



LUNCH ON THE GO

You can use any combination of the snacks bellow to make a 'meal on the go' and combine it with a good source of protein. Choose from the following list:

- Nuts
- Mixed seeds
- Apples
- Pears
- Berries
- Mini oatcakes
- Berry Smoothie
- Plums
- Small portion cheese
- Bag of fresh carrot / celery sticks
- Fresh apricots
- Cherry tomatoes
- Small apple
- Small banana

TOP TIPS

- **Whenever you're going to be on the move, have a substantial breakfast before you leave home.**
- **Always carry easy snack foods in your bag such as a pack of oat cakes or piece of fruit & some nuts with a small bottle of water (and keep emergency store in car).**