

FOOD TO BRING ON-SHIFTS AND DETAILS

SIMPLE SNACK IDEAS

- Hard-Boiled Eggs
- Trail Mix or Nuts (no more than ¼ cup; look for nuts that are raw (i.e. unroasted and unsalted)
- 2 Tablespoons Peanut Butter (PB should contain just two ingredients: peanuts and salt) w/ Celery or Carrots
- 2 Tablespoons Hummus and Veggies or 10 Crackers (a whole grain option like Mary's Gone Crackers)
- String Cheese
- Oranges, Apples, Bananas, and Grapes (delicious frozen, too!) or Any Other Fruit That's Easy to Transport
- Greek Yogurt (look for 2% or full-fat)
- Nut Butter Packets (Justin's makes a good one)
- Beef Jerky (choose a natural brand like Krave, Lorissa's Kitchen, Epic, Perky Jerky or Chef's Cut)

SANDWICHES

- Peanut Butter & Jelly on Whole Wheat Bread (I like Dave's Killer Bread)
- Turkey or Chicken Sandwich (the following are some of the most natural brands without nitrates, nitrites, MSG, artificial ingredients: Applegate Farms, Oscar Mayer Naturals, Hormel Natural Choice, Saag's)

SALAD

Make your own! Put two or more cups lettuce (or your other favorite greens) in a container with a protein (meat, eggs, tofu, etc) and a starch (potatoes (sweet or white), beans, homemade croutons, etc.). Bring a container for the salad dressing and you are good to go!

PROTEIN BARS + WATER

RX Bars, Perfect Bars, Epic Bars, goMacro Bars are all great, easy to bring protein bars. In addition, make sure to bring along a Big Water Bottle.

