

# Justin's®

**Justin's Squeeze Packs**  
listed as a healthy, single-serving snack in



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- Oprah Magazine, January 2012



**DAY 27**

## Pledge Never to Be Hungry

Trying to find a nutritious snack when you're on the go is setting yourself up for failure. Instead, I make it a point to always travel with an arsenal of satisfying eats. Here, some healthy, easy single-serving snacks you can always have at the ready:

- Cat Cora's Kitchen by Gaea Olive Snack Pack**  
Plump, briny olives—in peppery flavors like oregano and lemon or chili and pepper—get purse-friendly treatment in a bag.
- Somersault Snack Co.'s Somer-Saults**  
Sunflower seeds and toasted grains go from so-so to so good thanks to zesty chili, Pacific sea salt, or a dash of ground pepper.
- Blue Diamond Almonds**  
A handful of almonds, dull? Not when they're laced with sinus-clearing wasabi and tangy soy sauce or rolled in a spicy barbecue mix.
- Justin's Nut Butter**  
Squeezing a banana-hugging portion of honey peanut butter or maple almond butter beats packing a knife and a heavy jar.
- Wild Garden Hummus Dip**  
This creamy, carrot-friendly hummus—in six flavors, like sun-dried tomato with olive oil—doesn't need to be kept in the fridge.
- Crum Creek Mills Brilliantly Blended Soy Nut Mix**  
Give peanut-blend trail mix a run for its money with chocolate, raisins, and pumpkin and sunflower seeds.