



In supermarkets, fresh is best—but we all depend on packaged foods and drinks, too. Here are our nutrition experts' top picks and a few tasty and healthy ways to make them into meals.

BY MATTHEW KADEY, M.S., R.D.

PHOTOGRAPHS BY MITCH MANDEL

To shop these items (and see dozens more not listed in these pages), go to runnersworld.com/bestfoods.

EXPERT PANEL

Alissa Rumsey, M.S., R.D., spokesperson for the Academy of Nutrition and Dietetics

Kelly Pritchett, Ph.D., R.D., sports nutrition professor at Central Washington University

Emily Edison, M.S., R.D.

Marni Sumbal, M.S., R.D.

BEST FOODS FOR RUNNERS

BREAKFAST

Morning Glory Taco



Adding meat? Choose sausages with only meat and water as the main ingredients, says Rumsey.

Morning workout? Your prerun snack should contain no more than five grams of fiber. Post-run, load up on protein to boost recovery.



HANDSOME BROOK FARM PASTURE-RAISED EGGS
Packed with protein and choline (to keep your brain sharp), these eggs, from free-range chickens, tout high levels of vitamins E and D.



CLEVERFOODIES SCRAMBLE RANCHEROS
This veggie-and-bean base adds vitamin A, vitamin C, and iron to your *muy delicioso* scramble. Also a great omelet filling.



ROJO'S HOMESTYLE SALSA
A combo of antioxidant-rich tomatoes and peppers that is free of added sugars, it's a perfect topper for eggs, meats, salads, and chips.



LA TORTILLA FACTORY ORGANIC STREET TACO
Made with non-GMO corn flour, this authentic-tasting, small-size tortilla makes portion control easy on taco night.

IN THE SKILLET

Look for products with short ingredient lists, says Rumsey.



APPLEGATE CHICKEN AND APPLE BREAKFAST SAUSAGE
Fry up tasty links, free of chemical preservatives, or nuke Jones All-Natural Golden Brown Fully Cooked Chicken Sausage for lean protein.



ENJOY LIFE PANCAKE & WAFFLE MIX
This gluten-free mix uses iron-rich teff, a grain that Ethiopian runners love. Or try grain-free Simple Mills Pancake & Waffle Mix.



HILARY'S APPLE MAPLE VEGGIE SAUSAGE
With just the right amount of spices and maple sweetness, these plant-based patties are packed with flavor and have a real sausage texture.



ORGANIC VALLEY PASTURE BUTTER
Rich-tasting butter from antibiotic-free, pasture-raised cows is higher in omega-3s and CLAs. Also try Kerrygold Pure Irish Butter.



BOB'S RED MILL ORGANIC QUICK COOKING STEEL CUT OATS
This heart-healthy, quick-cooking variety has all the benefits in half the time. Also good: Old-Fashioned Quaker Oats.



WYMAN'S OF MAINE FROZEN TRIPLE BERRY BLEND
Thaw and toss handfuls of brain-healthy berries onto cereal and yogurt, or blend into smoothies.



ORGANIC VALLEY REDUCED FAT 2% MILK
Research shows that deliciously creamy organic milk from pasture cows is higher in omega-3 fats—good news for your ticker!



BLUE DIAMOND WHOLE NATURAL ALMONDS
Studies show nut eaters tend to live longer, so toss these almonds onto cereal for a boost of vitamin E, a powerful antioxidant.



Super Bowl

IN THE BLENDER

"You need a balance of carbohydrates, protein, and fat," says Rumsey. "And watch the calories."



HORIZON ORGANIC LOW-FAT COTTAGE CHEESE
Your muscles and midmorning hunger pangs will appreciate the 14 grams of protein in each half-cup serving.



ORGAIN GRASS FED WHEY PROTEIN POWDER
Each serving adds 20 grams of high-quality protein to smoothies from pasture-fed cows.



LIFEWAY ORGANIC PLAIN WHOLE MILK KEFIR
This cultured milk adds protein, calcium, and probiotics for a happy gut. Stick with plain to keep your sugar count low.



PROBAR KOKA MOKA ALMOND BUTTER
The cocoa and ground coffee in each squeeze pack borders on evil genius. (Not to mention it's high in plant protein.)

IN THE TOASTER

Aim for less than 300 mg of sodium and at least three grams of fiber.



FOOD FOR LIFE EZEKIEL 4-9 FLAX ENGLISH MUFFINS
These morning muffins are made with sprouted whole grains, known for the amino acid lysine, not often found in grains.



