

# Shelf-Stable Snack Bag Ideas

Notes: Collagen and bottled on-plan drinks are excellent staples to keep on hand at all times! Collagen is an FP protein source that can be added to S,E, or FP meals or snacks.

Items in **bold type** below are additional protein source ideas.

## BEVERAGES (FP)

Bai ● Sparkling Water ● Sobe Lifewater (sugar-free; white cap) ● Vitamin Water Zero ● Zevia ● Bottled Water  
● THM Hydrate Packets ● Humm Zero Kombucha

## S SNACKS – protein should be the base of each snack!

Moon Cheese

Whisps

Parm Crisps

olives

low-carb tortillas

berries (freeze dried)

homemade kale chips

seaweed

pork rinds

toasted coconut chips

Just the Cheese bars

**tuna packets/pouches**

**OWYN 0 sugar shakes**

**Orgain Plant Protein 1g/sugar\*\*** Nutrail Granola

**THM Protein Pleasure Cookies**

Lily's chocolate

tuna pouches

nuts

nut butter

beef jerky/beef sticks (no sugar)

keto/low-carb trail mix

Wasa Light Rye (1)

**salmon packets/pouches**

**collagen**

**THM Essentials**

Aldi Keto Coconut Clusters (PC Item)

Evolved Keto Cups Almond Butter

Think! Keto Bars:

**Chocolate Peanut Butter Pie**

**Chocolate Peanut Butter Cookie Dough**

**Chocolate Mousse (PC item)**

**Quest Bars (naturally sweetened)**

**Ratio Keto Chocolate Brownie**

**Ratio Keto Chocolate Chunk**

**Cookie**

## E SNACKS – protein should be the base of each snack!

Skinny Pop

Unique Sprouted Pretzels

unsweetened applesauce

Wasa Light Rye (3-4)

Wasa Multigrain (2-3)

Wasa sourdough crackers (2-3)

**collagen or THM Essentials**

Mary's Gone Crackers\*\*

Crunchmaster crackers\*\*

Baked Tostitos\*\*

Salsa-on-the-Go cups

**Chomps Turkey sticks**

**low-fat tuna packets**

**low-fat salmon packets**

**Orgain Plant Protein 1g/sugar\*\***

brown rice cakes

Spicy Queso (1/2 bag ) or Sea Salt Popcorners\*\*

**Chobani Zero Sugar Dairy Drink**

**Fuel for Fire Protein Smoothie Pouch**

**That's It! Fig Truffles**

Freeze-dried fruit ideas:

apples, berries, cherries, mango, etc.

Siete Cassava Flour Tortillas

## FP SNACKS – protein should be the base of each snack!

Wasa Sourdough (1)

Wasa Light Rye (2)

Wasa Multigrain (1)

**low-fat tuna packets/pouches**

**Orgain Plant Protein 1g/sugar\*\***

pickles

berries

**Chomps Turkey sticks**

**low-fat salmon packets/pouches**

**collagen or THM Essentials**

**Light and Fit Zero Sugar**

**Drinkable Yogurts**

MaxMallows

\*the numbers next to the Wasa crackers indicate how many you can eat in that fuel setting

\*\* these E-friendly personal choice items are already at the maximum fat allowed for an E