

Snack Ideas

- 1) "Truck Stop Meal" = turkey or soy jerky, pretzels, nuts
- 2) NF Yogurt + protein powder + trail mix
- 3) NF cottage cheese (or jerky) + crackers + PB + SF jam
- 4) NF cottage cheese (or jerky) + cantaloupe + nuts
- 5) NF cottage cheese (or jerky)+ hummus + pita bread or baked chips
- 6) NF cottage cheese (or jerky) + banana + PB
- 7) NF cottage cheese + guacamole + salsa + baked chips
- 8) LF cheese + FF bean dip, heated, + salsa + baked chips
- 9) LF cheese + fruit (pear, apple, etc...)
- 10) LF cheese + popcorn w/ LF parmesan sprinkled on it
- 11) LF cheese + English muffin + tomato sauce (mini pizza)
- 12) LF string cheese + pretzels or Baked Lays
- 13) LF string cheese + fruit or dried fruit (apricots, etc...)

Good Brands:

- LF string cheese = Frigo Light Cheeseheads
- LF cheese = Jarlsberg Lite