

# English Muffin Bento Box

Protein English Muffin  
140 Calories  
1g Fat  
23g Carbs  
9g Protein

1 Tbsp Peanut Butter  
90 Calories  
8g Fat  
4g Carbs  
4g Protein

Light Vanilla Greek Yogurt  
90 Calories  
0g Fat  
10g Carbs  
14g Protein

Boiled Egg  
70 Calories  
5g Fat  
0g Carbs  
6g Protein

1/4 C Blueberries  
20 Calories  
0g Fat  
5g Carbs  
0g Protein



## Nutrition Profile

Calories - 410  
Fat - 14g  
Carbohydrates - 42g  
Protein - 33g

  @zachcoen

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