



EASY & HEALTHY CAR SNACKS





HEY, I'M CASSIE – A REGISTERED DIETITIAN

I'M CASSIE GROESCHL, MOM OF 3 + DIETITIAN + FOUNDER OF WELLNESS THAT FITS, WHERE I HELP BUSY MOMS **OVERCOME EXHAUSTION WITH HOLISTIC NUTRITION, MEAL PREP, AND WELLNESS ROUTINES**—SO THEY CAN BE **ENERGIZED, PRODUCTIVE, AND FULLY PRESENT** FOR WHAT MATTERS MOST.

LET'S FACE IT, THE STRUGGLE TO MAINTAIN ENERGY LEVELS WHILE MANAGING MULTIPLE RESPONSIBILITIES AND SCHEDULES IS REAL. I CREATED THIS GUIDE TO HELP YOU FIT HEALTHY EATING INTO YOUR BUSY SCHEDULE.

HEALTH CAN FEEL OVERWHELMING WHEN APPROACHED WITH AN ALL-OR-NOTHING MINDSET, BUT THIS GUIDE WILL SHOW YOU HOW TO BUILD HEALTHY HABITS GRADUALLY—ONE MANAGEABLE STEP AT A TIME!



Cassie



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You're juggling a million things—school drop-offs, activities, sport events, grocery runs—and somewhere in there, **your kids are hungry ... again**. It's tempting to grab the quick snacks loaded with additives, dyes, and sugar, but **you want to feel good about what your family is eating**, even on the go.

As a fellow busy mom with a packed schedule and hungry kids, I get it. I've been there—**reaching for convenience but wishing it came with better nutrition**.

That's why I created Easy & Healthy Car Snacks: a free guide packed with nourishing, grab-and-go snack ideas that deliver protein, fiber, and healthy fats—so **your family stays full and energized, without the sugar crashes or the junk**.



Ready to take the stress out of snack time for good?

[Book a free discovery call](#) or view my services to learn how I can help your family ditch the worry and find real food that fits your life. *You have enough to juggle in your life.* Let me take the guesswork out of your nutrition.



EASY & HEALTHY CAR SNACKS

Shelf stable (car stable) and no refrigeration needed! It can be helpful to keep a tote or bag so snacks are always on hand. Replenish frequently!



Smash fruit spread + flaxseed crackers



Venison jerky + dried figs



Apple + almond butter packet



Made Good bars



Kind Seeds Fruit and Nuts bar



Omega-3 rich trail mix (blends with walnuts, pepitas, almonds)



Kind Breakfast bar



Roasted chickpeas



Salmon pouch + avocado mayo packet + multi-grain crackers



1 oz Almonds + banana