



### Almond Chia Energy Bites

Calories: 180 kcal  
Carbohydrates: 16 g



Fat: 11 g



### Beetroot Salad



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



### Mango Juice



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

### Orange Juice



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



### Tabbouleh Cup



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

### Tuna Sandwiches



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

