

12 WW Friendly Road Trip Snack Ideas

1. Protein bars

There are so many options out there. Here are my top 3 favorite protein bars:

[Built Bars](#): They are only 3 Freestyle Smart Points, 110 calories and 15 grams of protein. Build You can now pick your flavors with BUID YOUR OWN BOX and customize your box between 2, 4, or 8 flavors. You can get 10% off with free shipping with promo code: pound2019 or \$3 off the sample box with promo code: poundddropper. These bars are not found in stores and can only be purchased on their website.

[Protein One Bars](#): these bars are also a great choice. They are only 90 calories or 2 Freestyle Smart Points. You can find these at your local grocery stores or on Amazon.

[FITCRUNCH Snack Size Protein Bars](#): They are 6 Freestyle Smart Points, 190 calories and have 16 grams of protein. They are higher in points however they are insanely irresistible. They are the best chocolate peanut butter protein snack bar I've tasted. These bars can be found at Costco, Walmart or on Amazon.

2. String or Laughing Cow Cheese

The Laughing Cow wedges are my favorite soft on the go cheese. They are 1 Freestyle Smart Point each and very low in calories. When paired with whole-grain crackers, mini bagels or fruit, they can provide a calcium-rich, high-fiber afternoon snack. String Cheese ranges from 1-3 Freestyle Smart points.

3. Mini bagels

I love the [Western Bagel mini bagelettes](#). They are 1 point each and make for the perfect mini sandwich. You can get a 10% discount and order them online in Onion or Wheat flavor on their website.

4. Nuts

You can purchase the individual snack sizes which are great for traveling. These [100 calorie packets](#) are great for portion control and are only 3 points per bag. You can find these individual snack size nuts at most grocery stores or Amazon.

5. Applesauce

The [GoGo Squeez](#) on the go applesauce packets are 3 points and perfect for the car or airplane.

6. Fresh Fruit

Bananas, apples, blueberries, mandarin oranges, navel oranges and strawberries are all wonderful options.

7. Smart Sweets Treats

These individual gummies are low in sugar, high in fiber and only 3 points per bag. You can get a 10 % discount and order these online.

8. Cut Veggies

Cut carrots, red or green peppers, broccoli, cucumbers, and celery are all fantastic choices. Place them in individual baggies and in a small cooler.

9. Popcorn

This is delicious snack that everyone loves. I especially love the [Skinny Pop](#) individual bags that are only 3 points.

10. Hard-boiled eggs

A large hard-boiled egg only has about 78 calories and is packed with more than 6 grams of protein. It will keep you full. Place them in individual baggies and in a small cooler.

11. Pop Chips

These Popped potato chips, popped sweet potato chips, popped corn chips - you crave, it we pop it! Never fried, not baked & always real our popped potato chips have all the flavor & only half the fat of leading fried potato chip brands. Popchips are gluten free!

12. Smart Cakes

Smart Cake Baking just released their newest Raspberry Cream flavor. These Smart Cakes have zero digestible carbs, which make them ideal to help you control your weight. Loaded with Omega-3 fatty acids, vitamins B1, 6, 12, C+E You can order these online with a 10 % discount with promo code: Pound10

These smart cakes are:

- Gluten-free
- One point per cake

- 38 calories per cake
- Sugar free
- 4 grams of protein