



Orange Juice



Calories: 55 kcal
Carbohydrates: 13 g
Protein: 2 g
Fat: 0 g



Mango Juice



Calories: 65 kcal
Carbohydrates: 16 g
Protein: 1 g
Fat: 0 g



Beetroot Salad



Calories: 120 kcal
Carbohydrates: 25 g
Protein: 3 g
Fat: 1 g



Tuna Sandwiches



Calories: 75 kcal
Carbohydrates: 6 g
Protein: 5 g
Fat: 3.5 g



Tabbouleh Cup



Calories: 180 kcal
Carbohydrates: 26 g
Protein: 6 g
Fat: 10 g



Almond Chia Energy Bites



Calories: 180 kcal
Carbohydrates: 16 g
Protein: 11 g
Fat: 11 g

