

On-the-Go PROTEIN

Only got 15 minutes 'til you head to the gym? Here are some ideas for high-protein snacks you can keep stashed in your cabinets or fridge for a last minute energy boost. Just grab 'em and go!

Handful of Almonds

Grabbing a handful of almonds takes no prep at all—and these nuts pack a health punch like no other. Not only are they high in protein, they've got fiber, healthy monounsaturated fats, minerals, and other vitamins and nutrients, like vitamin E. Plus, they're extremely satisfying!



PHOTO COURTESY OF DANA SHULTZ FOR DIETSDIRECT.COM

Raw Protein Balls

Protein Balls take a little bit of prep, but they are ideal on-the-go pre-workout snacks to curb that twinge of hunger. Look for recipes that are low in sugar, and packed with raw, nutritious ingredients, like cacao nibs, chia seeds, and raw protein powder. Keep a bag of them in your freezer at all times!



Blueberries Frozen in Greek Yogurt

Cold and creamy with a tart and juicy center—this is another great one for the freezer. To make, stick berries on a skewer and dip/swirl in Greek yogurt. Place on cookie sheet and freeze for 1 hour. Pop them off the sheet and into a plastic baggie, and you're all set! FYI: Greek yogurt is packed with protein: approx. 10-15 grams per serving.

Dry Roasted Edamame with Cranberries

This is a great option for when you're craving a sweet-and-salty snack. For reference, one serving of dry roasted edamame can give you 18 grams of protein and 4.5 grams of fiber, and cranberries are great for helping with digestion and urinary tract issues. You can buy the edamame pre-roasted, or you can get it frozen and roast it yourself on a baking sheet with a little salt and olive oil for 20 minutes.



PHOTO COURTESY OF FOUR AND TWENTY BLACK BERRIES, FOURANDTWENTYBLACKBERRIES.BLOGSPOT.COM

A large advertisement for Dasani water. At the top, the word "DASANI" is written in a large, blue, serif font. Below it is a green recycling symbol with a plant growing out of the center. Underneath the symbol, the text "plantbottle™" is written in a green, lowercase font. Below that, it says "Up to 30% made from plants" and "Still a 100% recyclable bottle". To the right of this text is a clear plastic Dasani water bottle with a green cap. The bottle is partially filled with water and has a blue label with the Dasani logo and the words "PURIFIED WATER" and "ENHANCED WITH MINERALS FOR A PURE, FRESH TASTE". A green plant with large leaves is growing out of the bottom of the bottle. At the bottom of the advertisement, the text "redesigned plastic, recyclable as ever." is written in a large, bold, blue font. On the far right edge, there is a small vertical copyright notice: "© 2011 The Coca-Cola Company."/>

DASANI

plantbottle™

Up to 30% made from plants
Still a 100% recyclable bottle

- PlantBottle™ packaging is 100 percent recyclable, just like traditional PET plastic. It is recyclable by design, not biodegradable, so it works in today's existing recycling infrastructure.
- PlantBottle™ packaging has the same performance as traditional PET plastic bottles; there are no differences in shelf life, weight, chemical composition or appearance compared with traditional PET plastic bottles.
- PlantBottle™ packaging is up to 30% made from plants, so it reduces the need and dependence on non-renewable resources.
- Available nationally in April 2011.

**redesigned plastic,
recyclable as ever.**

© 2011 The Coca-Cola Company.