

Aimee Raupp

ON-THE-GO SNACK IDEAS

I know how hectic life can be, so I went ahead and gathered some easy on-the-go snacks for you that can be store bought. These snacks are all Aimee Approved, but always check the ingredients to be certain. Click on the links below for information on where to purchase the products!

PACKAGED FOODS

- [Epic Cranberry Bison Bars](#)
- [Epic Bacon Bites](#)
- [Equip Prime Bar](#)
- [Organic Gemeni Raw Tiger Nuts](#)
- [Tiger Nut Butter](#)
- [Brodo Bone Broth packets](#)
- [Artisana Coconut Butter](#)
- [Bare Simply Cinnamon Organic Apple Chips](#)
- [Dang Lightly Salted Toasted Coconut Chips](#)
- [Nutiva Coconut Manna](#)
- [Wild Planet Wild Alaskan Salmon](#)
- [Wild Planet Sardines in olive oil](#)
- [Wild Plant Albacore Tuna Fillets \(in olive oil\)](#)
- [Jackson's Honest Sweet Potato Chips](#)
- [Organic Apple Butter](#)
- [Pork Clouds Rosemary & Sea Salt Pork Rinds](#)
- [Yucan Crunch](#)
- [Wild Zora Lamb & Veggie Jerky](#)
- [Paleo Valley Beef Sticks](#)
- [Pure Traditions Cranberry Beef & Organ Strips](#)
- [Barnana Organic Plantain Chips](#)
- [Organic plain coconut yogurt \(there are a few different brands\)](#)
- [GT's Kombucha](#)
- [Freeze Dried Blueberries](#) (or any freeze dried, organic fruit)
- [Sea Snax](#)

EASY TO PREP (CLICK FOR RECIPE)

- [Hard boiled eggs](#)
- [Meatballs](#)
- [AIP Power Balls](#)
- [Tuna/Chicken salad \(made with Primal Kitchen Mayo\)](#)
- [Sausages \(organic and nitrate free\)](#)

IF YOU CAN TOLERATE NUTS/BEANS

- [Stars and Honey Bar](#)
- [Chief Nutrition Protein Bar](#)
- [Bullet Proof Protein Bar](#)
- [Urban Remedy](#)
- [Artisana Nut Butter packets](#)
- [Go Raw](#)
- [Treeline nut cheese spread](#)
- [Hummus \(organic and made with olive oil\)](#)
- NOTE: when it comes to nuts, they ideally should be organic & sprouted

FOR ALL OF THE AIMEE APPROVED PACKAGED FOOD BRANDS, SEE THE NEXT PAGE

IF YOU WANT A PERSONALIZED FERTILITY NUTRITION PLAN, COACH WITH TEAM AIMEE. EMAIL US AT INFO@AIMEERAUPP.COM

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BEST PACKAGED FOOD BRANDS

With this list of brands, please keep in mind:

1. The goal is to not eat packaged foods more than you eat real, whole foods.
2. Brands unfortunately get sold to bigger brands & formulations change. ALWAYS CHECK INGREDIENTS
3. Not every product from the brands below are Aimee Approved, so please always read labels & avoid refined vegetable oils (soybean, corn, canola, safflower, sunflower, cottonseed & peanut oil), artificial sweeteners & food dyes, too much added sugar & nitrates/nitrites.
4. Not every 'clean' brand made it to this list as there are always new ones popping up. So again, read ingredients and always choose packaged foods that are made with simple, whole food & organic ingredients.

AIMEE APPROVED BRANDS

- 4TH & HEART
- ALTER ECO
- AMY'S
- ANCIENT ORGANICS
- ANCIENT NUTRITION
- ANNIES
- ANTHONY'S
- APPLGATE FARMS
- ARTISANA
- BARE BONES
- BARNANA
- BASE CULTURE
- BEAR SNACKS
- BEAUTY & THE BROTH
- BIRCH BENDERS
- BILINSKI'S
- BOB'S RED MILL
- BONAFIDE
- BOULDER CANYON
- BULLET PROOF
- BUTCHER BOX
- BRAGG'S
- CALIFIA
- CAPPELLO'S
- CHOMPS
- COCOJUNE
- COCOYO
- CROWN PRINCE
- DANG
- DR. COWANS
- EDEN ORGANICS
- ENJOY LIFE
- EPIC
- EQUIP
- EVOLVED
- Force of Nature
- FLAVOR CHEF
- GARDEN OF LIFE
- GIMME
- GO RAW
- GOOD CULTURE
- GOOD HEALTH
- GOOD POP
- HARMLESS HARVEST
- HONEY MAMAS
- HOPE
- HU
- JACKSONS ORGANIC
- JOVIAL
- KERRYGOLD
- KETTLE & FIRE
- KION
- LARABAR
- LESSER EVIL
- LILYS
- LOVEBIRD
- MALK
- MADEGOOD
- MAGIC SPOON
- MAPLE HILL FARMS
- MARY'S
- MOUNTAIN VALLEY
- NAVITAS
- NELLY'S
- NOBLE MADE
- NOW ORGANICS
- NUTIVA
- NUMI
- ORGANICS
- ORGANIC VALLEY
- ORGANIFI
- PACHA
- PALEONOLA
- PALEOVALLEY
- PASTURE BIRD
- PETE & GERRY'S
- PRIMAL KITCHEN
- Primal Pastures
- PURELY ELIZABETH
- PURITY
- RICHARDS REGENERATIVE
- SAN PELLIGRINO
- SANTA CRUZ ORGANICS
- SEVEN SUNDAYS
- SIETE
- SIMPLE MILLS
- SIMPLE KNEADS
- SMART SWEETS
- SO DELICIOUS
- SPINDRIFT
- STONYFIELD
- THREE TREES
- TRADITIONAL MEDICINES
- URBAN REMEDY
- US Wellness Meats
- UNREAL
- VITAL CHOICE
- VITAL FARMS
- White Oak Pastures
- WILD PLANET
- WILD ZORA
- YUM EARTH
- Organic 365 products
- Organic Trader Joe's products
- Horizon Organic products
- Organic Kirkland products

REMEMBER: BRANDS
SELL OUT OFTEN SO
PLEASE CHECK
INGREDIENTS, DON'T
ASSUME THEY ARE ALL
CLEAN. ALSO DON'T
FORGET ABOUT
PACKAGING-- AVOID
PLASTICS & PFAS AS
MUCH AS POSSIBLE

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