



Wishroute Team Tip: Healthy Snacks on the Go

When you're on the go, it can make a huge difference to have something healthy, filling, and convenient to toss in your bag.



by Kait Taylor December 3, 2021

Starting new eating habits is **hard**, so we want to help make your snacking decisions **easy**.

It's nice when you have the time to prep snacks, but sometimes you won't, especially when you're on the go. If you're rushing out the door, it can make a huge difference to have something healthy, filling, and convenient to toss in your bag.

Try these three Wishroute-approved snacks:

[IQ Bar](#)

These come packed with 11g of protein and <1g of sugar (**Use code WISH20 for 20% off!**)

[Boom Chicka Pop](#)

This snack clocks in at just 140 calories per 4 cup serving, for when you need to satisfy a salty craving without the guilt

[RX Nut Butter](#)

From the same company as the popular RXBAR comes these nut butter packets (shown in header photo), perfect for on the go AND helping you stick to a 2 tablespoon portion. They're great solo or to enjoy with a piece of fruit like a banana!

[White Cheddar Hippeas](#)

These are a personal favorite of Wishroute team member Sarah because they're crunchy, flavorful, and actually leave you satisfied with 4g of protein per serving

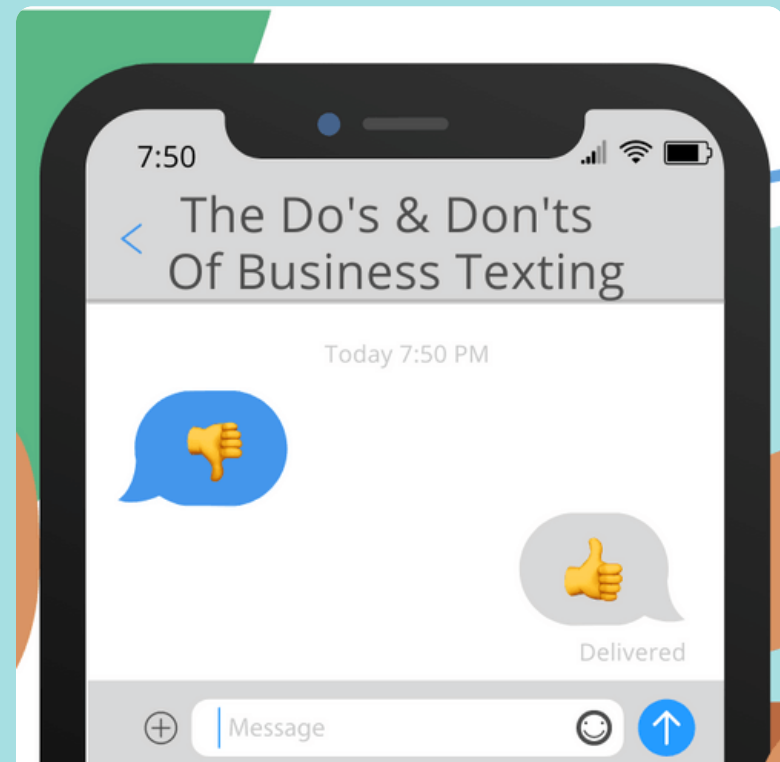
Pro Tip: *End up buying a big bag of a snack instead of individual serving bags? Divide it into smaller, portion-sized sealable bags when you get home from the grocery store. You'll avoid overeating and will thank yourself later when you can just grab a bag before you rush out the door.*

All four can be delivered right to your door via Amazon, or you can find them at most grocery stores (and even some convenient stores and gas stations!). We hope you can find your own snack ideas too. If you're already a Wishrouter and you're reading this -- just shoot us a text and ask us for suggestions if you need any more help!

Want accountability to incorporate more healthy snacks and ideas into your routine? Learn more about our Healthy Eating Route

[Healthy Eating Route](#)

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