

EASY & HEALTHY CAR SNACKS







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!







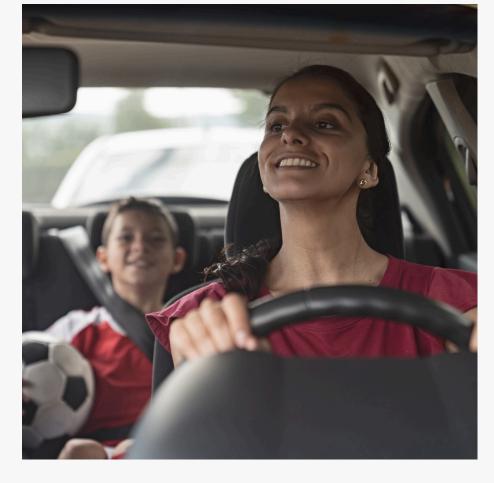
WELLNESS THAT FITS COMMUNITY

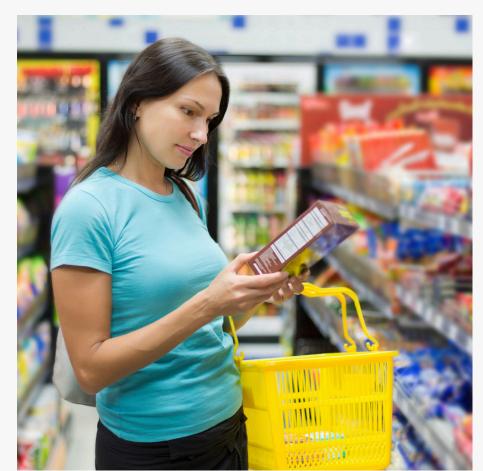


You're juggling a million things—school drop-offs, activities, sport events, grocery runs—and somewhere in there, your kids are hungry ... again. It's tempting to grab the quick snacks loaded with additives, dyes, and sugar, but you want to feel good about what your family is eating, even on the go.

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