



Quick / On The Go Snack Ideas

Keep Cold

- Protein Shakes (my fav pre-made brand is Koia)
- Greek Yogurt + Fruit (look for high protein/low sugar yogurt - Fage Total, Stonyfield Organic, Two Good & Co, Oikos Triple Zero / Pro, & Chobani Zero Sugar are great options)
- Veggies + hummus or guac
- Hard boiled eggs
- Cottage Cheese/String Cheese
- Turkey Burgers/Chicken

Throw in your bag & go

- [Bada Bean Bada Boom](#)
- [Edamame Beans](#)
- [Pumpkin Seeds](#)
- [Kibo Chickpea Chips](#)
- [Single serve packets of nuts](#)
- [Single serve packets of nut butter](#)
- [Protein brownies & my fav tubs of cashew butter!!](#) - use code IRONWHEELSK8 to save 15%
- [amrita bars](#) - I like the chocolate chip coconut
- [RX Bars](#) (this one could get melty)
- [Applesauce](#)

My recommended protein powders

- [protein powder - whey](#) - Only has 2 ingredients & no additives
- [Protein powder - plant based - Naked Rice](#) (unflavored, mixes well w/anything)
- [Protein powder - plant based - Vega All In One](#)
- [Protein powder - plant based - Vega Sport](#)