

## Back to School snacks

### Description

Gentle Reader,

I was out with my granddaughter the other day—she's twenty and was driving me in her car—when she confessed she hadn't eaten in a while. She reached in her purse for a bar, pulled off the wrapper and started munching on the dense, dark thing, clearly loaded with protein. She suffers from low blood sugar. Now that she is twenty, she understands that she has to carry protein with her or her brain scrambles. I'm just like that. Are you? Any of your kids have meltdowns because they need protein? It takes a long time for a young woman like my granddaughter to figure out how to fix her problem before it is one. Her mother and I harped a lot. We also carried protein bars with us and handed her one when we saw the signs. May I suggest a solution if this is a thing in your household?

Here follows an unabashed promotion of Shaklee protein bars as the best, most balanced—protein, fat, carbs—to steady your metabolism and get your brain working again. Read on....

Grab a snack—Make it healthy

What are some filling, easy-to-grab snack foods to get you through after-school sports events? Or that quick minute in the kitchen between things when there is no time for a proper sit-down meal? Even lunch when you don't have time to make one?

Are you open to looking at some alternatives made by Shaklee, the No. 1 natural vitamin company in the US? The company that distinguishes itself by making sure every product is pure, safe, organically sourced and effective?

Sure, Costco is full of inexpensive, tasty bulk purchases for just these moments in your family's busy schedule. And there is probably some fairly good nutrition along with the taste and calories. But what if Shaklee makes a healthier, tastier alternative?

Like the convenience of bars? Shaklee makes whole nutritious meals in a bar. They were designed as part of a weight management program. For anyone, they provide a well-

balanced complete meal without the over-the-top sugars and fats of your average bar. More expensive than Cliff bars, but consider the benefit.

Meal-in-a-Bar:

White Chocolate Cinnamon 270 cal.:



My personal favorite.

- 18 -20 grams of hunger-fighting non-GMO soy protein
- 6 –7 grams of fiber
- Leucine to build muscle
- 23 vitamins and minerals
- Low glycemic. GI Value:25
- No artificial flavors, colors, sweeteners or preservatives added
- Gluten free

Blueberry & Almond Crisp 260 calories

Same balanced ingredients, different yummy flavor. My personal favorite.

Peanut Butter& Chocolate Chip has 270 calories and has the same values as both Blueberry& Almond and Chocolate Cinnamon

Take note of the GI Value in Blueberry Almond Crisp is 25 while the Peanut Butter Chocolate Chip has a GI of 29.

They are delicious.

Snack bars. I never leave home without one in my purse. I keep one in the glove box of my car. If you are a low blood sugar basket case, you know why. Don't let the weight

management talk steer you away from giving these snack bars to your kids. There is nothing fake or hyper in any Shaklee product. Just growing a kid wouldn't benefit from. Keep the sugars down, get as



functional and pack in the energy with good protein.

Shaklee 180 Snack Bars flavors: Toffee Chocolate Crunch, Chocolate and Coconut, Crunchy Peanut Butter, & Cherry Almond are the perfect solution to mid-afternoon hunger. Whichever flavor you choose, they are a great-tasting way to eat a satisfying, healthy, decadent snack without a lot of calories. Snack Bars are Powered by Leucine™, an amino acid that signals muscle protein building, which can offset the muscle loss that can occur with other diets. Leucine lets you keep muscle while you lose weight from fat. And remember Muscle = Metabolism.

Shaklee also packs 9-10 grams of protein into each bar. And that's important. Why? Because protein is used to build muscle, and muscle burns more calories than body fat. Protein-rich foods also promote feelings of fullness, keeping hunger at bay. And that's what you want. But when you're eating a Snack Bar, all you'll think about is how good it tastes.

Prefer savory snacks? Do you reach for chips when you're starving? We all love them. Throw a bag in the lunch, or purse. But how is the nutritional balance? Any protein? Too much fat for good balance? How about Shaklee's Crisps. I love them. Take them hiking. They come in a box of 10 for \$20.95 member price or \$2 each. Probable half again as much as the Costco offering. But look what you get for your money.



Shaklee 180™ Sea Salt Snack Crisps and Barbecue Snack Crisps and now it's Crunch time!

Our snack crisps are baked to golden perfection with a hint of salt and if you like barbeque flavor, you will find a tangy goodness in every satisfying bite. Plenty of protein per serving to keep hunger away and cravings under control. Both options offer:

- 100 calories
- 6 grams of non-GMO soy protein
- Low glycemic
- No artificial flavors, colors, sweeteners or preservatives added
- Gluten free

Two flavors, Sea Salt and Barbeque.

Psst: If you're trying to lose weight or keep it off, these crisps are a perfect snack whether you are doing Weight Watchers or any other program.

After School Snack: Meal Shakes: I've had several grandchildren love these milk-based protein shakes. They can mix them without supervision at a pretty young age. Take a look at the ingredients and see if this would be a good after-school snack for the children in your



Unlike similar meal replacement products found in grocery

stores, Meal Shakes contain no artificial colors, sweeteners or flavorings. A creamy, delicious shake that children love. Bavarian Cocoa and French Vanilla. #20321 French Vanilla, #20322 Bavarian Chocolate \$24.10 member price. 16 servings. SHOP at [www.HiHoHealth.com](http://www.HiHoHealth.com), my personal Shaklee website. Click on the picture of any product included in this post and it will take you to the shopping page where you can read everything about it and purchase!

Be Well, Do Well and Keep Moving.  
Betsy



### Category

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### Tags

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