



SNACKS ON THE GO

PICK A CARB

APPLES - GRANOLA -
BANANAS - RAISINS -
PRETZELS - CRACKERS -
CELERY - PITA CHIPS -
CUCUMBERS - CARROTS

PICK A PROTEIN

PEANUT BUTTER -
HUMMUS - GREEK YOGURT
- NUTS - RANCH DIP -
CHEESE - JERKY - BEANS -
NUT BAR

ADDING THESE TOGETHER SUPPLIES YOU WITH FIBER AND PROTEIN TO KEEP YOU FULL AND SUPPLIES TONS OF VITAMINS AND MINERALS

WHAT TO PUT IN YOUR SMOOTHIE

1/2 CUP FRUIT #1

1/2 CUP FRUIT #2

1/2 CUP VEGGIE

3/4 CUP MILK OR
YOGURT

~Smoothies can be made

smaller as a snack or larger as
a meal if in a hurry.

Trail mix can be made ahead
for the week to pack for a
snack each day~

WHAT TO PUT IN YOUR TRAIL MIX

2 TBSP NUTS

3 TBSP DRIED
FRUIT

2 TBSP SEEDS

1/4 CUP
GRANOLA

Smoothie Ingredient Ideas

Banana - Berries - Peaches -
Pineapple - Mango - Spinach -
Kale - Almond Milk - Greek
Yogurt

~Add ins~

Chia Seeds - Flax Seeds -
Cinnamon - Nut butters

Trail Mix Ingredient Ideas

Almonds - Cashews - Pecans -
Raisins - Craisins - Dried
Apricots - Dried Blueberries -
Sunflower seeds - Pumpkin
Seeds - Dark Chocolate -
Shredded Coconut