



## WHEN IT HAS TO BE CONVENIENT

**A**re you in contest prep or just trying to lose that last 10lbs? Have you ever found yourself out running errands that have taken way longer than you thought they would and your stomach is now running on fumes? Does your job keep you on the road and you want some healthy choices instead of fast, fried, and fat? You work hard in the gym to stay shape and you're looking for a quick but healthy snack to tide you over? According to Walt Doyle, GasBuddy's CEO, "Convenient choices can now be healthy choices..." You don't have to derail your progress and you don't have to get hangry. Whether you are counting your macros or measuring your portions, don't let the temptation of chips and candy distract you, instead check out the healthy choices that you can find in most convenience stores.

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Open-air coolers have become a standard feature at both independently-owned stores or state-of-the-art stores nationwide. Stocked with salads, yogurts, fruit and vegetable trays, hard-boiled eggs, freshly packaged sandwiches and more, the open-air coolers are the most obvious place to find many of the healthier options in convenience stores.







Whole fruit is another great grab-n-go choice that you can find at convenience stores. You'll see items like bananas, apples, and oranges typically located near the front doors and registers. Packed with fiber, nutrients, and vitamins fruit is the epitome of convenient. **Pro Tip:** Pair with nuts or almond butter packs for added protein! Some stores take it a step further by carrying vegetables including avocados, potatoes, onions and some products that are normally found in grocery stores making it a time-saving option when you only need a few items.

Still looking for other healthy options? You can usually find healthy nuts or seeds (whole, raw almonds or dry roasted almonds, cashews, shelled pistachios, sunflower or pumpkin seeds) or even almond butter packs (low calorie and low sugar) amongst the rows of cookies and candy. Turkey jerky and beef jerky (packed with protein and low in carbohydrates) make perfect snacks and will even keep your blood sugar in check. Look for a brand without nitrates or chemicals. Tuna pouches or canned tuna is another protein source you can typically find on the convenience store shelves. In a pinch, low-sugar snack bars can be just enough to tide you over.



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Looking for a little crunch? Try Skinny Pop popcorn, or a Pickle in a Pouch. Need a sweet tooth fix? Try Ghirardelli's Intense Dark Chocolate Squares (3 squares are less than 200 calories!) Dried mango or applesauce are also healthy alternatives when you feel those sweet cravings coming on. Remember, individual packets instead of a large bag can help keep your portions in check.

Water and sparkling water with no sugar i.e., products like Perrier and Topo-Chico are the healthiest drinks, most of which are also calorie-free. Of course, black coffee is also an option.

New trends have seen Sabra Snackers Guacamole and Tortilla Sticks and individual Hummus packs (toss out the pretzels and pair with carrots for a tasty treat!)



If you're training with goals in mind, it's always best to be prepared and plan ahead. In an ideal world, it would be great if we could always have our meals prepped and with us at all times. But life doesn't always work that way and sometimes we have to come up with a back-up plan. Just make sure you actually have followed the plan. Be intentional and make the best choice. Lighter options will keep you from packing on the pounds and you'll know that you can be on the go, eat well, and feel good! **Pro Tip:** Remember if you do pack a cooler with meal prepped food, most convenience stores also have a microwave!