

20 Airport, On the Go & Travel Snack Ideas

High Quality Smoked Salmon or Lunch Meat

Good Quality Cheese

Dried Seaweed in a Pack

Coconut Butter or Nut Butter in Single Serving Pouch

Sealed Packets of Nuts, Seeds or Trail Mix

Apple, Pear, Orange, Tangerine or Banana

Epic Bar (Meat + Dried Fruit Bar)

Bearded Brothers Energy Bar (Nuts, Seeds and Dried Fruit Bar)

Luna Bar (Nuts, Seeds and Dried Fruit bar)

Dark Chocolate (90-99% Cacao)

Hard-Boiled Egg

Sardines, Tuna, Salmon or Smoked Oysters in a Can

Veggie Chips Made with Sweet Potatoes, Brussel Sprouts, Kale, Pumpkin or Zucchini

Dehydrated Apples and, or, Vegetables

Egg Muffins (on-line portal)

Hard-Boiled Egg

Toasted Coconut Flakes

Cat's Coconut Muffins (on-line portal)

Avocado (eat with a spoon, or eat like a taco by squishing)

Sun or Oven Dried Tomatoes