

PROTEIN

+

CARBS



Milk/RTD shakes, individual greek yogurt/cottage cheese



Dried mango/fruit/packets/TCJ



Dry roasted Edamame, Chickpeas, Broad Beans



Oat bars/fig bars/dates



Pumpkin seeds, cashews, almonds, pistachios, peanut butter



Oat packets/cups/granola



Beef jerky, tuna/chicken pouches



Pretzels, whole grain/seed crackers, instant rice/grains



Protein Bars/Protein Powder Packets/Fuel for Fire/Noka



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

SNACKS TO PACK OR
FIND WHILE TRAVELING