

Healthy Snacks

High Protein snacks

Non-Fat Greek Yogurt
Low-Fat Cottage Cheese
Boiled Eggs
Tuna Packs
Salmon Packs
Jerky
Meat Sticks
Bone Broth
Edamame
Cheese Sticks

Protein and Complex Carbs

Roasted Chickpeas
Hummus
Refried Beans

Healthy Fats

Roasted Nuts
Nut butters
Avocado
Pumpkin Seeds
Sunflower Seeds

High Fiber

Apples
Bananas
Prunes
Multigrain Crackers
Plain Popcorn
Carrots
Celery
Snap Peas

High Energy

Dark Chocolate
Oatmeal
Trail Mix
Lara Bars
Trail Mix

Healthy & Sweets

Dark chocolate
Cherries
Berries
Mango
Peaches

THE
Balanced
WORK LIFE