

Feel good 😊

SHOPPING LIST

BACK TO SCHOOL / BACK TO WORK

School and work are back in full swing, and busier schedules can take a toll on our bodies and health. If you're struggling to find nutritious snacks during this busy time, know that you're not alone! We tend to eat on-the-go more in the fall, so it's important to choose snacks that are rich in nutrients that help support your energy level and keep you satisfied, so you're ready to take on the day!

Apples + nut butter: a great snack combination which offers protein, fiber, and healthy fats. Nut butters also provide a good amount of the immune-boosting mineral, zinc.

Energy bites: these go-to homemade energy bites are high in iron thanks to the pumpkin seeds, oats, and cacao nibs. Iron plays an important role in transporting oxygen to our cells, which helps keep our energy levels up during this super busy season.

Popcorn trail mix: My fave sweet and salty popcorn trail mix is super satisfying and so easy. Combine a bag of microwave popcorn with ¼ cup of almonds, ¼ cup raisins and ¼ cup M&M's. Great to take on fall hikes!

Maple Spice Nuts: All the fall feels here! Nuts are a great source of healthy fats, protein, and mood-boosting magnesium. Grab my recipe here!

Yogurt parfait with homemade granola: This is a great meal prep idea as a grab-and-go option for when you're on a tight schedule. Pro tip: Top your granola parfait with vitamin C loaded fruits like berries, orange, kiwi, and papaya. Vitamin C is essential for immune health!



Homemade muffins: Whip up a batch of my Emerald Muffins for a nutritious on-the-go snack. These delicious muffins offer a mean punch of immune-supporting beta-carotene, thanks to the spinach.

Veggies + hummus cups: Adequate hydration during flu season helps fight off germs by trapping them in mucous that lines our nose and lungs. Veggies like peppers, zucchini, celery, and carrots are water-rich and contribute to your water intake for the day.

Veggie chips + cheese: Such a great snack! And you can make your own: Thinly slice beets or sweet potatoes, toss with EVOO and salt and bake for 30-40 minutes until crisp.

Protein bars: Finding a good protein or energy bar can be overwhelming! Look for a bar with around 5g of added sugar, 3g fiber and about 10g protein.

Hard Boiled eggs: Eggs are a nutritious snack, and a good source of vitamin D! When the days get shorter, and we can't absorb rays from the sun, our bodies can't make D and we need to get more from our diet. D is important for maintaining our immune system and our mood throughout the winter.

