

Low-Fat Protein Boxes

Pack your box with one from each category:

CHOOSE YOUR PROTEIN:

- 2-3 slices lean deli meat
- hard-boiled eggs (whites only)
- 1/3 cup chopped chicken or turkey breast
- 1 small fish filet
- 1 small pack drained tuna (in water)
- 1/4 - 1/2 cup low-fat cottage cheese
- 1/4 - 1/2 cup 0% Greek yogurt
- collagen
- Turkey Chomps stick

CHOOSE ONE*:

- 1/4 cup cooked brown rice
- 1/4 cup cooked quinoa
- cubed, toasted sprouted bread
- 1 serving Baked Tostitos
- 1 serving sprouted pretzels
- 1 serving Popcorners (plain)
- 1 serving popcorn (on-plan)
- 1 brown rice cake
- Wasa crackers (2 of an on-plan variety)

*The carb count for the entire protein box should be 45 grams or under. If you don't choose to have fruit, you can have more or double the rice or quinoa from this box.

ADD:

- strawberries
- blackberries
- raspberries
- cherries
- blueberries
- mango slices
- apple slices
- orange slices
- small stone fruit (apricot, plum, nectarine, etc)
- mandarin orange

ADD 1/4 CUP:

- grape or cherry tomatoes
- sliced cucumbers
- celery
- carrots
- grape tomatoes

Place each individual item you've chosen in a separate compartment of a bento box or segmented food storage container.

Make 3 at a time for several healthy grab-and-go meals throughout the week!