NATURE'S PATH ANCIENT GRAINS FROZEN WAFFLES
Made with spelt and khorasan wheat flour. Or: Van's Gluten-Free Blueberry Waffles, studded with real blueberries.

IN THE BOWL

Ideally, cereals should have five grams of protein and no more than 10 grams of sugar per serving, says Rumsey.



BARBARA'S HIGH FIBER MEDLEY
This flavor-packed cereal has 14 grams of fiber. For a gluten-free option with chocolate, try Nature's Path Qi'a Cocoa Coconut Superflakes.



KIND DARK CHOCOLATE WHOLE GRAIN CLUSTERS
Chocolatey, yes, but not a sugar bomb. Need a bar? Try Seven Sundays Blueberry Lemon & Chia Muesli Square.



EARNEST EATS HOT & FIT ASIA BLEND
This blend of nutritional powerhouses includes oats, quinoa, dried mango, almonds, and matcha green tea powder. Indulge: It has 12 grams of sugar.



SILK ORGANIC UNSWEETENED SOY MILK
This moo-free milk has more than twice the protein of other non-dairy options, without added sugar. Go with organic if you're avoiding GMO soy.

FOOD STYLING BY BARRETT WASHBURN; PHOTOGRAPHS BY MATT RAINEY & MITCH MANDEL (PRODUCT STILLS ON WHITE) PREVIOUS SPREAD: STYLING BY AREY KOUTSOTHANASIS; GROOMING BY STACY SKINNER FOR CELESTINE AGENCY; CLOTHING: LULULEMON BRA, CYNTHIA ROWLEY LEGGINGS, POLAR M200 WATCH, REEBOK SHOES

FUEL UP

PRERUN



CHAMELEON COLD BREW ESPRESSO

Boost your run with bottled espresso made with organic beans. *High Brew Dark Chocolate Mocha* will also get you out the door.



HEALTHY SPOOP ENDURANCE BEET BLEND

Beets have been shown to improve endurance. The added mango powder ramps up the flavor without sacrificing benefits.



HEALTH WARRIOR BANANA NUT CHIA BAR

At just 100 calories, this banana bread bar will fuel your run without weighing you down. Its chia seeds will keep your appetite at bay.



MADE IN NATURE MANGO BERRY FIGGY POPS

A mix of dried fruits makes this prerun snack rocket fuel, without added sugars.



ZEST CINNAMON APPLE BLACK TEA

Not into coffee? This extra-caffeinated black tea will power you through those tempo miles.



“I have half a Bobo’s Oat Bar before an easy 12-miler and the other half after, with coffee.”

HEATHER MAYER IRVINE,
SENIOR EDITOR
(Food + Nutrition)

PB&J Waffle



GU SALTED CHOCOLATE STROOPWAFFLE

Dunk into a mug of coffee or warm in the microwave before early morning runs. Running long? Pack one in your fuel belt and have with water.



FIORDIFRUTTA ORGANIC STRAWBERRY FRUIT SPREAD

This lower-sugar, berry-heavy spread is perfect on your morning toast. Also pairs great with cheese (for after).

Avoid foods that are high in fiber and fat before your run, which can trigger GI distress, says Sumbal.



JUSTIN'S CLASSIC PEANUT BUTTER

This runner fave has more protein than other nut butters (and Justin's has no added sugar). Peanut-free? Try Organic NuttZo Power Fuel.

PORTRAIT ILLUSTRATIONS BY CHARLIE LAYTON

MIDRUN

“When your run is longer than 60 minutes, you want 30 to 60 grams of carbs per hour,” says Sumbal.



BASE PERFORMANCE BASE HYDRO LEMON LIME

Mix this powder with water for a quick hit of carbs and electrolytes. Its triple blend of sugars helps increase absorption.



BONK BREAKER STRAWBERRY ENERGY CHEWS

Run strong with carbs and caffeine (24 g and 50 mg in four pieces, respectively). Or try *Probar Raspberry Bolt Organic Energy Chews*.



MUNK PACK MAPLE PEAR QUINOA OATMEAL FRUIT SQUEEZE

For a non-chew midrun carb hit, try this oatmeal-like gel. It tastes great and goes down easy. Also good as a prerun snack.



NUUN ACTIVE TRI-BERRY

For sweaty runs when you want electrolytes without the calories, drop one of these effervescent tablets into your water bottle to rehydrate.



