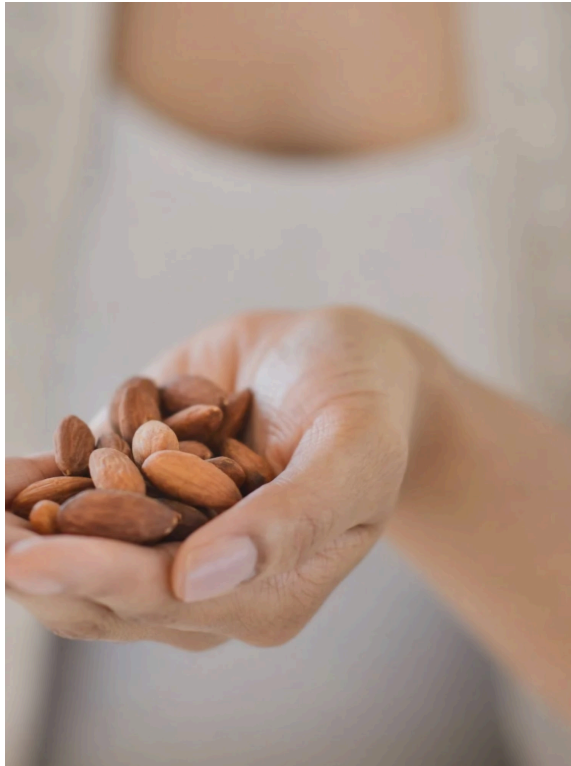


RECIPE

Handful of almonds



1 serving

Calories: 150

Protein: 6g

Healthy Fat: 14g

Fiber: 3.5g

Ingredients

- 25 Almonds

Tips

Fill a lunch bag with almonds to take on the go and only make sure the almonds fit in the palm of your hand.