

No Bake Energy Bites!

FILLED WITH PROTEIN, FAT AND
FIBER TO GIVE YOU AN EXTRA
BOOST THROUGH FINALS!

Ingredients

- 1/2 cup peanut butter
- 1/2 cup honey or maple
syrup
- 1/4 cup ground flaxseed
- 1/4 cup chia seeds
- 2 cups oats
- 1/3 cup mini chocolate
chips



Directions

1. Mix all ingredients together until combined.
2. Using a spoon, scoop the dough into 1 Tablespoon sized balls.
3. Keep in the fridge until you're in need of a snack!

Yield: 12-15 bites

Key nutrients for mental focus & sustenance



1. Fiber
2. Fat
3. Protein
4. Carbohydrate
5. Water
6. Color



Nutritional Navigation

Eating on the go for
finals!

contact for questions

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Fail Safe Formulas for Grab-n-Go

TO-GO COFFEE MUG TAKE AWAY'S

LAYERED GRAIN BOWL

QUINOA + SESAME SEEDS + GREENS + DRIED FRUIT +
DRESSING

OATMEAL

OATMEAL + FRUIT + NUT BUTTER

OATMEAL + CHIA SEEDS + FLAXSEEDS

COLD CEREAL + WHOLE MILK

TRAVEL WORTHY SNACKS

FRUIT + NUT BUTTER

HARD BOILED EGG + 1/4 CUP SUNFLOWER
SEEDS

FRESHLY MADE JUICE + BAGEL + CREAM
CHEESE

GO



Food for Thought

DON'T SKIP MEALS!

BRING A WATER BOTTLE TO YOUR TEST IF
PERMITTED

EAT REGULARLY -BOTH MEALS AND
SNACKS

SAMPLE THE SPA WATER

TRY A NEW JUICE COMBO

WHAT HUNGER ARE YOU FEELING?

PHYSICAL?

EMOTIONAL?

HABITUAL?

MAINTAIN SOLID STRESS

MANAGEMENT PRACTICES

YOGA, WALKING, SOCIALIZING,
LAUGHING, SINGING, DANCING

KEEP YOUR BOOK OFF THE TABLE

TRY NOT TO FOCUS ON SO MANY
THINGS AT ONCE

EAT MINDFULLY

TAKE TIME

ENJOY EATING TIME AND USE IT AS A
STUDY BREAK.