SUN-MAID RAISINS

Research shows that the natural sugars in raisins are just as good at helping you keep up the pace as engineered products. The mini boxes will fit in your fuel belt, too.



UNTAPPED ALL-NATURAL ATHLETIC FUEL

Pure maple syrup gel provides fast-acting, tasty carbs. Take with water to dilute the sugar. Prefer bees? Try *Honey Stinger Gold Gel*.

POSTRUN

Within 30 minutes to two hours, refuel with carbs and protein.



CHERIBUNDI TART CHERRY JUICE

Refuel and recover with tart cherries, which fight inflammation. Blend into a yogurt-based smoothie for your postrun protein fix.



PICKY BARS BLUEBERRY BOOMDIZZLE

This real-food combo (dates, almond butter, and blueberries) has the ideal recovery ratio of 4:1 carbs to protein. And they're made by elite runners.



RUMBLE VANILLA MAPLE SUPERSHAKE

Real maple syrup and 20 grams of protein make this a drink you'll be happy to run to the fridge for. Or mix *Nomva Everberry* into a smoothie.



TRUMOO 1% CHOCOLATE MILK

It's hard to find a better recovery snack than chocolate milk. It's got that perfect carb:protein ratio. Or try *Organic Valley Organic Fuel*.

Granola Power Bowl



VIKI'S BANANA WALNUT GRANOLA

Kickstart recovery with the carbs and protein in a bowl of cereal. Viki's is also available in single-serving to-go packs.



NAVITAS NATURALS CHIA SEEDS

Chia seeds, which power Tarahumara super-runners, are high in fiber and healthy fat. Sprinkle onto yogurt.



“Fage yogurt is my breakfast 90 percent of the time. The texture is so good, and it has loads of protein.”

JESSICA NI MURPHY,
MANAGING DIRECTOR

LUNCH

Turkey Bacon Club



“Sandwiches help top off carb stores, and their protein helps with muscle repair,” says Pritchett.



CANYON BAKEHOUSE MOUNTAIN WHITE
This gluten-free bread is made with whole-grain brown rice and sorghum flour. Perfect for postrun PB&J.



CABOT SHARP CHEDDAR SLICES
These slices, each with 15 percent of your daily calcium needs, are bold and creamy for your best grilled cheese.



APPLEGATE ORGANIC ROASTED TURKEY BREAST
Protein-packed, antibiotic-free slices help you recover. Or try sustainable Acme Smoked Sockeye Salmon.



JUST MAYO SRIRACHA
This egg-free mayo has the perfect amount of vinegary heat for a flavorful ham sandwich. It's great in tuna salad, too.



APPLEGATE NATURAL TURKEY BACON
Top a toasted English muffin with two slices (1.5 gram of fat and zero synthetic nitrates, each) and a fried egg for a protein-packed meal.

GREEN GIANTS

Top leafy greens with lean protein and healthy fat for a perfect meal.



READY PAC ELEVATE SWEET GREENS & CHIA SEED SALAD
Greens plus whole-grain sorghum, aronia berries, almonds, and cacao nibs make this salad high in antioxidants and healthy fat.



EPIC CURRANT + SESAME BBQ CHICKEN BITES
Top your salad with this high-quality protein (without weird ingredients). Also good for snacking straight from the bag.



HIDDEN VALLEY GREEK YOGURT CUCUMBER DILL DRESSING
Greek yogurt creates a lower-calorie creamy topping for your salads.



BIENA SEA SALT CHICKPEA SNACKS
Roasted chickpeas are basically croutons with runner-friendly nutrients like fiber.

Salmon Salad



PEPPADEW PIQUANTE PEPPERS
Rev your metabolism with these South African peppers.



WILD PLANET WILD SOCKEYE SALMON
Up your salad's nutrition with protein, vitamin D, and omega-3 fats.



ORGANIC GIRL SUPER GREENS
A vitamin-packed blend of chard, spinach, arugula, and Asian tatsoi.

HEAT AND EAT

Go for high-quality whole grains and short ingredient lists with recognizable items, says Pritchett.



AMY'S ORGANIC CHILI WITH VEGETABLES
This veg-heavy chili will help you avoid afternoon vending machine temptation with its satisfying chunky texture and eight grams of fiber.



MORNINGSTAR FARMS THAI YELLOW CURRY VEGGIE BOWL
An Asian-inspired meal of snap peas, carrots, and protein-rich edamame over brown rice and quinoa for quality carbs.



