

- If you are 'starving' between meals, your brain & body are without crucial glucose & nutrients they need to function!
- Without food to burn, your cells may resort to burning muscle tissue instead, defeating all your hard work at the gym!
- Keep your nutrient reserve tank full with healthy snacks like these to stay focused & ready for whatever the day brings!

JERKY Jerky (beef or turkey) makes a great snack because it's low in fat, lean and savory, and high in the chewiness factor (look for lower-sodium varieties if you're concerned about the salt). You can find a wide variety of flavors, from teriyaki to barbecue. You can also find chicken and buffalo (and, in certain parts of the country, salmon) jerky. Jerky packs 10 g of protein and about 100 calories per ounce.

ROASTED SOY NUTS

Almonds, peanuts, and cashews are great. But let's face it: You can get burned out on the same nut mix. Try roasted soy nuts for a complete protein snack; for a little extra heat, try the wasabi-flavored ones. Each ¼ cup provides 6 g of protein and 120 calories.

PROTEIN BARS

They are the perfect filling, portable snack to save you from a desperate trip to the vending machine or drive-thru. Pick up bars that are about 200 calories each, such as Luna Protein bars (170 to 190 calories, 12 g of protein) or Honey Stinger 10-gram protein bars (190 to 200 calories, 10 g of protein), to stash in your purse or work bag.

EGGS

Eggs really are one of nature's most perfect portable foods. Packed with protein and antioxidants, they satisfy your hunger and improve your health. Try Eggland's Best Hard-Cooked Peeled eggs for a no-muss, no-fuss snack or meal. Along with the usual protein punch, these edible orbs also deliver 10 times more vitamin E and two times more omega-3 fatty acids than other eggs.

MILK

It's the perfect pre- or post-exercise snack. You can stock up on small containers of shelf-stable milk (such as Horizon's 8-ounce cartons); they don't even need to be refrigerated. Two cups deliver more than 16 g of high-quality, filling protein that will satisfy your hunger and help keep you hydrated. In one study, women who had 18 g of protein 20 minutes before strength-training torched almost 9% more calories at rest 24 hours later than if they didn't drink the pre-workout milk.

STRING CHEESE

Not just for kids' lunch boxes, string cheese and other portioned cheeses such as The Laughing Cow Wedges or Mini Babybels are the perfect complements to an apple, pear, or bunch of grapes. These low-calorie protein packs are satisfying enough to carry you through to your next meal. One string cheese can offer up to 9 grams of protein