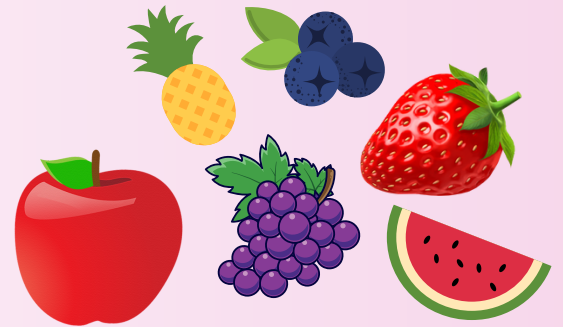


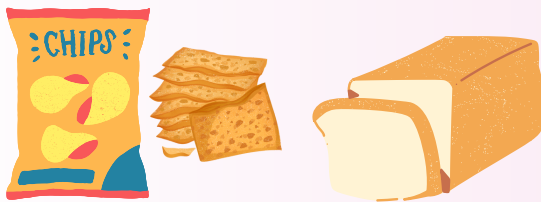
HEALTHY SWAPS



Cake, candy, and other high sugar snacks



Fruits that have fiber and digest slower



Chips, crackers, breads, and other high processed, refined carb items



Veggies, nut butters, homemade trail mix, yogurt, and other nutrient rich savory items



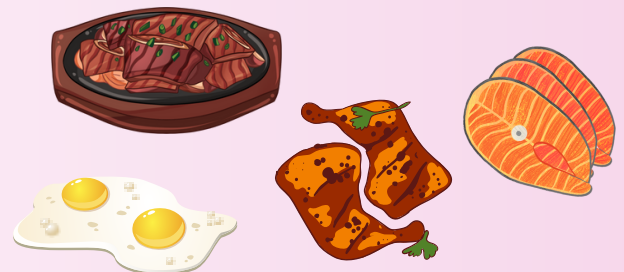
Soda, high sugar juices, alcohol



Green tea, sparkling water with lime or other fruit, kombucha



Frozen dinner, fast food, and takeout



Grass-fed beef, chicken, wild caught fish, and pasture raised eggs (make ahead for on the go)