



Eating for Energy

On-The-Go-Snack

Have high-calorie snacks that won't go bad if left in your bag or drawer at work. Trail mix is great because you can make it just the way you want it – no measuring required!

Here's some things you might want to use:

- Dried fruit, like raisins or cherries
- Chocolate chips
- Yogurt chips
- Pretzels
- Nuts, like almonds, peanuts, or a mix of everything
- Yogurt covered nuts
- Chocolate covered nuts
- Peanut butter stuffed pretzels



You can make a bunch of it Sunday night and load up some plastic bags so you always have something nearby.
