



NUTRIENTS *on-the-go*

- **Lono Life Grass Fed Beef Bone Broth: Stick Packs or Single Serve Cups**

Purchase from lonolife.com, amazon.com, or Costco

- **Bento Boxes:** Have a few prepped for the week so they're easy to grab when you need a snack.

1. *Pick your proteins: sliced meat (gluten, sugar, and nitrate-free), raw cheese (manchego, cheddar, gouda, mozzarella, feta, etc), jerky/meat sticks, hard boiled eggs, chickpeas*
2. *Pick your fats: avocado slices, nuts, seeds, coconut chips, olives*
3. *Pick your carbs: cucumbers, blackberries, grapes, carrots, broccoli, raspberries, blueberries, strawberries, clementines, pineapple, pomegranate seeds, snap peas, celery sticks, cranberries, bell pepper slices, sweet peppers, apple slices dipped in lemon juice, banana, kiwi, cherry tomatoes, pickles, plantain chips (Barnana is my favorite brand)*
4. *Pick a Dip: Tzatziki dip, nut butter, hummus (Hope is the cleanest, tastiest brand), coconut fruit dip, full-fat yogurt + nut butter mixed, guacamole + salsa*

- **Biotics Hydrolyzed Collagen Protein: Chocolate or Vanilla Creme**

*Let me know if you would like to order and I can set that up for you with a 10% discount.
Add to milk, water or smoothie.*

- **Further Food Collagen Peptides Powder: On-the-Go Packets**

Purchase from furtherfood.com

- **Fruit:** Pineapple, Bananas, Cherries, Olives, Blueberries, Pomegranate seeds, Raspberries, Blackberries, etc.

Foods like clementines and apples are easy-to-grab snacks because nature has already "pre-packaged" them for you.

- **Nuts + seeds:** Organic almonds, pistachios, cashews, pecans, walnuts, Brazil nuts, Macadamia nuts, hazelnuts, whole pumpkin seeds, ground chia, flax, hemp, sesame seeds

- **Raw cheese:** Cow, goat, sheep, or buffalo

Purchase from Whole Foods or local farmers market

- **Snacks from VitaCost.com**

Flax Snax, Artisana nut butters, Santa Cruz applesauce pouches, Dang toasted coconut chips, Nature's All Foods Organic Freeze Dried Raw Mango, Mary's Gone Crackers Super Seed Crackers, Lily's dark chocolate, Lesser Evil popcorn, Nuco Organic Coconut Wraps, Epic pork rinds, SeaSnax seaweed sheets, Barnana plantain chips and other snacks

- **Snacks from ThriveMarket.com**

Thunderbird bars, SuperFat nut butter pouches, Thrive grass-fed beef or turkey sticks

- **Bulletproof Collagen Protein Bars: Lemon Cookie, Mint Chocolate Chip,**

These are the only two Bulletproof flavors I recommend because they are free of added sugar and hydrogenated oils

- **Stay Hydrated:** Drink half your body weight in ounces. Factor 8oz extra for every 1.5oz of diuretic (coffee, tea, alcohol, packaged fruit juices). Sprinkle high quality sea salt to drinking water for better absorption.

Make sure you like the taste of your water. Add citrus, frozen berries, pineapple, or apple slices. Also try carbonated water to change it up. Experiment with finding a combination that will keep you drinking!