

Healthy Snacks / Convenience Foods

Trek Bars

I get these from Boots for 89p, but some supermarkets also sell them.

They are wheat, gluten & dairy free and contain 8-10g of protein per bar.

They do contain sugar but much less than many 'healthy' snack bars.



Nakd Bars

These are made purely from fruit, nuts and natural cocoa.

Most supermarkets now stock these, and like the Trak bars, these are wheat, gluten & dairy free.

These tend to be lower in protein than Trek bars but are still a great option.



Kirsty's Ready Meals

I am by no means a fan of ready-meals, but these are the best on the market by a long shot!

All natural, wheat free, gluten free and dairy free – they are a great choice when time is of the essence.

