

Western Lunch Box



Discover this tasty Western inspired lunch box combination for school or work lunches.

Preparation 5 min
Cooking 0 min
Servings 1
Nutrition Facts (per serving)
Calories 310
Fat 10
Carbohydrates 36
Fibre 3
Protein 20
Sodium 550

Ingredients

- 100 g (1 cup) green and yellow peppers, julienned
- 50 g (½ cup) blueberries
- 30 g (¼ cup) marbled cheese, light version (19% M.F.)
- 6 units (28 g) low sodium crackers
- 4 slices (33 g) plant-based turkey (or deli meat of choice)

1. Assemble ingredients in a snack box.

Notes

Can be stored for 5-7 days in the refrigerator



Rose Thivierge-Abel – Nutritionniste Diététiste en ligne | Coordinatrice assurance qualité et support technique
Registered Dietitian Nutritionist in Montreal