



PRE/POST WORKOUT

# HEALTHY SNACKS

*for on-the-go*

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# HEALTHY SNACK OPTIONS PRE/POST WORKOUT



## Protein Bars

Look for bars with simple ingredients and have 12-20 grams of protein.



## Protein Bites

Meal prep these on the weekend for easy on-the-go snacks. Recipe available [here](#).



## Edamame

Mineral rich and packed with plant protein.  
*One cup serving: 224 calories, 18 g protein, 14 g carbs*



## Protein Powder

Mix with water - a perfect on-the-go snack to recover after a workout.



## Sunflower seeds

Loaded in vitamin E and healthy fats.  
*1/4 cup serving: 207 calories, 6 g protein, 19 g fat, 7 g carbs*



## Fresh Fruit with Peanut Butter or Almond Butter

Apples, bananas, etc. You can even get individual packets of butter.



## Jerky

A simple snack for an easy punch of protein.

Example Brands: Pacific Gold, Paleo Valley and Chomps.



## Mixed Nuts

An easy on-the-go option packed with healthy fats and protein.