

RD KITCHEN

JULY 2018

ONE *on* **ONE**
NUTRITION

Paige Whitmire, RD, LDN
Kelly Combs, RD, LDN



ON THE MENU: TRAVEL SNACKS

Popcorn



Dry Roasted Beans



Powdered Peanut Butter



Crackers



Pretzels



Beef Jerky

