

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.





## Deli Snack Box

1 serving

5 minutes

### Ingredients

- 1/4 cup Pumpkin Seeds
- 1 3/4 ozs Whole Grain Crackers
- 1/2 cup Cherry Tomatoes
- 1 oz Cheddar Cheese (cubed or sliced)
- 3 1/2 ozs Sliced Turkey Breast
- 1 Egg (hard boiled)

### Nutrition

Amount per serving	
Calories	683
Fat	40g
Saturated	11g
Carbs	45g
Fiber	7g
Sugar	9g
Protein	38g
Cholesterol	260mg
Sodium	1583mg
Vitamin A	1204IU
Vitamin C	10mg
Calcium	254mg
Iron	7mg
Vitamin D	53IU
Vitamin B6	0.6mg
Folate	97µg
Vitamin B12	1.1µg
Magnesium	54mg
Zinc	3mg

### Directions

- 1 Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

### Notes

**Storage:** Refrigerate up to 3 days.

**Modifications:** Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.