



Easy Snacks on the Go



Recipes

- Check out these high protein Cottage Cheese Egg Bites:
<https://www.jaroflemons.com/perfect-egg-bites-recipe/>
- Check out these mozzarella, tomato, basil skewers! Can also mix in a bowl versus skewer for an easier snack:
<https://www.loveandlemons.com/caprese-skewers/>

Grab and Go Snacks

1. Apple or Pretzels + Nut Butter
2. Apple + Cheese (stick, slice, cubes, etc)
3. Protein Bar (Example: Rx Bar)
4. Protein Drink (Example: Premier Protein, Fairlife, Owyn) + Fruit of Choice
5. Hard Boiled Egg + Fruit or Veggie of Choice (Examples: Snap Peas, Broccoli, Cucumber slices, Apple, Banana, Grapes)
6. Hummus and Veggies
7. Egg Bites (can make at home or buy from the store), add a Fruit for carbs with this snack
8. Popcorn and Nuts

Tips

Keeping easy snacks with you throughout the day that contain carbohydrates, protein, and fat can help keep you feeling satisfied and satiated. Preventing extreme hunger can aid in staying on track with healthy eating as oftentimes you find yourself reaching for high sugar snacks when left hungry for too long (such as candy.)