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## *Lunch in a 32oz jar 577 Calories*

Ingredient	Calories (g)	Fat (g)	Carbs (g)	Protein (g)
4oz pasta	149	1.2	28.4	5.9
4oz black bean	104	0.35	19	6.9
8oz diced celery	32	0.39	6.7	1.6
8oz diced carrot	93	0.55	22	2.1
1 egg	75	4.8	0.5	7
1 Tbsp olive oil	120	100		
1/4 fresh lemon	4	0	1.35	0.16
Salt and pepper				

