

## ON THE GO TIPS

- Fruit (can add peanut butter)
- Granola bar (Larabar and Kind bars are great options)
- Yogurt (preferably Greek yogurt because it is higher in protein)
- Cottage cheese with fruit
- Handful of nuts (almonds, cashews, pecans, walnuts, pistachios)
- Veggies and hummus or peanut butter
- String cheese
- Hard boiled egg
- Rice cakes (can add peanut butter)
- Black bean tortilla chips and salsa
- Smoothie