ARNOLD EXTRA GRAINY 17 GRAINS AND SEEDS
A wholesome bread with whole-wheat flour as the first ingredient and four grams of fiber per slice. Quinoa and amaranth add nice texture.



ORGANIC PRAIRIE ROAST BEEF SLICES
These organic slices are packed with protein and iron, minus the mystery preservatives.



ORGANICVILLE STONE GROUND MUSTARD
At just five calories in each tablespoon, you can spread this sugar-free mustard generously on your bread to spice things up.



SUPERSEEDZ TOMATO ITALIANO
These savory pumpkin seeds contain protein, beneficial fats, iron, and immunity-boosting zinc. Toss them on salads, soups, and pizza.



NONA LIM CARROT GINGER SOUP CUP
This is the perfect blend of gingery zing and silky texture packed with vitamin A—complete with a special sipping lid. No spoon required.



PACIFIC ORGANIC VEGETABLE MASALA STEW
Yellow split peas and real vegetables team up to give each serving six grams of fiber, keeping postlunch hunger at bay—without all the salt.



SIETE ALMOND FLOUR TORTILLAS
These gluten-free tortillas are a good source of protein (thanks to almonds), vitamin E, and heart-healthy fat—and don't crumble when rolled.



WILDBRINE ORGANIC SMOKY KALE KRAUT
Add tang to sandwiches and keep your gut healthy with probiotic-rich kale "sauerkraut."



WILD PLANET ORGANIC ROASTED CHICKEN BREAST
This no-water-added (BPA-free!) canned chicken tastes better than most fresh stuff and packs in 12 grams of protein per serving.

BREAD WINNERS

Your sandwich bread should have whole grains as the first ingredient and at least two grams of fiber per slice, says Pritchett. Then add lean protein and low-calorie flavor boosters.

SNACKS & SIPS



BARNEY BUTTER BARE ALMOND BUTTER
Squeeze a packet of no-sugar-added nut butter on slices of apple for a heart-healthy snack.



BELVITA SOFT BAKED BANANA BREAD
This tasty whole-grain-based snack has four grams of fiber and zero grams cholesterol. Yes, please!



BRUSSEL BYTES CHILI PUMPKIN SEED CRUNCH
Load up on vitamins A and C and iron with these crisps. Cashews and pumpkin seeds have good-for-you fat.



KRAVE WILD BLUEBERRY BEEF BARS
Brain-friendly blueberries add natural sugar. Or go fish with EPIC Salmon Sea Salt Pepper Bar.



LĀRABAR CHERRY CHOCOLATE CHIP BITES
This Instagram-worthy snack has dates, almonds, Fair Trade chocolate chips, and cherries.



MATCHA LOVE ORGANIC MATCHA + GREEN TEA
Unlike most bottled teas, this one isn't high in sugar. And matcha may help with weight loss.



REVIVE ASCEND KOMBUCHA
Live cultures boost digestive health. And it contains a low three grams of sugar per serving.



SIGGI'S 2% BLACK CHERRY SKYR YOGURT
Real fruit adds sweetness with less sugar than other brands. Also high in vitamin D, calcium, and protein.



SIMPLE SQUARES COFFEE ORGANIC SNACK BAR
Perk up with these grain-free, nut-heavy bars, made with real coffee beans.



TRADITIONAL MEDICINALS CHAMOMILE
Proper shuteye is an important part of exercise recovery, and this tea before bed helps you feel cozy.



V8 LOW-SODIUM VEGETABLE JUICE
Packed with the antioxidant lycopene to help reduce muscle damage. Or try Natalie's Tomato Juice.



ZICO NATURAL COCONUT WATER
Coconut water, high in electrolytes, is a great base for your post-run smoothie.



GAEA PITTED GREEN OLIVES WITH LEMON & OREGANO
These marinated olives are addictive. With just 15 calories per serving, you can eat the whole bag.



ANNIE CHUN'S ORIGINAL SEAWEED CRISPS
Seaweed has more vitamin C than an orange and is high in iodine, for a healthy thyroid. Beach not included.

Choose snacks with protein, unsaturated fats, and natural sugar, says Sumbal.



LACROIX ORANGE SPARKLING WATER
Great fizz and a taste of sweet sunshine without the sugary calories. (Even better in post-race celebratory cocktails.)



"Need more Snapea Crisps."

