Early to Rise Customer Support

I am busy and do not always have time to cook. What are some healthy snacks I can eat?

Stephanie H - 2020-02-20 - Nutrition FAQs and Substitutions

Craig is very much like you. He is busy, doesn't cook, and travels a lot. But he doesn’t eat fast food. Here are food and snacks that should be staples in your life:

- Hard boiled eggs

- Applewood cold cuts

- pre-cooked chicken breasts or salmon from the deli

- Epic protein bars

- BioTrust protein bars

- Paleo protein or BioTrust protein powder

- Fruits & vegetables (these are very easy to travel with)

- Raw nuts (walnuts, almonds, pecans)

- Nut butters

- Ezekial bread or Paleo bread (from Julian bakery)

- water

- Daily Energy