



AS SEEN IN

Real Simple



the guide | **HEALTH**



1/2 cup Annie's Homegrown Organic Cheddar Snack Mix
140 calories, 0g fiber, 3g protein, 5g fat



1 hard-cooked egg mashed with 1 teaspoon light mayonnaise + a pinch of celery salt + 1 slice whole-wheat bread
163 calories, 2g fiber, 18g protein, 8g fat



Vitalicious VitaTops Deep Chocolate muffin top
100 calories, 9g fiber, 4g protein, 2g fat

SNACKS

for the car

These quickie eats are easy to toss into a sandwich bag or fit nicely in a cup holder.



3 cups popped popcorn + 2 tablespoons grated Parmesan + chili powder + a pinch of cayenne pepper
136 calories, 4g fiber, 7g protein, 4g fat



1 cup On the Border Granola Crisps Mountain Blueberry Flax
110 calories, 2g fiber, 3g protein, 3g fat



Starbucks Grande Nonfat Caffe Latte
130 calories, 0g fiber, 13g protein, 0g fat



1 Kashi TLC Happy Trail Mix Soft-Baked Cookie
140 calories, 4g fiber, 2g protein, 5g fat



1/2 cup grapes + 1 stick light mozzarella string cheese
102 calories, 1g fiber, 7g protein, 3g fat

Notes: All items are brand specific. All items are available at supermarkets and natural-food stores.