

LUNCH / HIGH PROTEIN



Peach, Egg, and Cottage Cheese Protein Bento

A no-cook lunch box with peanut butter celery, cottage cheese, sliced peach, and hard-boiled eggs.

5 min

1 serving

Lunch

high-protein

quick

365

Calories / serving

30g

Protein / serving

18g

Carbs / serving

19g

Fat / serving



Ingredients

- 4 stalks, medium (7-1/2" - 8" long) celery (160 g)
- 1 tablespoon peanut butter (16 g)
- 1/2 cup 1% low fat cottage cheese (112.5 g)
- 1/2 medium peach, sliced (49 g)
- 2 large eggs (hard-boiled) (100 g)

Method

- 1 Spread an equal amount of peanut butter on each celery stalk.
- 2 Arrange all items in the compartments of a bento box.

RENEE'S NOTE

"Keep refrigerated at 40°F (4°C) or below. For transport, use an insulated bag with at least two cold sources, and discard food left at room temperature for more than 2 hours, or 1 hour above 90°F (32°C)."

RENEE'S TWEAK

Keep crisp items in a dry compartment and close any soft component in its own section so the packed textures stay distinct.