

STOCK AN MVP SNACK DRAWER

It's all about convenience. Skip your afternoon trip to the vending machine and opt for one of your healthy snacks from your fully loaded snack drawer. But buyer beware: Always check nutrition labels. Those protein bars may have as much sugar as your favorite candy bar!



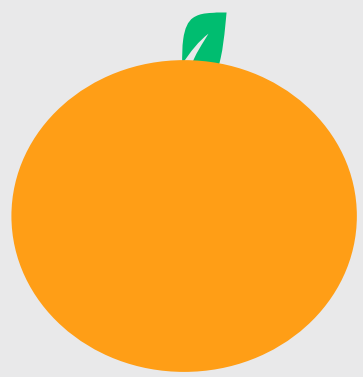
Jerky:

- + protein
- + low in fat



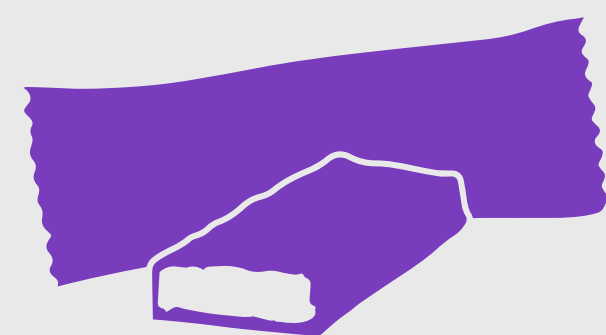
Box of tea:

- + antioxidants
- + promotes heart health



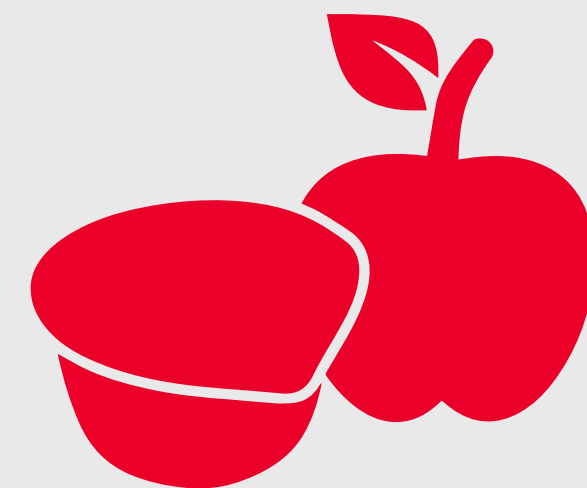
Oranges:

- + fiber
- + vitamin C
- + potassium



Natural bars (Kind, Epic, Lara, etc.):

- + protein
- + healthy fats
- + fiber



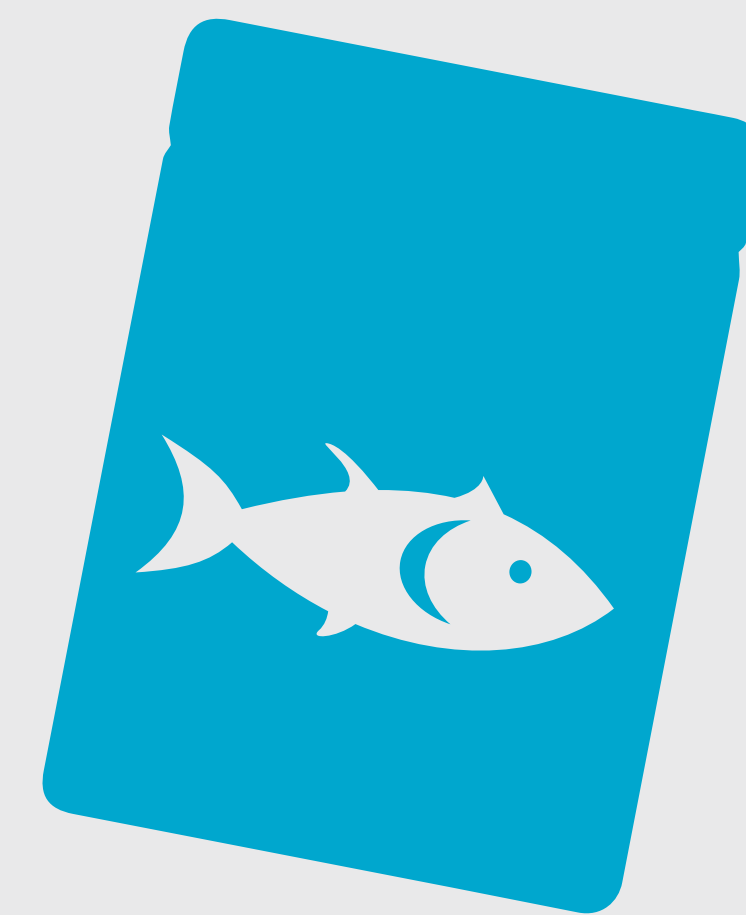
Unsweetened applesauce:

- + low in calories
- + vitamin C



Pre-portioned walnuts:

- + omega-3s
- + antioxidants



Tuna fish pouch:

- + protein
- + omega-3s



Lower-sugar oatmeal packets:

- + fiber
- + whole grains