

# Best Healthy Snacks for Real Estate Agents

## Fueling Hustle Without Burnout

Your schedule isn't always your own. Back-to-back showings, unexpected calls, and long days in the car mean meals get skipped, fast food becomes tempting, and energy crashes are real. But it doesn't have to be that way.

With a little planning (and some smart gas station grabs), you can stay fueled, focused, and feeling good — no matter how packed your calendar gets.

## Snack Smarter, Not Harder

Here's how to stock up with snacks that keep your energy steady and your brain sharp, so you can show up your best for every client.

## Snack Rules for Realtors

- ✓ Protein + Fat = Sustained Energy
- ✓ Low Added Sugar = No Crash Later
- ✓ Portable + Easy = More Likely to Happen



# Grab-and-Go Snacks

*No Prep Needed*

## Gas Station / Convenience Store

- Hard-Boiled Eggs
- Cheese Sticks or Babybel Rounds
- Jerky or Meat Sticks (low sugar, like Chomps or Epic)
- Single-Serve Trail Mix or Nut Packs
- Fresh Fruit (pair with nut butter packet)
- Hummus + Pretzel or Veggie Packs
- Protein Bars (look for <5g sugar — RXBAR, KIND Protein, Quest)
- Tuna or Chicken Salad Snack Kits
- Greek Yogurt Cups (unsweetened or low sugar)

## Coffee Shop / Café

- Egg Bites
- Protein Boxes with cheese, eggs, fruit & nuts
- Avocado Toast (on whole grain or gluten-free bread)
- Oatmeal Cups (ask for unsweetened toppings)
- Smoothies with protein add-ons
- Cold Brew or Iced Tea with almond/oat milk instead of syrup-heavy lattes

# Cooler Bag Essentials

**If you're heading out for the day, toss a few of these in a soft cooler or lunch tote:**

- Boiled Eggs + Cherry Tomatoes
- Hummus + Carrot/Cucumber Sticks
- Greek or Coconut Yogurt + Berries
- Cheese Sticks or Slices (or vegan alternatives)
- Turkey Roll-Ups with Avocado or Pickles
- Fresh Fruit (apples, grapes, or oranges travel well)

# If You Need a Treat (That Won't Wreck Your Day)

- Dark Chocolate (70%+ cacao)
- Protein Cookies (Lenny & Larry's or similar)
- Frozen Grapes or Banana Slices with Nut Butter

# Office or Home Base Staples

## Quick brain fuel between tasks or meetings.

- Rice Cakes with Nut Butter & Banana
- Cottage Cheese + Berries
- Chia Pudding or Overnight Oats
- Edamame (frozen or pre-cooked)
- Smoothies (prep and freeze smoothie packs ahead of time)
- Dark Chocolate + Walnuts (for a healthy treat)

Healthy real estate careers start with healthy habits. Take care of you, so you can take care of your clients.

# Don't Forget to Hydrate

## Water = mental clarity + stamina

- Keep a refillable water bottle in your car and bag.
- Add electrolytes or fruit for flavor and function.

# Pro Tips from One Realtor to Another:

- **Batch Prep Weekly:** stash an emergency snack kit in your car with protein bars, trail mix, and jerky.
- **Stay hydrated** — keep a reusable water bottle with you. Dehydration can feel like hunger.
- **Plan for the crash** — if you know a long day is coming, pack double snacks in advance.
- **Don't wait 'til you're starving** — eat before you hit empty. You'll make better decisions (in food and business)
- **Balance is Key:** look for protein + fiber + healthy fats to stay full longer.
- **Skip the Sugar Crash:** watch for hidden sugars in bars and "healthy" snacks.

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