

# Low-Carb Protein Boxes

*Pack your box with one from each category:*

## CHOOSE YOUR PROTEIN:

- 2-3 slices deli meat or salami
- hard-boiled egg
- 1/3 cup chopped steak
- 1 small salmon filet
- 1/3 cup chopped chicken
- 1 bone-in piece of chicken
- 1-2 cooked low-carb meatballs
- 1 small pack drained tuna
- 1/4 - 1/2 cup cottage cheese

## CHOOSE 1/4 CUP:

- nuts: almonds, pistachios, walnuts, pecans, peanuts.
- seeds: pumpkin seeds, sunflower seeds
- pickles
- olives - black or green (spicy olives are a great addition)
- artichoke hearts
- cheese (string cheese or other favorite cheese)

## ADD 1/4 CUP:

- strawberries
- blackberries
- raspberries

## ADD 1 SERVING:

- Lily's Baking Chips
- Lily's Chocolate Bar
- Other low-carb chocolate (like Trim Healthy Mama Brand)
- dark chocolate

## ADD 1/4 CUP:

- grape or cherry tomatoes
- sliced cucumbers
- or 1/2 of an avocado

**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!**