



BEST FOODS FOR ENERGY: SMART FUELS



EVERYDAY ENERGY FOODS

- Protein Snack Bars ! (pick your favorite)
- Greek Yogurt (protein + probiotics)
- Hard-Boiled Eggs (protein + healthy fats)
- Banana & Apple (quick carbs + fiber)
- Hummus & Veggie Packs (balanced snack)



TRAVEL-FRIENDLY ENERGY FOODS

- Nuts & Seeds (lightweight, steady fuel)
- Oatmeal Packets (instant hot meal)
- Electrolyte Drinks/Powders (hydration + recovery)
- Dark Chocolate (small boost, no crash)
- Protein Powder Packets (meal replacement)



FOODS TO AVOID THAT DRAIN ENERGY

- Sugary Snacks & Drinks (spike → crash)
- Greasy Fast Food (heavy, draining)
- Energy Drinks Overload (too much sugar/caffeine)
- Alcohol (sleep disruptor)
- Ultra-Processed Foods (empty calories, no fuel)