

BEEF JERKY: THE ULTIMATE SNACK HACK



Life hacks can be life savers when you're on the go. But shortcuts shouldn't mean sacrificing taste or nutrition when it comes to snacks on the run.

Cut carbs and go pro for protein with beef jerky when snack attacks strike – high in protein, low in fat, it's the ultimate hack for those who live an active lifestyle and want to avoid high-fat and sugary snacks. Check out these snack attack hacks:



1. KEEP KIDS FUELED AFTER THE FINAL BELL

School's out for summer! Keep the lid on the cookie jar and instead cure your kids' summer break hangries with beef jerky packed with protein, zinc, iron and b-vitamins.

2. AVOID THE WORKDAY ENERGY SLUMP

Store beef jerky in your desk drawer to stop yourself from trolling the candy bowl when you hit that wall – beef jerky's protein will help keep you full until dinnertime.

3. GET UNEXPECTED POST-WORKOUT BENEFITS

Add beef jerky ("nature's protein bar") to your race recovery or gym bag to help build and repair muscle and enhance recovery after sweatin' it out.

4. AVOID THE PIT STOP SNACK STOP

Say buh-bye to sugary snack pit stops by keeping beef jerky in your car during road trips. When the kids ask, "Are we there yet?" hand over the jerky to keep their mouths busy and tummies full of protein.

5. STAY LIVELY ON THE TRAIL

Drop beef jerky in your pack to power your hike, knowing you have ten essential nutrients to make it all the way back.