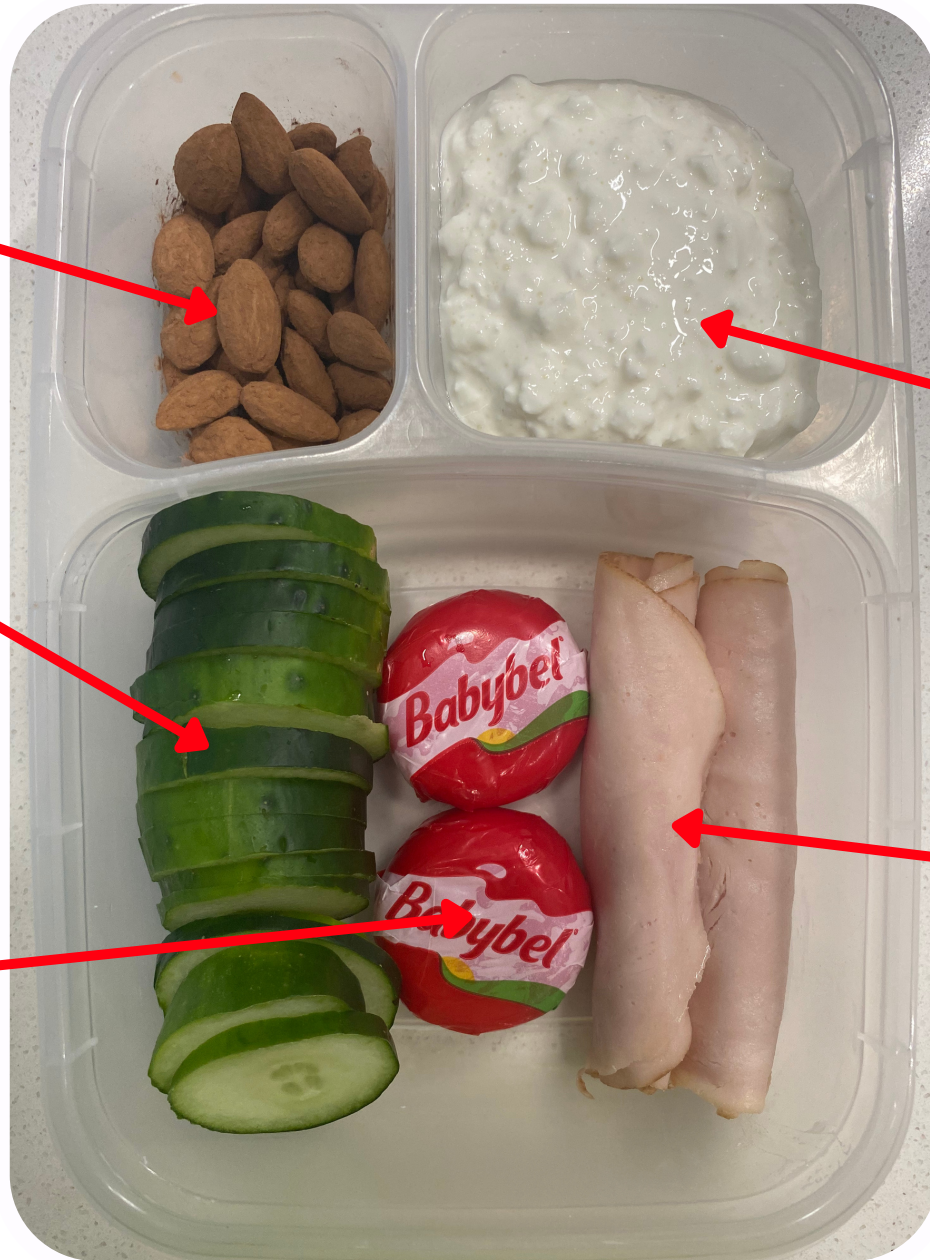


Quick Lunch Bento Box



1 oz Cocoa

Almonds

170 Calories

12g Fat

10g Carbs

5g Protein

1/2 C Cottage
Cheese

(4% Milk Fat)

110 Calories

5g Fat

5g Carbs

12g Protein

1/2 Cucumber

15 Calories

0g Fat

3g Carbs

1g Protein

2 Babybel

140 Calories

7g Fat

0g Carbs

10g Protein

2 oz Turkey

50 Calories

1g Fat

2g Carbs

9g Protein

Nutrition Profile

Calories - 485

Fat - 25g

Carbohydrates - 20g

Protein - 38g

  @zachcoen

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