

ON THE GO SNACKS

- Meal Replacement Shake (Protein 15-30g and 7g or less of sugar)
- Protein bars (protein 13g or more and 10g or less of sugar)
- Beef or turkey jerky
- Nuts
- Peanut or almond butter (without added sugar)
- Tuna Packs
- Star-Kist tuna lunch kits
- Star-Kist chicken creations pouch
- Roasted Chickpeas
- Edamame
- Pumpkin Seeds
- Quest protein chips
- Gerber chicken or meat sticks



Requires temperature regulation:

- Cheese sticks or cubes
- Hard boiled eggs
- Greek yogurt
- Deli meat
- Cottage cheese
- Oscar Meyer P3 or Sargento Balanced Break packs
- Pickles
- Olives
- Grilled chicken breast strips
- Hummus and fresh vegetable packs
- Laughing Cow Light cheese



Deaconess:
Weight Loss Solutions