

Our Guide

25+ Snacks on the Go!
Lots of easy + simple +
quick foods to enjoy



HEALTHY SNACKS
ON THE GO!

+ Fall Recipes

Our lives get busy and we find ourselves moving through our day quickly. How about having trying snacks that boost energy and keep you satisfied on the go? Here we deep dive into so many delicious choices. ****And as a bonus: Fall Recipes!****





HARD-BOILED EGGS

A perfectly portable snack for work, school or a last-minute road trip. Hard-boiled eggs are an excellent source of **high-quality protein**, with 2 large eggs providing 13 grams. Perfect to help keep you **satisfied between meals**, as well as providing **riboflavin, vitamin D and phosphorus**. Spice up with hot sauce!





DEHYDRATED MEAT / BEEF STICKS / BEEF JERKY

Dehydrated meat, beef sticks, and/or beef jerky are all high in protein. Consuming protein is important for weight loss because it digests slower than carbohydrates, so you will feel full for a longer amount of time. The perfect take-along post-workout snack!





CANNED CHICKEN, TUNA, OR SALMON

Canned chicken, tuna, and/or salmon are nutritious and inexpensive sources of protein. Because cans last for several years, they are excellent for stocking your pantry with easy lunches and snacks. Fun to pair with crackers, light mayo and relish!





ROLL-UP: HAM OR TURKEY, DILL PICKLE + CREAM CHEESE

So, when it's snack time, these little roll-ups are perfect for a lunch box or as a bring-along appetizer.

One (full slice of ham) provides a whopping 7-10 grams of protein. It is also pretty filling, too, so only a few of these will keep you satisfied for the long haul!





MEAT SLICES, CHEESE, AND CRACKERS

In addition to being a quick and easy snack, **meat slices, cheese, and crackers** are healthy and filling. It's an excellent source of protein and calcium.

Super quick and portable!

One of our favorites for ATV or Jeep rides.





MIXED NUTS

Eating nuts as part of a healthy diet may be good for your heart. Nuts contain unsaturated fatty acids and other nutrients. And they're a great snack food — inexpensive, easy to store and easy to pack. One drawback to nuts is that they're high in calories, so limit portions.





DARK CHOCOLATE AND ALMONDS OR PEANUT BUTTER

Chocolate and peanut butter are the world's best combination. You can't go wrong with this creamy, sweet, salty and indulgent duo.



For extra nutrition: try pairing ProCare Health's Dark Chocolate Calcium bars with Peanut Butter! *Seasonal item



SINGLE PEICE OF FRUIT OR MIXED FRUIT

Fruit is nature's ready-made snack packed with vitamins and other nutrients that support a healthy diet. Many different types of fruit are low in calories and high in fiber which are perfect for mid morning or afternoon snacks - keeping your blood sugars balanced.





GREEK YOGURT AND MIXED BERRIES

Yogurt and fruits can be eaten together and may exert combined health benefits through potential prebiotic and probiotic effects. Prebiotics and probiotics both support the body in building and maintaining a healthy colony of microorganisms, which support the gut and aids digestion; helping with bloating, constipation, and even weight loss!





CANTALOUPE WRAPPED IN PROSCIUTTO

Fruit is a classic Italian pairing for prosciutto; the sweet flavor enhances the savory product. For a classic treat, wrap prosciutto around freshly-sliced cantaloupe, then as an appetizer top with a fresh basil leaf for a beautiful presentation!

We also love figs and pears!





PEARS AND RICOTTA CHEESE

Pear slices and ricotta cheese make a satisfying snack with a sweet taste and creamy texture. Pears, especially the peels, contain polyphenol antioxidants that have strong anti-inflammatory properties. Ricotta cheese is rich in protein and calcium. For added flavor: sprinkle with nuts or cinnamon. For added texture/taste: toasted bruschetta.





TO GO: FROZEN GRAPES

Frozen grapes are the best snack ever! They're super refreshing, incredibly healthy, low-calorie, and SO easy. You actually don't have to do anything except put them in the freezer and take them out. They are like frozen candy. Incredible!!





COTTAGE CHEESE WITH FLAX SEEDS AND CINNAMON

Cottage cheese, flax seeds, and cinnamon each have impressive health benefits. Mixed together we call this "Cinnamon Flax Seed Pudding". Add a little Stevia (sweetener) for added sweetness!





BAKED OR AIR FRIED SWEET POTATOE CHIPS OR FRIES

One medium sweet potato contains vitamin A, B6, C, and E, with essential minerals like potassium, manganese, copper, magnesium and phosphorus. When you bake a sweet potato at home, you get to choose which, and how much, oil to use. a couple spritzes of olive oil should do the trick..





CUT UP VEGETABLES

To keep them fresh, wash the vegetables well, peel if necessary and cut to desired sizes. Wrap in damp paper towels and store in a large, sealed zip-top baggie with the air pressed out. The vegetables can be prepped up to two days in advance. Serve with ranch dressing + greek yogurt. Easy take along!





ROASTED CHICKPEAS

One tasty way to prepare chickpeas for a snack is by roasting them with some basic seasonings and olive oil. Roasted chickpeas are crunchy and portable, so you can take them with you and enjoy them when hunger hits.





KALE CHIPS

Add: 1 cup (67 grams) of bite-sized kale leaves, 1 tablespoon (15 ml) of olive oil, and 1/4 teaspoons (1.5 grams) of salt.

Mix all ingredients in a bowl. Place kale pieces on a parchment-lined baking sheet and bake at 350°F (175°C) for 10–15 minutes. Watch them closely, as they can easily burn.





