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## Grab 'N Go!

Meal and Snack Ideas for People with CF  
on the Run

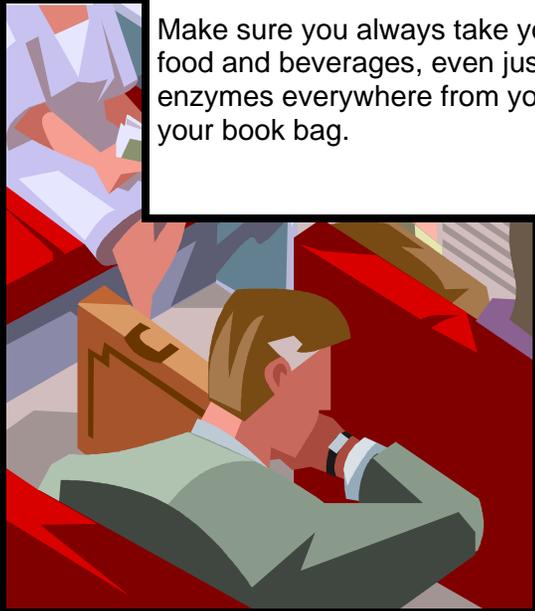


## Just Grab... 'N Go

Living with cystic fibrosis often means eating extra calories each day. Busy schedules can get in the way of preparing and eating meals and snacks. To avoid the hassle, make meals and snacks a part of your routine. Here are some suggestions for using foods you can just Grab 'N Go throughout the day.

## Back-up Your Enzymes

Make sure you always take your enzymes with food and beverages, even just a snack. Keep enzymes everywhere from your coat pockets to your book bag.



## Grab 'N Go Snacks

Keep these snacks cool with an ice pack in an insulated lunch bag or in a cooler.



High-fat deli meat and cheese "roll-ups"  
Cheese sticks and single servings (peel and eat varieties such as gouda, cheddar, and string cheeses)  
Single servings of whole milk cottage cheese  
Whole milk yogurt and yogurt drinks  
Hummus in a small container and a pita cut into triangles  
Single serving canned pears, peaches, or fruit cocktail



## Keep these anywhere.

Trail mix  
Granola, protein and snack bars  
Fig bars  
Cheese and cracker packs  
Shakes, canned or bottled  
Individual peanut butter packets  
Muffins  
Graham crackers, vanilla wafers, gingersnap cookies, animal crackers  
Nuts (peanuts, cashews, almonds, walnuts, macadamia nuts, etc.)  
Sunflower seeds  
Raisin bread  
Pretzels  
Cereal  
Single-serving juice or milk boxes  
Dried fruit  
Bottles of frappuccino  
 pudding snacks (some brands do not have to be refrigerated)  
Hot cocoa mix  
Fresh fruit

## Grab 'N Go Mini-Meals



Top bagel halves with spaghetti sauce and shredded cheese. Wrap in plastic wrap and heat up just before you run out the door.

Make sandwiches (PB&J, ham, or turkey) at the beginning of the week and freeze them. Toss one in your bag and let it thaw during the day. You also can look for frozen PB&J sandwiches in the grocery store.

Think about refrigerating wraps or burritos. Buy microwavable burritos, so you can wrap one in a paper towel, heat, and run.

Pack microwavable instant soup, instant noodles fun-size containers of spaghetti and meatballs, macaroni and cheese, or spaghetti.

Try a tuna kit (comes with tuna fish, crackers, and mayo).



## Start Stashing

Before you go to sleep, think about the busy day ahead of you. Where will you be spending your time? Where can you stash food that is convenient for you?

Back pack  
Purse  
Briefcase  
Desk drawer  
Locker  
Cooler in your car



## Streamline Your Snacks

Organize your kitchen so everything you need is within arm's length (plastic utensils, plastic bags in different sizes, napkins, straws, etc.).

Create a shelf in your kitchen and/or refrigerator just for your Grab 'N Go favorites.

Keep plastic containers on hand to store meal-sized portions in the refrigerator or freezer. In the morning, just grab a filled container to take to work or school.

Buy peanut butter, jelly, cream cheese, and other foods in single packet servings you can just toss in your bag. If you have trouble finding these in your grocery store, there are countless varieties available online at restaurant supply stores. (Use the search phrase "restaurant supplies condiments.")

Cook once to eat three times. In other words, when cooking, make enough to pack a meal for tomorrow's lunch or use plastic containers to freeze meals that you can Grab 'N Go. Try chili, lasagna, or stew.

## Food is Everywhere

Just look around you. Grab 'N Go options are everywhere. Check out the selections in convenience stores, vending machines, corner markets, food stands, even bookstores and sporting events.

The next time you grocery shop, check your supermarket for Grab 'N Go foods to stock your kitchen.

You can save money by buying in bulk at discount stores and individually wrapping foods yourself in plastic wrap, plastic bags, or foil.

## Grab 'N Go Breakfast

**The morning routine can be stressful. Leaving the house hungry isn't a good idea. With a little planning, you'll be able to make meals you can just Grab 'N Go.**

Scramble an egg with cheese and warm up a tortilla. Wrap the egg in the tortilla and off you go.

Microwave a breakfast sandwich while you're dressing. Grab it and run.

Keep containers of shakes, yogurt drinks, and other high calorie beverages in your bookbag or briefcase.

Buy giant muffins in bulk, wrap and freeze each, in the morning, just grab one and go.

Fill a water bottle with your favorite beverage or shake each night before you go to bed. Grab it before you head out in the morning.

Make a batch of French toast or pancakes, wrap individual servings, and freeze. In the morning, pop a serving in the microwave. It'll be ready to eat before you know it.

Single serving oatmeal (comes by the packet or in its own insulated bowl). Just add hot water or milk and take it with you.

Buy cold cereal in individual containers (bowls or boxes) or pour your favorite cereal into a plastic container. Take along single servings of boxed liquid milk (these don't have to be refrigerated).

Keep a bowl of fruit by your house/car keys. Grab a banana, orange, or apple on your way out the door.