

PROTEIN

+

CARBS



Bars and RTD beverages



Banana, orange, apple, packets



Dry roasted Edamame, Chickpeas, Broad Beans, Power Curls



Dates, dried mango, plantain chips



Pumpkin seeds, cashews, almonds, pistachios, peanut butter



Granola, oat/fig bars



Beef jerky, tuna/chicken pouches, cheese sticks



Pretzels, whole grain crackers, popcorn



Siggi's pouch, Fuel for Fire, Noka



Electrolyte packs, Honey Stinger waffles/chews, honey/maple syrup

SNACKS TO PACK FOR
SCHOOL/AFTER PRACTICE