

Bento Box SNACK PREP

peanutbutterandfitness.com



**BAGEL
BOX**



**CLASSIC
BOX**



**MEDITERR-
ANEAN**



**SWEET
CLASSIC**



**GARDEN
FRESH**

BEACHBODY

MEAL PREP IDEAS

5 SIMPLE **SNACK BOXES** FOR BUSY PEOPLE

NORDIC

- 2 OZ. LOX
- 1 HARDBOILED EGG
- 1 CUP CUCUMBER SLICES
- 4 WASA CRISPS



WEST COAST

- 1 CUP KALE CHIPS
- 12 RAW ALMONDS
- ½ CUP GRAPES
- 1 CLEMENTINE
- ½ CUP ROASTED CHICKPEAS



TEX-MEX

- 8 BAKED CORN CHIPS
- ½ CUP PICO DE GALLO
- ½ CUP BELL PEPPERS
- 1 OZ. PEPPER JACK
- 1 CUP MANGO SLICES



MEDITER- RANEAN

- ¼ CUP HUMMUS
- 1 CUP CHERRY TOMATOES
- 10 MEDIUM OLIVES
- 1 CUP GRAPES
- 2 MINI PITAS



ALL- AMERICAN

- 8 WHEAT CRACKERS
- 4 OZ. SLICED TURKEY
- 1 OZ. JACK CHEESE
- 1 CUP CARROTS & CELERY
- ¼ CUP RANCH DRESSING

