

GRAB

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- Chomps Beef Sticks
- Zero-sugar beef jerky
- 2 low-fat string cheese
- Apple slices PB2 peanut butter
- Boiled egg
- Quest chips
- Quest bars
- Cottage cheese
- Atkins snack bars(purple boxes)
- 15 Almonds or 12 cashews
- Fiber One bars and or Brownies
- Cucumbers 1 tbsp ranch
- 2 baby bell cheeses
- Celery PB2 peanut butter
- Premier protein shakes
- Light Muscle Milk shakes
- DevotionBrownie Batter Protein Powder
- Fairlife protein shakes
- Women's best protein Powder- I make these with ice in ninja
- Pure Protein bars
- Two Good yogurt or light and fit yogurt
- 100 calorie skinny Pop popcorn
- Power crunch bars
- Built bars
- Popcorners Flex protein crisps
- Catalina crunch
- Wasa Crackers with laughing cow cheese
- Tuna packet on Wasa
- 1 cup berries
- Half a banana with PB2 peanut butter
- Carrots, celery, or peppers with 1tbsp hummus
- Skinny girl peanut butter wafer bites(bariatric pal online)
- 3/4 cup edamame
- 1 cup berries with yogurt
- 1 cup berries with sugar-free Cool Whip

