

January 1, 2018

**Parade**

## Grab-and-Go Snacks to Stash in Your Gym Bag



**A**re you resolving to hit the gym in 2018? Remember: working up a sweat often means working up a hearty appetite. Satisfy hunger on the go (or on the mats) with these quick bites.

**GoMacro Bar** (\$27 for a 12-count box)

With 10-plus flavor combinations, you can't go wrong with this hunger-satisfying snack. It's high in calories to keep workout fiends fueled after a tough sweat session.

