries	70	0	2	16	5	1.17
			<b>445</b>	<b>12</b>	<b>36.1</b>	<b>52.9</b>	<b>9</b>	<b>2.59</b>

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