

TRAVEL MACRO SNACK LIST

| CATEGORY | SNACK ITEM | PRIMARY MACRO |
|----------------------|------------------------------------|---------------|
| High Protein | Beef or Turkey Jerky (Low Sugar) | Protein |
| High Protein | Whey Protein Powder (Single Serve) | Protein |
| Healthy Fats | Raw Almonds or Walnuts | Fats |
| Healthy Fats | Individual Guacamole Cups | Fats |
| Complex Carbs | Rice Cakes with Nut Butter | Carbs Fats |
| Complex Carbs | Dried Apricots (No added sugar) | Carbs |
| Balanced | Hard Boiled Eggs (Peeled) | Protein Fats |
| Balanced | Greek Yogurt (Plain, < 100ml) | Protein Carbs |
| Low Calorie | Seaweed Snacks | Fiber |
| Low Calorie | Pre-cut Cucumber & Celery | Fiber |