KIT FOX, REPORTER



WHOLLY GUACAMOLE AVOCADO VERDE MINIS
Serve veggies or chips with these individual 45-calorie cups of salsa-gauc dip, packed with healthy fat and jalapeño zing.



BEANITOS BLACK AND WHITE BEAN SKINNY DIPPERS
This bean-based chip has more than twice the protein and fiber of traditional chips, for smarter snacking.



Jerky Trail Mix



GOOD HEALTH HINT OF OLIVE OIL HALF NAKED POPCORN
Five cups of this olive-oil-flavored snack has just 120 calories. Or try Popcorn, Indiana's Sea Salt Popcorn.



WONDERFUL PISTACHIOS SALT & PEPPER SINGLE-SERVE PACKS
Each 160-calorie pack has fat, protein, and fiber. And shelling the nuts helps you avoid mindless eating.



COUNTRY ARCHER MANGO HABANERO JERKY
Jerky is a runner favorite: It's an excellent source of lean protein and iron. This one features grass-fed beef and real mango.



STONERIDGE ORCHARDS MONTMORENCY CHERRIES DIPPED IN DARK CHOCOLATE
Antioxidant-loaded dried tart cherries are coated in endorphin-boosting 70% cocoa dark chocolate.

EXPERT Q&A

How do you satisfy a sweet craving?
Crumbling a square of dark chocolate onto vanilla Greek yogurt. —Alissa Rumsey, M.S., R.D.

You're stranded on a desert island. What is the one packaged food you need?
Trail mix since you get healthy fats and protein in the nuts; the carbs in the dried fruit for energy. —Kelly Pritchett, Ph.D., R.D.

When you're stuck in traffic and the hunger monster strikes, what do you wish you had in your glove box?
An Almond and Coconut KIND bar! It's a satisfying balance of protein, healthy fats, and carbs that keeps road rage at bay. —Emily Edison, M.S., R.D.

When traveling for a race, what food do you always bring?
Smucker's Natural Peanut butter is my favorite go-to preworkout and anytime food. It leaves me satisfied and happy. —Marni Sumbal, M.S., R.D.

R*WBOX

GET THE RUNNER'S WORLD BOX!
Each month a new RW box will contain editors' favorite products. This month features tasty picks from these pages. For more intel, go to runnersworld.com.

DINNER



Pesto Chicken Pasta



BARILLA WHOLE GRAIN LINGUINE
Pasta made with 100% whole wheat has more fiber and important nutrients like magnesium than its counterparts.



JENNIE-O EXTRA LEAN BONELESS TURKEY BREAST TENDERLOINS
A 4-oz. serving has 26 grams of protein (runners need .54 to .91 gram per pound of body weight).



THREE BRIDGES KALE PESTO SAUCE
Kale, rich in folate, potassium, iron, and vitamin K, adds nutrition to this pesto without overtaking the flavor.



EARTHBOUND FARM FROZEN POWER BLEND
This power trio of organic spinach, kale, and chard will also up the nutritional clout of sautés, soups, chilis, and smoothies.

"You can get good nutrition from packaged veggies," says Edison. "But avoid extras like sauces that add calories."

TAME THE BEAST



AL FRESCO ROASTED GARLIC AND HERB CHICKEN SAUSAGE

Juicy and garlicky chicken is lower in fat than pork. The herbs replace some of the salt to keep sodium levels in check.



AUSTRALIS BARRAMUNDI ALL NATURAL SKINLESS FILLETS

Cook up a buttery fillet with omega-3s and lean protein. Bonus points for sustainable farming practices.



BEETNIK ORGANIC RAGÙ ALLA BOLOGNESE

Even an Italian grandmother would approve: organic iron-rich beef and plenty of tomato goodness (which is high in antioxidants).



ORGANIC PRAIRIE GRASS-FED 85% LEAN GROUND BEEF

Use this omega-3- and vitamin E-packed beef in pasta sauces, tacos, and meatloaf.

VEG OUT



CALIFORNIA OLIVE RANCH EXTRA VIRGIN OLIVE OIL

High in healthy fat and anti-inflammatories. Prefer nuts? Try *La Tourangelle Roasted Walnut Oil*.



GARDENLITES BUTTERNUT SQUASH SOUFFLÉ

This sweet puree boosts your meal with vitamin A, vitamin C, protein, and five grams of fiber.



LOVE BEETS ORGANIC COOKED BEETS

High in performance-boosting and blood pressure-lowering nitrates.



