Sensible Snacks
SHOPPING LIST

☐ Dark chocolate - covered raisins or almonds
☐ Honey roasted cashews or almonds
☐ Trail mix
☐ Popcorn - ideally home-made
  (or buy the almost naked kind in the bag)
☐ Whole grain Fig Newtons
☐ Whole grain crackers with squeeze peanut butter or string cheese
☐ Whole wheat pretzels.
☐ Organic yogurt tubes (freeze them)
☐ Mandarin oranges or peaches in plastic tub
☐ Whole grain tortilla chips
☐ Applesauce tubes (freeze them)
☐ Baby carrots with dressing
☐ Banana, apple, or pear
☐ Cheese stick (part-skim) or individually wrapped cheese squares
  (with ice pack)