

Healthy & clean snack ideas for when you are on the go:

carrot sticks

celery sticks

nuts

any type of fruit

I always carry apple slices (easy to eat one or two and savor them over the course of your afternoon)

nuts (careful not to eat too much, as most nuts are very high in fat!)

chick peas (i eat them right from the can, my kids do too...but you can roast them)

hard boiled eggs

smoothies (mostly VEGGIES and seeds.. only a little fruit)

seeds

"Energy Bites" (there are a million recipes!) I like banana, steel cut oats, coconut flakes and raisins or dried cranberries..sometimes I add pumpkin and cinnamon too! The possibilities are endless! Kids love these too!!)

natural hummus, natural peanutbutter (no additives)

Also, I ALWAYS carry an insulated little snack pouch on me and my water bottle! I literally NEVER leave home without a snack! Why not...?? Because if I am on the road and I get hungry, it is EXTREMELY DIFFICULT to find a healthy food option on the go!

BE PREPARED!! <3

xo,

Raegan Reed