

Shelf stable options:

- apple + single serve nut butter pack (Justin's, RX bar): <https://amzn.to/3feBATS>
- purely Elizabeth oatmeal cups: <https://amzn.to/3SppoOd>
- health warrior oats: <https://amzn.to/3xKiRpx>
- chomps beef sticks: <https://amzn.to/3dHipkZ>
- archer farm meat sticks: <https://amzn.to/3UuZElw>
- nut or seed packets: <https://amzn.to/3Sly1JE>
- carrots and single serve hummus of guac
- unsweetened dried fruit (I love dried apple with PB packet or greek yogurt) :
<https://amzn.to/3BD9r07>
- roasted chickpeas: <https://amzn.to/3SoUYvl>
- roasted edamame <https://amzn.to/3dC7Klu>
- crunchmaster or simple mills crackers + PB pack or hummus
- beet (or other roasted veggie) chips: <https://amzn.to/3dE0XxR>
- sea salt popcorn (ie skinny pop, boomchickapop): <https://amzn.to/3r2AhtU>
- hippeas: <https://amzn.to/3LyWXeG>
- bars:
 - RX: <https://amzn.to/3SsjtrW>
 - Gomacro: <https://amzn.to/3R7splp>
 - kind protein: <https://amzn.to/3BZe9Xw>
 - Lupii: <https://amzn.to/3X7drQs>
 - Rise Whey: <https://amzn.to/3WJ6FiA>
 - Rise Pea Protein: <https://amzn.to/3JnXu44>
 - Perfect Bar
- premade protein shakes:
 - Owyn (code for 20% off): OWYNHCP-8295
 - Orgain: <https://amzn.to/3XMJ9IV>
- PB + banana on sprouted bread

Cooler Options

- greek yogurt + nuts + berries
- cottage cheese + tomato + cucumber
- HB eggs
- deli meat or egg salad sammie
- cottage cheese + nut butter + berries

