

HUSTLING HANNAH'S SURVIVAL SNACK GUIDE

CONVENIENCE FOODS FOR STAYING ON PLAN

These change in formulation REGULARLY, so please check the label every time.

SATISFYING

- OWYN Protein Shake Choc or Vanilla - S PC
- Paleo Valley Beef Sticks- S/FP
- Wilde Protein Chips - S-PC
- QUEST Tortilla Style Protein Chips - S-PC
- Think Keto Bars (Think Delight) - S
- IQ Keto Plant Protein Bars Sea Salt - S-PC
- KIND Zero Caramel Almond Sea Salt Bars - SPC
- KIND Zero Dark Chocolate Nuts & Sea Salt Bars - S-PC
- Keto Think Delight Protein Bars (Chocolate Mousse Pie) - S-PC
- Keto Think Delight Protein Bars Chocolate PB Pie - S
- Quest Protein Cookies - S-PC
- Paleo Valley Superfood Bars - S
- Noka Superfood Smoothies -S
- No Cow Protein Bars - S-PC
- Individual nut packs -S -
- Meat stick snack packs (Chomps is good) -S
- Cheese crisps - S
- Pork rind snack bag- S
- Guacamole mini cups - S
- Shelf-stable pepperoni packs -S
- Babybel cheese rounds - S
- P3 snacks (be sure to get only the ones with meat, cheese, and nuts
- NuTrail Granola (except birthday cake) -S
- Moon Cheese - S
- Whisps - S

ENERGIZING

- Plain oatmeal cups -E
- That's It Bars -E
- Baked Tostitos -E
- Popcorners Sea Salt - E
- Unique Sprouted Pretzels- E
- Roasted chickpeas - E
- Wasa Crackers (more than 1 is E)
- All fruit but berries/avocado
- Applesauce pouches (unsweetened) -E
- Skinny Girl Microwave Popcorn - E or XO
- Starkist Tuna Spicy Rice Beans - E PC
- Brown Rice Cakes - E
- Freeze Dried Fruit -E



FUEL PULL

- Dry Roasted Edamame - FP
- Egglife Wraps - FP
- Roasted seaweed snacks -FP
- Skinny Girl Dressings - FP
- Chomps Turkey Meat Sticks - FP
- Light Cheese Sticks - FP
- Brad's Veggie Chips - FP
- Berries (up to ½ c blueberries)
- Pickle packets (no sugar) like Oh Snap! -FP
- Good Good Jelly - FP
- Smash Foods Jam - FP
- Joseph's Lavash Bread (watch serving size) -FP
- Two Good or other no sugar greek yogurt - FP
- Raw veggies -FP
- Light Laughing Cow Cheese - FP
- Tuna packet multipacks - FP
- Salmon Packets - FP
- Bone Broth Packets -FP

CROSSOVER

- Aldi Black Bean Chips - XO-PC
- Xochitl White Corn Chips - XO
- Rx Bars-No BS Bars / Larabars - XO
- Jackson's Sweet Potato Chips (Coconut Oil & Sea Salt) - XO
- MAXX Bars (Elevation - Aldi) Chocolate Sea Salt or Peanut Butter Chocolate - XO