

# Desk Drawer Snacks

## Be prepared.

Having a small stock of snack items at your workplace, in a drawer or locker or even in a cool box in your car will ensure you're fully catered for and less likely to succumb to sweet and salty snacks or binges between meals.

Fresh Snacks from home or local supermarket or deli (store in the fridge at work or keep in a small cool bag).



- Homemade trail mix – made from your favourite dried fruit, nuts, seeds, cocoa nibs (store in an airtight tub)
- Box of nuts – almonds, walnuts, brazil nuts
- Box of mixed seeds
- Packet of crackers e.g. rice crackers or oatcakes
- Bag of dried fruit e.g. apricots, figs, mango
- Raw Chocolate Bar
- Small jar of olives
- Bounce Balls – great source of protein, gluten free
- Jar of nut butter (my favourite is pumpkin butter spread onto fresh apple slices)
- Nori sheets (great to use as a wrap)
- Miso Soup sachets
- Small can or carton of chickpeas or beans (add to a salad or soup)
- Protein shake (choose a raw protein powder your favourite green powder and add chilled water)
  
- Fresh Fruit – apples, pears, oranges, small banana – travel well – remember to eat alongside some protein e.g. nuts or seeds
- Humous or homemade dip – use as a dip, spread on a cracker, or a topping for salad
- Vegetable crudités – carrots, cucumber, celery, peppers, cherry tomatoes – have with hummuus or a dip
- Home made raw soup (take in a flask)
- Homemade smoothie – take in a flask or make it fresh if you're lucky enough to have a kitchen at work
- Half an Avocado dressed with lemon juice or cider apple vinegar
- A natural live yoghurt or coconut yoghurt