



Healthy
Grab & Go
Snack Guide

Let's reinvent snacking the
right way.

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HEALTHY SNACK IDEAS

Grab and Go

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Pickles

Simple dill pickles can offer probiotics and can help keep blood sugars in check.

[Check it out here](#)



Cottage Cheese

Add in chives, pepper, or fruit for added flavor and satisfaction. Loaded with protein.



Fresh Fruit with Almond Butter

Running out the door, grab and apple! You can even get [individual packs of nut butter.](#)



Olives

Olives have healthy fats, fiber, and probiotics, makes them an excellent snack. Be sure they are not packaged in harmful oils.



Hummus with carrots

Get the benefits of plant protein, fiber, and flavor. Buy store brands like [Hope](#). Mediterranean Chickpea is our fav!



Energy balls

Meal prep these on the weekend for easy on-the-go snacks. [This site](#) has a TON of recipes.



Hard boiled eggs

Prep ahead for an easy protein packed snack. *Two hard boiled eggs: 256 calories, 13 g protein, 11 g fat, 1 g carbs*



Coconut yogurt with berries

Filled with live cultures to nourish your gut. Choose brands without added sugars like [Culina](#).



Hu Dark Chocolate

Need to satisfy your sweet tooth? The dark chocolate is organic, fair trade, and no GMO.

[Check it out here.](#)



Mary's Gone Crackers

Loaded with seeds these crackers are far better than the traditional grab and go snack.

[Check it out here.](#)



Celery with peanut butter

An oldie but a goodie. Celery is low in calories and PB is high in protein.

[Check out this PB!](#)



Kefir Mini

With probiotics and healthy fats, kefir is a great option when on the move.

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Nuts

An easy on-to-go option packed healthy fats and protein. Choose raw or dry roasted varieties to stay away from harmful oils.



Jerky

A simple snack for an easy punch of protein. Opt for grass fed no sugar varieties like [Paleo Valley](#) and [Chomps](#).



Protein Bars

Minimal whole ingredients and high in protein. [RX Bars](#) or [Barebell bars](#) are best!



Seaweed snacks

Low in calories and rich in minerals like iodine, iron, and calcium. Clean brands: [Gimme](#).



Edamame

Mineral rich and packed with plant protein. *One cup serving: 224 calories, 18 g protein, 14 g carbs*



Bare Apple Chips

These have only one ingredient: apples. They are crispy and delicious. [Check it out here.](#)



Sunflower seeds

Loaded in vitamin E and healthy fats. *1/4 cup serving: 207 calories, 6 g protein, 19 g fat, 7 g carbs*



Siete tortilla chips

GF, corn free, and made with cassava flour, avocado oil, and coconut flour. [Check it out here.](#)



Lesser Evil Popcorn

Made with coconut oil or ghee and pink Himalayan salt. This hits the spot! [Check it out here.](#)



Simple Mills crackers

These crackers are about as clean as it gets. GF and made with almond flour, sunflower seeds, flaxseeds, and cassava. [Check it out here.](#)



Purely Elizabeth Keto granola

Grain free and made with nuts, seeds, and sweetened with coconut sugar. [Check it out here.](#)



Peeled Dried Mango

These organic dried mangos are ready to go when your sweet tooth kicks in. [Check it out here.](#)