

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.



Hummus & Veggies Snack Box

1 serving

5 minutes

Ingredients

- 1/2 Red Bell Pepper (sliced)
- 2 stalks Celery (cut into small stalks)
- 1/3 cup Blueberries
- 1/4 cup Hummus

Nutrition

Amount per serving	
Calories	201
Fat	11g
Saturated	2g
Carbs	22g
Fiber	7g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	329mg
Vitamin A	2263IU
Vitamin C	83mg
Calcium	68mg
Iron	2mg
Vitamin D	0IU
Vitamin B6	0.4mg
Folate	89µg
Vitamin B12	0µg
Magnesium	65mg
Zinc	1mg

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.

No Hummus: Use guacamole or a ready-made dip instead.