

Travel Ready Food & Snacks

CARB SOURCES

- Pre-cooked lentils
- Instant oatmeal, cream of wheat
- Instant soup mixes
- Granola
- Bread, tortillas, english muffins, bagels
- Granola/cereal bars
- Fig bars
- Fruit snacks (dried, leathers)
- Crackers (graham, whole grain)
- Rice cakes
- Pureed fruit and veggies packets
- Sports drinks, gels, gummies
- Instant/microwavable rice, noodles
- Trail mix

PROTEIN SOURCES (SHELF STABLE)

- Tuna, salmon, chicken packets
- Tofu (shelf-stable)
- Jerky
- Edamame packets
- Peanut or almond butter
- Nuts and seeds
- Protein powders
- Protein bars

COOLER REQUIRED OPTIONS

- Greek yogurt
- Cottage cheese
- PB&J
- Fresh fruit & veggies: Cherry Tomatoes, Cucumbers, Bell Peppers, Celery, Carrots
- Bagel & cream cheese
- Half-full sandwiches
- Hard-boiled eggs
- Cheese, nut, and fruit packs
- String cheese
- Chocolate milk
- Hummus
- Deli meat
- Cooked Chicken or Vegan Sausage
- Low-fat cheese