MARINATED ARTICHOKE HEARTS

Marinated artichoke hearts are delicious and nutrient-dense. They are packed with antioxidants, they have detoxifying, liver-cleansing benefits, they aid digestion, and are high in fiber.

Eat them straight from the jar!





TRIO: CHERRY TOMATOES, BASIL, AND MOZZARELLA

Make ahead tomato and mozzarella balls include all the ingredients that can help cut your risk of heart attack, stroke and other “cardiac events”. Great paired with a dipping sauce of olive oil and balsamic vinegar!





SALSA AND BAKED TORTILLA CHIPS

Salsa is usually made with wholesome ingredients like tomatoes, lime, peppers, cilantro, and salt. Pair it with baked tortilla chips, and you've got a snack loaded with fiber, and antioxidants!





AVOCADO WITH SALT + LEMON

Try snacking on an avocado! Ripe avocados cut in half and seasoned to taste serve as a tasty midday snack. For avocado purists – eating a half of a plain avocado sprinkled with lemon juice and your favorite seasoning - it's all you need.





BLACK OLIVES

Olives are a scrumptious snack that boast healthy fats. Their low calorie density means that they may aid weight loss by helping you feel full. Black medium olives are just 5 calories a pop. That means a handful of 10 medium olives is just 50 calories!





HUMMUS AND CUCUMBERS

Fresh cucumbers accent the creamy texture and rich flavor of hummus. However, without some creativity, this perfect pairing will quickly become boring. Spruce it up with olives and a pita bread or a cracker!





FALL TRAIL MIX

INGREDIENTS

Mix in ziplock bag.

Fall Recipe

1 cup pecan pieces

1 cup almonds

1/2 cup pepitas (pumpkin seeds)

1/2 cup dried cranberries and/or raisens

1/4 cup mini dark chocolate chips

1 teaspoon pumpkin pie spice

1/4 teaspoon salt (only add if not using salted nuts)





NO-BAKE PUMPKIN OATMEAL ENERGY BALLS

INGREDIENTS:

- 1 1/2 to 2 cups dry, uncooked oatmeal
- 1/2 cup all-natural peanut butter
- 1/2 cup pumpkin puree
- 1/4 cup quality honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon or pumpkin pie spice
- 1/2 cup mini dark chocolate chips

Mix, form into balls, and chill.

Fall Recipe





PEAR SMOOTHIE

INGREDIENTS:

- 1 large pear, seeded and chopped
- 1/2 cup almond milk
- 1/4 cup low-fat vanilla yogurt
- 1/4 cup rolled or quick-cooking oats
- 1 cup ice cubes
- 1/2 tbsp maple syrup
- 1 tbsp almond butter
- 1/2 tsp ginger, finely grated
- Pinch cinnamon plus more for garnish

Add Procare Vanilla Protein powder for extra energy!

+

Blend in blender and sprinkle with cinnamon

Fall Recipe





DEHYDRATED APPLES

INGREDIENTS:

5 apples, Honeycrisp, Gala, Fuji, or Pink Lady

1 lemon (juice)

2 Tablespoon sugar (or stevia)

2 teaspoon cinnamon, ground

½ teaspoon nutmeg, ground

1 teaspoon vanilla extract

Slice apples, mix with ingredients, sprinkle with cinnamon, place on parchment paper in 200 degree oven for 1-1 1/2 hours.
**Flip 1/2 way through.*

Fall Recipe



MEAL PREP CONTAINERS!

Find yourself some good meal prep containers! Something that is of durable quality, microwavable, refrigeration safe, and dishwasher safe.

Check out: <https://procarenow.com/DL-LunchBox-EatMe>





SEND US YOUR OWN HEALTHY ON-THE-GO SNACKS!

We would absolutely LOVE to hear from you!
We are constantly creating new content and adding to
what we have already offered.

Send us your ideas on your own healthy snacks!

Email: hello@procarenow.com

RESOURCES

Elliott, RD and reviewed by Arnarson, Atli, BSc, PhD (2020). 20 High Protein Snacks That Are Healthy and Portable. Healthline. Accessed 8/30/21: https://www.healthline.com/nutrition/healthy-high-protein-snacks#_noHeaderPrefixedContent

Spritzler, F. (2019). 29 Healthy Snacks That Can Help You Lose Weight. Healthline. Accessed 8/30/21: <https://www.healthline.com/nutrition/29-healthy-snacks-for-weight-loss>

Bauer, S. (2020). 12 Healthy Snacks for Weight Loss, According to Dietitians. Shape. Accessed 8/30/21: <https://www.shape.com/healthy-eating/diet-tips/healthy-snacks-for-weight-loss>

Your Choice Nutrition (2018). Fall Trail Mix Recipe. Accessed 8/30/21: <https://yourchoicenutrition.com/fall-trail-mix/>

Bless this Mess. Wholesome Food (2021). No-Bake Pumpkin Oatmeal Energy Balls Recipe. Accessed 8/30/21: <https://www.blessthismessplease.com/no-bake-pumpkin-oatmeal-energy-bites/>

Mason, A. (2021). Dehydrated Cinnamon Apples Recipe. Recipes Worth Repeating. Accessed 8/30/21: <https://recipesworthrepeating.com/dehydrating-apples-cinnamon-apples-recipe/>

Tiffany (2019). How to Dehydrate Apples and Make Apple Chips. Don't Waste Your Crumbs. Accessed 8/30/21: <https://dontwastethecrumbs.com/dehydrate-apples-make-apple-chips/>

Gerber, S. (2019). 3 Healthy Recipes for Fall Smoothies. Hello Glow. Accessed 8/30/21: <https://helloglow.co/fall-smoothies/>

