

# Early to Rise Customer Support

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Stephanie H - 2020-02-20 - in 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