



Protein Breakfast Boxes

ingredients

- 2 cups cottage cheese
- 2 cups strawberries and blueberries
- 4 hard boiled eggs
- 1 cup nut mix
- 4 tupperware containers

instructions

- Divide ingredients evenly among each of the 4 containers and refrigerate until ready to use. Use within 5 days.

tips for customizing your box

- *Don't like cottage cheese? Use low-fat yogurt instead.*
- *Trying to cut back on sodium? Use a reduced or low-sodium nut mix.*
- *Switch up the fruit and use fruit that's in season for a budget-friendly breakfast.*