TOMMY'S SUPERFOODS ROOT FUSION

Rev your immune system with more than a day's worth of vitamin A, thanks to carrots, beets, sweet potato, and apples.

NUKE ATTACK

Unless you've just sweat buckets, choose a meal with no more than 800 mg of sodium, says Edison.



BIRDS EYE STEAM-FRESH CALIFORNIA STYLE PROTEIN BLEND

This frozen meal, with lentils, green veggies, and bulgur, has 12 grams of fiber and 13 grams of protein per 1½-cup serving.



EVOL BEAN, RICE & CHEDDAR BURRITO

This nuke-ready burrito, stuffed with pinto beans and brown rice, has a good balance of carbs, protein, and fat, and less sodium than other brands.



KASHI BLACK BEAN MANGO BOWL

Whole grains like oats, rye, and barley are topped with a sweet-savory blend of mango, fiber-rich black beans, and veggie chunks. Yum!



LUVOV CHICKEN & HARISSA CHICKPEAS

Fill up on white meat, brown jasmine rice, and chickpeas with 19 grams of protein. Mango and butternut squash add a touch of natural sweetness.



"We're not vegan, but we eat Beyond Meat: the Beyond Burger because it tastes awesome and is easy to make. Not to mention packed with protein!"

ERIN BENNER,
ART DIRECTOR

REIGN OF GRAIN

Complete your dinner with whole grains for quality carbs for your legs (and brain!). Upping whole-grain intake can help fight cancer.



ALEXIA SWEET POTATO FRIES WITH SEA SALT

Try this unfried sweet potato variety (full of vitamin A) with sea salt, which has magnesium, zinc, and potassium.



ALTER ECO ORGANIC RAINBOW HEIRLOOM QUINOA

Quinoa is the only grain with complete protein. And this trio of beige, red, and black quinoa delivers a ton of flavor.



HUNGRY ROOT SWEET POTATO NOODLES WITH CREAMY CASHW ALFREDO

Lower in starch and higher in antioxidants than wheat pasta, vegetable noodles are all the rage.



LUCINI RUSTIC TOMATO BASIL ORGANIC SAUCE

Packed with tomatoes that taste like they were just pulled from the vine, this no-sugar-added sauce rivals the secret family recipe.



MINUTE READY TO SERVE MULTI-GRAIN MEDLEY

Precooked brown rice, quinoa, barley, oats, wheat, and rye make it easy (and quick!) to have a fiber-rich side dish.



TRUROOTS ORGANIC FUSILLI

This gluten-free, brown rice-quinoa-amaranth pasta actually has better texture and taste than many wheat-based noodles.



NEWMAN'S OWN ROASTED VEGETABLE THIN & CRISPY PIZZA

This tasty and convenient freezer pizza delivers antioxidants and three grams of fiber per serving.



NOT-SO-GUILTY PLEASURES



HUNGRYROOT ALMOND CHICKPEA COOKIE DOUGH

Almond butter, chickpeas, and sweet potatoes make for a nutrient-dense raw (or baked!) treat that tastes like real cookie dough.



EATPOPS GLOW

Chill out with no-added-sugar pops made of carrot, mango, and pineapple, for an immune-friendly dessert.



TALENTI SICILIAN PISTACHIO GELATO

Gelato is a gift from Italy. It uses more milk than cream, in contrast to ice cream, making it lower in fat (but not in flavor).



AMONG FRIENDS SUZIE Q'S OATMEAL CHOCOLATE CHIP COOKIE MIX

This mix is made with oats, which means you get iron and fiber. We won't tell if you have one (or more!) for breakfast.



BARE COCOA BANANA CHIPS

Potassium-rich bananas? Good. Chocolate? *Goood*. Try this combo as-is, or dip 'em into nut butter for a boost of protein.



EDY'S SLOW-CHURNED FRENCH VANILLA ICE CREAM

Edy's uses nonfat milk without sacrificing creaminess or taste. Or try dairy-free *NadaMoo!* MMM... *Maple Pecan*.



ALTER EGO DARK BLACKOUT ORGANIC CHOCOLATE

Research has shown that dark chocolate (when it's at least 70% cocoa) can boost brainpower and help your heart.



JUSTIN'S DARK CHOCOLATE PEANUT BUTTER CUPS

A filling of creamy peanut butter is surrounded by not-too-sweet dark chocolate for your protein and antioxidant fix.

