



MY FAVORITE ON-THE-GO SNACKS

Here's a list of 20 healthy, on-the-go snacks that are great for keeping you full and energized. These are not meal replacements! Keep it simple, focus on whole, minimally processed food. Keep experimenting with ideas that suit your taste and needs.

- Nuts (almonds, walnuts, pistachios)
- Whole Fruit (apples, pears, berries, etc)
- Pre-Cut Veggies (carrots, cucumber, peppers, etc.)
- Almond butter packets (with apple, banana, whole grain crackers)
- Hummus (with veggies or whole-grain crackers)
- Mary's Gone Crackers (or other whole grain crackers)
- Pumpkin seeds or sunflower seeds
- Cheese sticks with a few almonds
- Beef jerky or turkey jerky (low-sodium options)
- Lentil or bean chips (higher in fiber and protein than regular chips)
- Dried chickpeas, roasted chickpeas
- Avocado halves with a sprinkle of sea salt
- Edamame (lightly salted or seasoned)
- Dried fruit (with no added sugar)
- Olives
- Popcorn (air-popped or low-sodium for a fiber boost)
- RX Bar (or other whole ingredient granola bar)
- Hard-boiled eggs
- Seaweed snacks (light and full of minerals)
- Turkey roll-ups (turkey slices wrapped around cucumber or bell pepper sticks)



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