

Grab and Go meal and snack ideas:

- ❖ Rotisserie chicken in a Ziploc. I love the Costco chicken and usually buy two at a time. One for dinner and one for grab and go. While the chicken is still warm (makes it easier to pull apart) I slice it up and put 3 ounces in a Ziploc. This makes a great lunch if combined with a green salad and a piece of fruit.
- ❖ Columbus Herb Roasted Turkey Breast, another Costco favorite. I also buy two at a time and leave one at home and one at the office. A 2oz. serving is about 1 ½ slices, only 50 calories, 0 sugar and 13 grams of protein.
- ❖ Edamame (a fancy name for boiled soybeans). This is a high protein, high fiber and high energy addition to your lunch. Approximately 1 cup of pods (you only eat the beans, so about ½ cup). Boil them, in the pod, for about a minute, drain, and sprinkle with sea salt. Add to a Ziploc and enjoy!
- ❖ Nuts! ¼ cup of almonds (about 30 almonds) has 6 grams of brain boosting protein for less than 200 calories. Keep a Ziploc of almonds at your desk and in your car.
- ❖ Greek yogurt: On average, Greek yogurt is much higher in protein and lower in sugar than most other brands. The protein content is North of 12 grams per serving-excellent! Fage and Chobani are both excellent brands.
- ❖ Sliced apples with a squeeze of lemon juice. The lemon juice will help keep the apples from turning dark.
- ❖ Blueberries and ½ cup of low fat cottage cheese. Cottage cheese is a protein powerhouse and when combined with berries, it is a high energy, high fiber and antioxidant rich snack.
- ❖ Snap peas or sliced cucumbers dipped in hummus. Costco carries Sabra hummus already in individual serving sizes ready for your lunch. Hummus combined with sliced veggies, is a snack that is high in fiber, protein and vitamins.
- ❖ Celery sticks with peanut butter (use almond butter if you're trying to lower your cholesterol levels)
- ❖ Sliced yellow, orange or red bell peppers (green bell peppers are harder to digest) sprinkled with a vinaigrette dressing and a tablespoon of feta cheese. This snack is high in vitamin C and fiber.
- ❖ Hard-boiled eggs