

TRUCKER SERVICE ASSOCIATION

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

"SNACKING ON THE ROAD"

FEBRUARY 2021

KUHLEFIT
RENEW YOUR VITALITY



SNACKING ON THE ROAD

"I've been driving all night, hands wet on the wheel." Golden Earring was speaking directly to truck drivers in their hit song, Radar Love. The amount of time spent on the road by truck drivers leaves little, if any, time left to be proactive in making health conscious snack choices. Going from point A to point B in as few stops as possible is every truckers main goal. Therefore, eating healthy may fall to the wayside, but it doesn't have to any longer.

For that reason alone, this month is dedicated to choosing QUALITY snacks that'll satisfy taste buds, mood, energy levels and most importantly the health of each driver.

With all the marketing techniques and strategies employed by corporations, it's difficult to navigate the food industry terrain and find health promoting foods or snacks that are convenient. That's why I took the guess work out.

HOW TO NAVIGATE

Each page will be dedicated to a specific food or snack. Every item will have a hyperlink attached to "Purchase Me!" for simplicity in purchasing the given product. All products listed are from my personal recommendations as they taste delicious and are healthier choices. I am not affiliated with any of these companies.

I recommend purchasing these in bulk and keeping them in the truck. Never fall victim again to eating energy draining & health depleting snack foods due to a lack of time or planning.

Welcome to a new driving experience where exhaustion and brain fog are no longer a concern. Simply substituting current unhealthy snack options for the ones provided below will yield long term health promoting effects.

All it takes is a 1% commitment each and every day.

PRIMAL KITCHEN

PROTEIN BARS



Cost

\$1.83 per bar

Flavors

Macadamia Seat Salt
Coconut Cashew
Chocolate Hazelnut
Dark Chocolate

Purchase Me!

LESSEREVIL

POPCORN



Cost

\$3.75 per bar

Flavors

Himalayan Gold
Avocado-Licious
Himalayan Pink Salt
Oh My Ghee

Purchase Me!

PALEO VALLEY

BEEF STICKS



Cost

\$2.40 per beef stick

Flavors

Original
Garlic Summer Sausage
Summer Sausage
Jalapeno

Purchase Me!

TERRA

PLANTAIN CHIPS



Cost

\$3.33 per bag

Purchase Me!

ZEVIA

SODA POP



Cost

\$1.10 per can

Flavors

Root Beer
Cherry Cola
Cream Soda
+ Many More

Purchase Me!

SPINDRIFT

SPARKLING WATER



Cost

\$1.10 per can

Flavors

GrapeFruit
Raspberry Lime
Orange
Half & Half
+ Many More

Purchase Me!

EVOLVED CHOCOLATE BARS



Cost

\$4.30 per bar

Flavors

Midnight Coconut
Oatmeal Cookie Dough
Cashew Milk
Almond Sea Salt
+ Many More

Purchase Me!

ORGANIFI

GREEN JUICE



Cost

\$2.40 per serving

Flavors

Greens
Reds
Gold

Purchase Me!

PURELY ELIZABETH GRANOLA



Cost

\$6.24 per bag

Flavors

Banana Nut Butter
Vanilla Almond Butter
Chocolate Hazelnut
+ Many More

Purchase Me!

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**LIVE HEALTHY
DRIVER HEALTH CAMPAIGN**



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