Healthy Meals/Snacks for on the Go

It is safe to say that most of the ladies within the Women in Motion program lead very busy lives. Between work, family and all other daily activities, it can be difficult to make time to eat healthy. The following are several options for meals or snacks that can be made the night before or quickly prepared for on the go. Please be sure to fuel your bodies with good food before you engage in any physical activity. This will provide you the necessary energy you need to perform your best and sustain energy output for a longer period of time.

**Banana-Walnut Smoothie**

According to research published in the online scientific journal PLoS One, consuming one banana during a workout is as beneficial as a sports drink. Bananas provide the body with antioxidants, potassium, vitamins, fiber, carbohydrates necessary for providing energy, and a little protein. This is a great pre-workout, energizing smoothie that can be thrown together in five minutes and taken with you.

2 cups skim milk  
1 large banana (cut up and freeze in plastic bags)  
1 TBSP honey (can substitute with Agave)  
¼ tsp vanilla extract  
Handful of walnuts (or 7 halves)

Serves two. Cut all ingredients in half for one serving, or freeze the other half.
Per serving: 227 calories, 10g protein, 5g fat, 37g carbohydrates, 2g fiber, 5 mg cholesterol, 130 mg sodium
Veggie Baggies
Veggie baggies can be a simple solution to a hungry stomach. They do require some preparation beforehand. An easy way to find pre-cut, smaller vegetables is from a veggie tray. You can grab a baggie sized amount of veggies with you, along with the vegetable dip that probably came with the tray. “To go” sized peanut butter packets are also good for celery or even bananas or apples.

Salad in a Jar
This fun illustration is right from Pinterest! It shows you had to keep your salad soggy free by having the spinach/lettuce on top and dressing on bottom. This is fun because you can experiment with what you have in the fridge. Make your own versions, you’ll only need a mason jar!
Southwestern Quinoa Salad

**Ingredients:**
- 8 oz. whole wheat pasta
- ½ TBSP olive oil
- 1 c. cooked quinoa
- 1 ½ c. black beans
- 1 tomato (diced)
- 1 c. corn
- 1 green pepper (diced)
- 1 jalapeno (seeded & diced)
- 1 red onion (diced)
- 1 avocado

**Dressing:**
- ¼ c. lime juice
- 3 TBSP olive oil
- 1-2 chipotle peppers in adobo (diced)
- 3 garlic gloves (diced)
- ½ c. cilantro (chopped)
- ½ tsp. salt
- ½ tsp. pepper

**Prep:**

Dressing: Mix lime juice, olive oil, diced chipotle peppers, garlic, cilantro, salt, and pepper. Set aside.

Cook pasta and quinoa according to directions. Drain pasta and toss with ½ TBSP olive oil. Combine with black beans, corn, tomatoes, onions, green peppers and jalapenos. Toss with dressing and top with avocado. Makes 8 servings. Separate into containers, store in refrigerator, and grab as you’re heading out the door.
Apple, Banana, Peanut Butter Sandwich

Thinly slice bananas and apples, place between two slices of whole grain toast spread with smooth or chunky peanut butter, and enjoy!

Tuna, Chicken, or Salmon Salad Sandwich

Mix up some tuna, chicken, or salmon salad on some whole grain bread. Top with any vegetables of choice.