

# Oatmeal Breakfast Bento Box

1/2C Mixed Berries  
40 Calories  
0g Fat  
13g Carbs  
0g Protein



2 Boiled Eggs  
140 Calories  
10g Fat  
0g Carbs  
12g Protein

1 scoop Protein  
120 Calories  
2g Fat  
2g Carbs  
22g Protein

1 Tbsp Sliced Almonds  
43 Calories  
4g Fat  
2g Carbs  
2g Protein

## Nutrition Profile

Calories - 493  
Fat - 19g  
Carbohydrates - 44g  
Protein - 41g

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