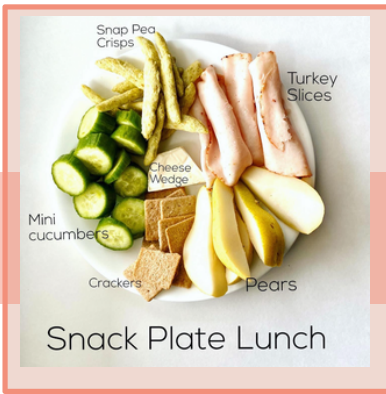


# pick & pack

## LUNCH/SNACK PLATE

ideas



### Protein

- deli meat
- turkey slices
- turkey sticks
- nut butters
- Bada Beans
- nuts
- Greek yogurt
- cheese
- hard-boiled egg
- grilled chicken



### Filling Fiber

- crackers
- wasa crackers
- whole wheat pitas
- mini naan bread
- nuts
- almond crackers
- bada beans
- roasted chickpeas
- sprouted toast
- whole wheat tortillas



### Fat

- hummus
- avocado
- guacamole
- nuts/nut butter
- chia seeds
- flaxseed
- salad dressings
- dips
- olive oil
- olives
- tzatziki dip



### Crunchy

- tortilla chips
- granola
- freeze dried fruit
- nuts
- pumpkin seeds
- crackers
- bada beans
- roasted chickpeas
- croutons
- snap pea crisps



### Sweets

- energy bites
- granola
- chocolate
- mini Kind bars
- minin granola bars

- cookies
- trail mix
- chocolate peanut butter
- chocolate chips
- M&M's

- chocolate covered almonds
- graham crackers
- cookie cereal
- miniature candy bars
- fruit leathers





pick & pack

# LUNCH/SNACK PLATE ideas

## Protein



cheese



Greek yogurt



grilled chicken



tuna packets



hard-boiled eggs



cottage cheese

## Filling Fiber



high-fiber tortillas



roasted chickpeas



wasa crackers



bada beans



whole wheat pita



high-fiber crackers

## Colors



carrot sticks



celery



berries



apple slices



broccoli



peppers



pear

## Fat



chicken buffalo dip



beet hummus



hummus



guacamole



nut butter



nuts



dressing

## Sweets



mini Kind bar



mini date bars



freeze-dried fruit



chocolate granola



fruit leathers



energy bites



chocolate