

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.





## Granola, Yogurt & Berry Snack Box

1 serving

5 minutes

### Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 cup Strawberries (sliced)
- 1/3 cup Granola

### Nutrition

Amount per serving	
Calories	335
Fat	13g
Saturated	3g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	18g
Cholesterol	17mg
Sodium	82mg
Vitamin A	650IU
Vitamin C	93mg
Calcium	304mg
Iron	3mg
Vitamin D	50IU
Vitamin B6	0.2mg
Folate	69µg
Vitamin B12	0µg
Magnesium	87mg
Zinc	2mg

### Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 3 days.

**Gluten-Free:** Ensure a gluten-free granola is used.

**Dairy-Free & Vegan:** Use a dairy-free yogurt.