

Sandwich & Chips Bento Box



1 Pickle
5 Calories
0g Fat
1g Carbs
0g Protein

1/2 C Grapes
30 Calories
0g Fat
8g Carbs
0g Protein

2 slices
Bread
120 Calories
2g Fat
24g Carbs
4g Protein

1 bag Quest
Chips
140 Calories
5g Fat
5g Carbs
19g Protein

2 oz Turkey
50 Calories
1g Fat
2g Carbs
9g Protein

1 slice Cheese
60 Calories
5g Fat
2g Carbs
3g Protein

Nutrition Profile

Calories - 405
Fat - 13g
Carbohydrates - 42g
Protein - 35g

  @zachcoen

www.mindbodyandnutrition.com