



MY TOP 25
Healthy
GRAB & GO
GROCERY
Snacks

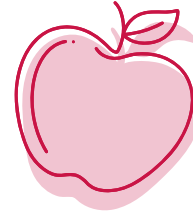


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INCLUDES
Helpful
GUIDELINES
FOR SHOPPING
✓



Hey THERE!



**WELCOME TO MY TOP 25 HEALTHY
GRAB & GO GROCERY SNACKS TO
HELP YOU STAY ON TRACK THIS SUMMER!**

We've all been there—wandering the grocery store aisles, hangry and hunting for a quick snack that checks all the boxes:

- ✓ ***Fills you up until you can get some “real” food***
- ✓ ***Keeps your energy steady***
- ✓ ***Fits with your health & fitness goals***
- ✓ ***Not send you into a sugar coma or cause a stomachache!***

Sound familiar? I've been there, too! But here's the thing: with a little detective work, you can find healthy options that keep you feeling fueled AND satisfied.

That's why I put together my top 25 healthy grab-and-go grocery snacks that are perfect for **boosting your energy, and building muscle.**

These snacks aren't just easy to find—they're packed with the nutrients your body craves, whether you're at work, on the go, or need a quick pick-me-up.





This idea for this list came about because years ago, I found myself in a pinch—we were headed on an unplanned road trip and I needed some healthy car snacks ASAP. It took me a surprisingly long time to find options that were 1) acceptable to everyone in the car AND 2) tasted good!

And I knew that if I found it a challenge to find healthy snacks, so did everyone else!

This ebook is a collection of my absolute favorite healthy grab-and-go snacks that I've found over the years. There's something for every taste—sweet, salty, and savory.

Most of them are grocery store staples and are easy to find, so you won't have to hunt them down at specialty stores or break the bank.

At Steamboat Fit, we've helped **hundreds of busy professionals** find ways to make healthier choices, even on their busiest days...

We hope you love this snack guide and that it moves you closer to your goals!

Happy Snacking! 

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GRAB & GO SNACK *Guidelines*



Feel confused about whether a snack item is really healthy? There are a lot of imposters out there — you can't always trust the claims on the labels!

Here are some basic guidelines that can help you differentiate the healthy choices from the not-so-healthy.

1. SCOUR THE INGREDIENTS LIST

- **Keep it Simple:** Look for snacks with a short + simple ingredient list, containing only foods you recognize. Fewer usually means fewer additives, artificial colors, and preservatives



2. READ THE NUTRITION LABEL

- **Low in Added Sugar:** Choose snacks with minimal or no added sugars. Natural sugars from fruits are okay, but avoid snacks with high fructose corn syrup, cane sugar, or other sweeteners.
- **Healthy Fats:** Choose snacks with healthy fats, like nuts, seeds, and avocados. Avoid trans fats and hydrogenated oils.
- **Whole Grains:** If the snack contains grains, make sure they are whole (not refined).
- **Moderate Sodium:** Look for snacks with lower sodium levels. Aim for less than 150 mg of sodium per serving.
- **Protein & Fiber Content:** Opt for snacks that contain protein and fiber, which help keep you full and satisfied.

3. FIND NATURAL OR ORGANIC OPTIONS

- **Organic + Non-GMO:** When possible, choose organic snacks to avoid pesticides and genetically modified ingredients. Foods with the Non-GMO Project Verified label means the snack is free from genetically modified organisms.

4. PRACTICE PORTION CONTROL

- **Healthy Portions:** Even healthy snacks can contain a heavy calorie load, so check your portion sizes.





5. EAT FOR NUTRIENTS VS. CALORIES

- **Nutrient-Dense vs. Calorie Dense:** Choose snacks that offer more nutritional value per calorie, such as fruits, vegetables, nuts, and seeds, rather than empty-calorie snacks like chips, pastries, and candy.

25 Healthy GRAB & GO GROCERY SNACKS

✓ DRY-ROASTED EDAMAME

These crunchy soybeans are a great source of plant-based protein and fiber.

✓ JERKY

Choose a no-sugar-added option that's low in sodium.

✓ RAW OR DRY-ROASTED NUTS AND SEEDS

Pistachios, walnuts, pumpkin seeds, or pecans are all great options.

✓ AVOCADO ON WHOLE GRAIN CRACKERS

Single-serving mashed avocado or guacamole slathered on whole-grain crackers is loaded with healthy fats, fiber, and complex carbohydrates to keep you satisfied between meals.

✓ GREEK YOGURT WITH FRUITS AND NUTS

Stir some fruit into a plain, low-fat Greek yogurt and sprinkle with a few walnuts or pecans.

✓ PROTEIN BAR

Choose a bar with only a few ingredients, and make sure those ingredients are "whole" (like nuts, egg whites, fruit, etc.).

✓ LOW-FAT COTTAGE CHEESE WITH PINEAPPLE OR APPLE SLICES

Stir some fruit into your cottage cheese for a sweet-salty snack.



✓ **RICE CAKES WITH NUT BUTTER**

Choose cakes made of brown rice and add a light smear of almond or peanut butter.

✓ **FLAVORED ALMONDS**

There are a lot of options when it comes to flavors: wasabi, salt & vinegar, Mexican, and more. The biggest challenge is watching your portion sizes!

✓ **TUNA SALAD KIT**

If possible, choose one that does not include mayonnaise.

