**Quick Healthy Snacks**

Here are some snacks to consume before a workout or competition that would provide energy, protein and low in fat.

* Apple + hard-boiled egg
* Carrots + hummus
* Pretzels + cottage cheese
* Banana + peanut butter
* Popcorn + dried fruit/nuts
* English muffin + pizza sauce + cheese
* Baked tortilla chips + salsa
* Yogurt + berries
* Celery + peanut butter
* Small quesadilla (1 tortilla with cheese and salsa)
* ½ turkey sandwich
* 1 piece of peanut butter toast with sliced banana
* Cereal with milk
* Energy bars (Clif, Lara, Kind)