



*y'all
hungry?*
FOR BREAKFAST

Smart Snack Pairings

BIG ENERGY
COMES FROM
SMART PAIRINGS





THE COMBINATION IS KEY

A snack that combines protein with fiber (like whole grains, vegetables, and fruits) helps provide longer-lasting energy than grabbing just one of these building-block foods alone.

THE EASY FORMULA

Pair:

- Protein — Beef, eggs, cheese, yogurt, beans, or nut butter
- Fiber-rich foods — fruit, veggies, crackers, or whole grains



MIX & MATCH IDEAS



Cheese stick + apple slices

Pair a cheese stick with crisp apple slices for a snack that's quick to pack and easy to enjoy on the go.

The protein and calcium in the cheese pair with the fiber and natural sweetness of the apple to help provide lasting energy until the next meal.



Greek yogurt + berries

Top a cup of Greek yogurt with fresh or frozen berries for a snack that's rich in protein, calcium, and antioxidants. It's creamy, naturally sweet, and easy to customize with your child's favorite fruit.

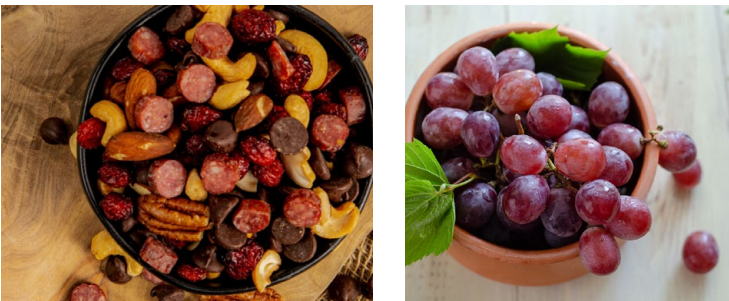
Plus you can add peanut butter or granola if they're into it for some extra flavor or crunch.



Beef stick + grapes

Try a beef stick with a handful of grapes for a portable snack that balances protein with fruit.

It's an easy option for lunchboxes, after-school activities, or busy afternoons.



Hard-boiled egg + whole grain crackers

A hard-boiled egg and whole-grain crackers make for a snack that's easy to prepare ahead of time.

The protein from the egg and the fiber in the crackers work together to help keep kids feeling fueled between meals.



Cottage cheese + peaches

Top cottage cheese with fresh, frozen, or canned peaches for a creamy, protein-rich snack that's ready in minutes.

The combination offers protein, calcium, and naturally sweet fruit for a balanced snack kids and parents can both enjoy.



Peanut butter + banana wraps

Spread a thin layer of peanut butter on a whole wheat wrap, place a medium banana at one end, and roll it up.

These easy roll-ups contain protein, healthy fats, and complex carbs for sustained energy. Plus they're easily portable.



Beef deli roll-ups + pretzels

Roll slices of roast beef deli meat around cheese alongside a handful of pretzels for a quick, satisfying snack.

The protein from the beef pairs with the carbohydrates in the pretzels to help provide steady energy during busy afternoons.

Beef Loving Texans Trail Mix

Mix chopped beef sticks with your favorite dried fruit, mixed nuts, and dark chocolate chips for an easy sweet-and-savory snack. Make a batch ahead and portion it into individual bags for a grab-and-go option that's ready for school, sports or busy afternoons.

The BLT recipe takes just five minutes to make.

Beef Loving Texans Beef Mole Power Bites

Ground Beef, pinto beans, cocoa, pepitas, raisins, and Mexican-inspired flavors come together in these unique bite-sized snacks.

With protein and fiber packed into a bite, they're an unexpected make-ahead option to keep in the refrigerator for busy days.



FOR BUSY DAYS

Keep grab-and-go options ready:

- Washed fruit
- Cheese sticks
- Hard-boiled eggs
- Beef sticks
- Yogurt
- Whole-grain crackers
- Nuts
- Individual hummus cups with pretzels

SNACK TALK FOR THE “I’M NOT HUNGRY YET” KID

Instead of asking: “What do you want to eat to fill your tank?”

Try offering two options:

“Apple and cheese or yogurt and berries?”
Fewer decisions often make agreeing easier.

REMEMBER

Snacks don’t have to be elaborate. A simple pairing can help keep kids satisfied until their next meal.