

MAKE ► HEALTHY

CONVIENENT



# THE COST OF CONVENIENCE

I remember a long time ago, we ran out of milk and I suggested to my mom that we just grab some at the gas station that was close to our house.

She had me drive to the grocery store and said, “There’s always a cost for convenience.

When we’re working to eat healthy, there’s definitely a cost for convenience. Not just in the price tag but in the waistline as well.



The way to avoid paying this cost is to: 1) plan ahead and 2) be prepared. You know when you get that inkling for chocolate or french fries. Make being healthy more convenient than making bad choice.

To help you out, I’ve put together a list of 10 healthy snacks that are easy to grab, pack, and eat. I’ve included sweet and savory options! I hope you enjoy the list!

~ Ashley

# SAVORY

## HEALTHY TREATS

### DEVEILED EGGS

Make a dozen deviled eggs with mustard and mayo (or greek yogurt) and save for snacks each day!

### TURKEY ROLL-UP

Get turkey slices from your local deli and fill with your favorite sandwich toppings. Then roll them up and put in a baggie for later!

### SWEET POTATO CHIPS

Use a mandolin slicer to cut thin slices of a sweet potato, then bake them with a little olive oil and sea salt.

### DIY TRAIL MIX

Make your own trail mix with different types of nuts and dried fruit like pecans, cashews, raisins, and dried cherries.

### SLICED CHEESE

String cheese is always an option, but I like to buy a block of cheese for my kids and slice a few sections off!

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TIP: TRY DIFFERENT COMBINATIONS OF DEVEILED EGGS!

# SWEET HEALTHY TREATS

## APPLE SLICE COOKIES

Core an apple, and slice thinly. Cover each slice with a natural, no sugar added nut butter. Then top with shredded coconut and nuts.

## BERRIES - ALL KINDS!

Strawberries, blueberries, raspberries, and blackberries are always a great choice! They're easily portable and delicious!

## MASON JAR VEGGIES

Put a few tablespoons of nut butter in the bottom of a small mason jar. Then cut up celery pieces and stand them in the nut butter.

## COCONUT BITES

Mix dates, almonds, and unsweetened cocoa powder in a food processor. Add unsweetened shredded coconut and form into balls.

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TIP!: FIND THE COCONUT BITES  
RECIPE ON MY [LIKE PAGE!](#)