

# Banana Nut Muffin Bento Box

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

2 Tbsp  
Granola  
55 Calories  
1g Fat  
9g Carbs  
1g Protein

1/2 cup Greek  
Yogurt  
60 Calories  
0g Fat  
7g Carbs  
9g Protein

Protein  
Banana Nut  
Muffin  
252 Calories  
11g Fat  
18g Carbs  
21g Protein

Grapes  
35 Calories  
0g Fat  
9g Carbs  
0g Protein



## Nutrition Profile

Calories - 472  
Fat - 17g  
Carbohydrates - 43g  
Protein - 37g

  @zachcoen

[www.mindbodyandnutrition.com](http://www.mindbodyandnutrition.com)