

Pepperoni & Cheese Bento Box

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

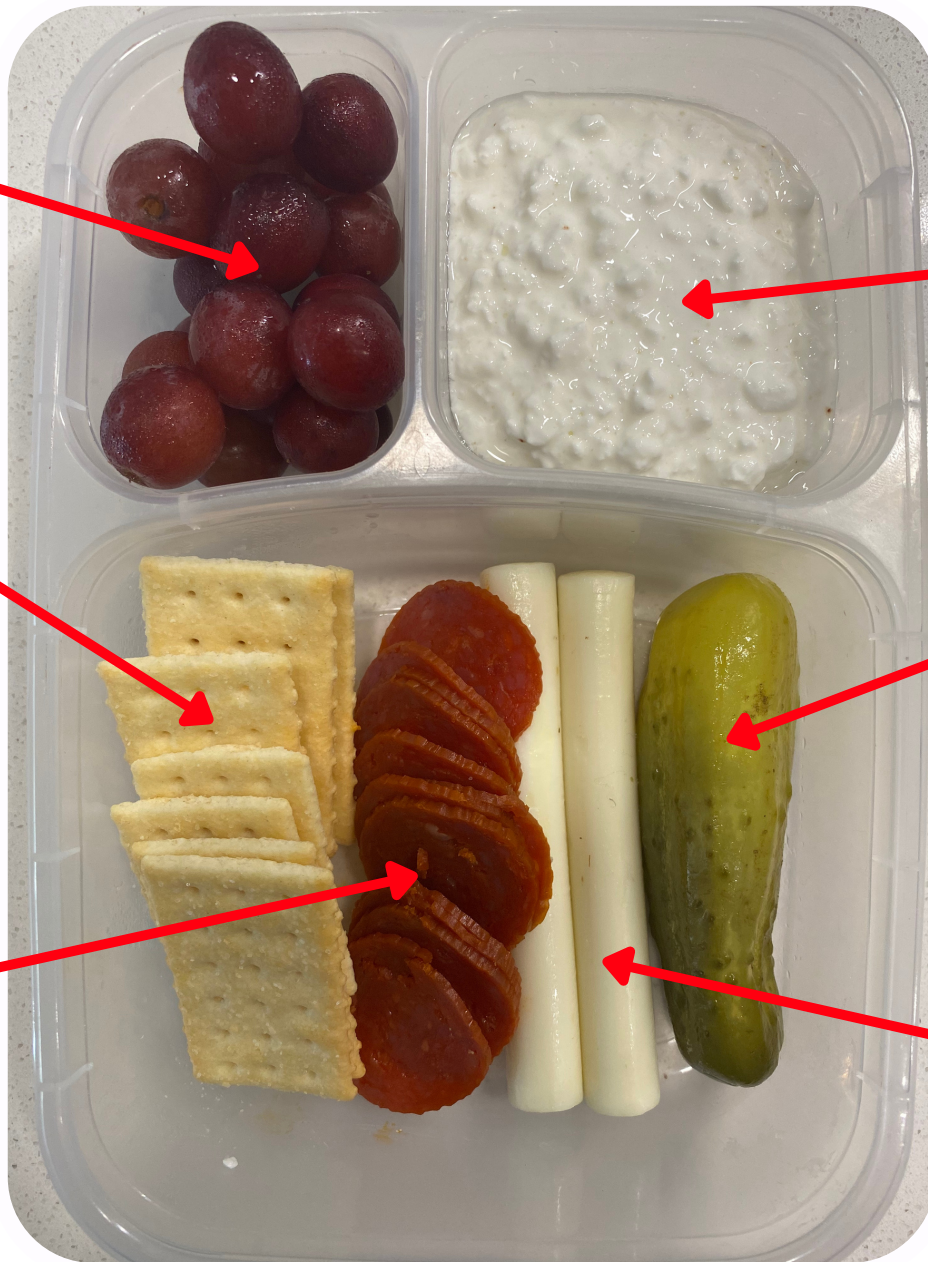
8 Club Crackers
140 Calories
6g Fat
18g Carbs
0g Protein

12 Turkey Pepperoni
80 Calories
4g Fat
1g Carbs
9g Protein

1/2 C Cottage Cheese
(4% Milk Fat)
110 Calories
5g Fat
5g Carbs
12g Protein

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

2 Low Fat Cheese Sticks
100 Calories
5g Fat
0g Carbs
12g Protein



Nutrition Profile

Calories - 465
Fat - 20g
Carbohydrates - 33g
Protein - 33g

  @zachcoen

www.mindbodyandnutrition.com