

Lunch in a 32oz jar 631 Calories

Ingredient	Calories (g)	Fat (g)	Carbs (g)	Protein (g)
1/2 cup beans	123	0.5	23	8
1/2 diced tomato	10	0	2	0
1 cup diced cucumber	16	0	2.9	0.78
1/4 cup cooked rice	160	0	36	3
1/4 cup cooked quinoa	57	0.6	11	2
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				