✓ **PROTEIN PUDDING**

This one requires a little assembly. Stir ½ to 1 scoop of flavored protein powder into a single-serving container of low-fat plain Greek yogurt. Eat as-is or, for a smooth pudding-like texture, let sit in the fridge for at least 30 minutes.

✓ **HUMMUS WITH VEGGIE STICKS**

Grab a single-serving packet of hummus with a side of veggies. This is a great source of fiber and a tasty way to sneak more veggies into your daily intake.

✓ **MINI BELL PEPPERS & GUACAMOLE**

Guacamole is now available in single-serving packets, and when eaten with mini bell pepper strips, you'll get a tasty snack with plenty of healthy fats, fiber, and antioxidants.

✓ **APPLE AND ALMOND BUTTER**

Simple and delicious: slice an apple into quarters and spread with a thin layer of almond or peanut butter. Yum!



✓ **HARD-BOILED EGGS + PRE-CUT VEGGIE STICKS**

A great choice that packs plenty of protein, fiber, and antioxidants.

✓ **STRING CHEESE + GRAPES OR BERRIES**

Salty, savory, and sweet — a perfect combo for a satisfying snack.

✓ **OLIVES AND GRAPES**

This snack feels (and tastes) decadent but it's loaded with healthy fats and flavonoids.

✓ **FRESH SALSA WITH VEGGIES**

This light snack is a great option when you want something crunchy. Simply dip carrot or celery sticks into the salsa.

✓ **CUCUMBER SLICES WITH TZATZIKI SAUCE**

This makes a refreshing, low-calorie snack with a hint of Mediterranean flavor.

✓ **ROASTED CHICKPEAS**

These crunchy little beans are loaded with protein and fiber that will keep you feeling full.

✓ **CHIA SEED SNACKS**

There are lots of great options when it comes to snacks containing superfood chia seeds — puddings, bars, gels, and more!

✓ **DARK CHOCOLATE**

Treating yourself to an ounce (30 grams) of luxurious dark chocolate can be a healthy option: chocolate is loaded with good-for-you flavanols. Choose a chocolate that contains 70% cocoa or higher.



✓ **DIY TRAIL MIX**

Head over to the bulk bins (or “natural” section) at your store and make your own healthy trail mix: Combine 1-2 fist-sized portions of raw nuts, about half as much dried unsweetened fruit, some unsweetened coconut flakes, and sunflower or pumpkin seeds. Mix together and enjoy! (Watch your portion sizes—this one adds up quickly.)

✓ **PICKLES / KIMCHI**

These fermented foods contain good-for-your-gut probiotics and are super tasty. One caveat: they can be loaded with sodium.

✓ **EDAMAME PODS**

Pre-packaged, ready-to-eat edamame pods are rich in protein and fiber. These cooked soybeans make a satisfying and tasty snack.

Important!

HOW TO KEEP YOUR



MOMENTUM *Going!*

Congrats on Fueling Your Day with Healthy Choices!

Amazing job making it to the end of My Top 25 Healthy Grab & Go Grocery Snacks.

By choosing these healthy snacks, you're doing more than just curbing your hunger—you're giving your body the fuel it needs to **boost your energy; stick with your healthy eating plan.**



But remember, snacking smart is just one part of the bigger picture! The real magic happens when you combine these small, everyday choices with a balanced approach to your overall health—like getting enough sleep, staying active, and managing stress.

Imagine having a plan where everything works together to make reaching your goals feel almost effortless...

A plan where you don't have to guess what to eat or how to stay on track to hit your **energy, weight, muscle-building health** goals, because you've got it all mapped out.

That's exactly what
STEAMBOAT FIT'S
NUTRITION PROGRAMS
are designed to help you with.



Here's what you'll get when you join:

- ✓ **A personalized roadmap** that brings together your nutrition, workouts, and daily habits—so you can stay consistent, balanced, and always moving forward.
- ✓ **Custom meal plans, workout schedules, and habit-tracking tools** tailored specifically for YOUR lifestyle, so you know exactly what to do to reach your goals.
- ✓ **Built-in accountability** to keep you on track, with personalized adjustments to ensure you're always moving toward your goals—even when life gets busy.
- ✓ **LIVE coaching + support** from me to help you tweak and optimize your plan as you progress, making sure it always works for you—not the other way around.
- ✓ **Workshops and trainings** that dive deep into building sustainable, healthy habits that last a lifetime.

LEARN MORE ABOUT STEAMBOAT FIT'S NUTRITION PROGRAMS

Steamboat Fit offers a diverse range of nutrition programs tailored to support your unique goals and life stage. From menopause-focused nutrition that helps manage hormonal changes and maintain strength, to performance-based sports nutrition that fuels athletic training and recovery, our programs are rooted in science and built for real life. We also provide expert support for clients on GLP-1 medications (like Ozempic or Wegovy), offering personalized guidance to preserve muscle, optimize nutrition, and build sustainable habits alongside medical weight loss.

NOW IT'S YOUR TURN TO GET RESULTS LIKE THIS!



[CLICK HERE](#) TO BOOK A CALL

so we can talk about your goals and how Steamboat Fit's nutrition programs might help you reach them faster. Together, we'll figure out if it's the right fit, and if not, I'll make sure you walk away with clear next steps and a solid plan for moving forward.

I'm excited to help you take the next step, and I can't wait to see what we can accomplish together.

Click here to book your call now...

I'm ready when you are!

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