

Healthy Snack/Mini Meal on the go

500 CALORIES
62G CARBS
31G PROTEIN
17G FAT

Fruit:

grapes & berries

Vegetable:

carrots & snap peas

Protein:

protein bar & cheese

Whole Grain:

Triscuits



How does this fit on my native plate?

**Feel free to replace these with anything you have,
just always make sure you include all 4 food groups!**