

Lunch in a 32oz jar 332 Calories

Ingredient	Calories (g)	Fat (g)	Carbs (g)	Protein (g)
1/2 cup canned corn	83	2.7	15.5	2
1/2 diced tomato	10	0	2	0
1 cup diced cucumber	16	0	2.9	0.78
1/2 cup diced sweet red pepper	19	0.5	4.5	0.7
1/4 cup canned tuna in oil, drained	72	3	0	10
1 cup chopped lettuce	8	0	1.54	0.58
1 Tbsp olive oil	120	100		
1/4 fresh lemon	4	0	1.35	0.16
Salt and pepper				

