

HEALTHY SNACK DUOS ON THE GO

With hectic lives and crazy rotation schedules, eating right on a tight budget can be tough. Here are some quick, healthy, and smart snack duos to keep in your pockets while on the go.



Apple/Nuts



By combining 1.5 ounces of nuts with an apple, this smart duo will promote satiety while delivering healthy fats and fiber.

Where to buy in bulk: Most grocery stores carry all types of nuts that you can pay for by the lb. ranging from \$6-10/lb.

Dried Fruit/Dried Edamame



One serving of dried edamame contains nearly 14g of protein.

Where to buy: Next time you make a Target run check out their food brand 'Simply Balanced' for freeze dried fruits ranging from \$2.99-6.99/package.

Nut-Thin Crackers/ Peanut Butter



Peanut butter is a great source of both protein and healthy fats to help you stay full longer.

What to buy: Purchase individual servings of peanut butter to make it easy to take on-the-go with the correct portion.

Clementines/ Dark Chocolate



Clementines are packed with vitamins and minerals while dark chocolate is full of antioxidants and healthy fats making it the perfect midday snack.

Portion Control: one serving of dark chocolate is 1.5 oz or 1-2 squares.

Prepackaged Snacks



Lara Bars

Cost per box: \$15.99
Servings: 16 count

Chef's Cut Real Turkey Jerky

Cost per bag: \$5.99
Servings: ~3 per bag



Sea Salt Roasted Chickpeas

Cost per bag: \$3.29
Servings: ~5 per bag



KIND Mini Cranberry Almond + Antioxidants

Cost per box: \$14.97
Servings: 12 count



Here are some homemade snack ideas that can be made ahead of time when you find yourself with a break in your schedule.

Peanut Butter and Banana Trail Mix

Ingredients:

Almonds
Peanuts
Banana chips
Chocolate and peanut butter chips

Directions:

Since everyone has their own unique taste preferences, combine these ingredients to the amount that tastes best for you.

Store in a dry, cool area in a sealed container.



PEANUT BUTTER CHIPS



DRIED BANANAS



CHOCOLATE CHIPS



PEANUTS



ALMONDS

Timesaver tip: Make a big batch on a weekend when you have extra free time and enjoy throughout the week!

No Bake Energy Bites

Ingredients:

1 cup rolled oats
1/2 cup mini semi-sweet chocolate chips
1/2 cup ground flax seed
1/2 cup crunchy peanut butter
1/3 cup honey
1 tsp. vanilla extract

Directions:

Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl.

Form into balls using your hands and arrange the balls on a baking sheet.

Freeze until set, about an hour.

Store balls in a sealed container in the freezer and grab a couple in the morning for the day when you're on the go.



Ingredient Spotlight: Flax seed & Walnuts

Both flax seeds and walnuts contain a high content of poly unsaturated fatty acids, making them energy-dense foods.

A 2010 study published in *The Journal of Nutrition* showed results in a 12-week intervention with a decreased prevalence of metabolic syndrome when flax seeds (-20.2%) and walnuts (-16%) were paired with lifestyle counseling, rather than lifestyle counseling by itself (-16.9%). The addition of flax seeds and walnuts to lifestyle counseling improved total weight loss in the intervention.