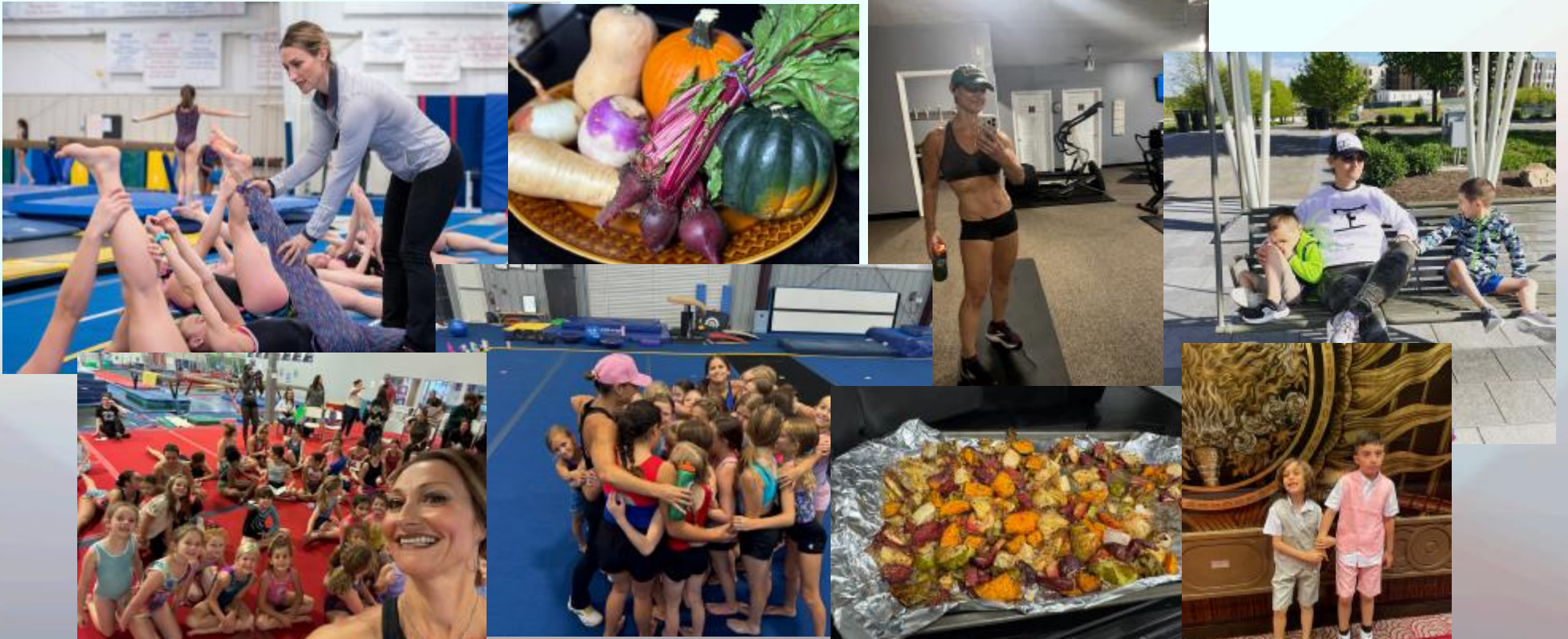


Coaching Wellness

Staying healthy mind, body and spirit throughout the gymnastics season

Betsy McNally Laouar



So, you are a gymnastics coach. Let me have two minutes to thank you.

A Salute to the Gymnastics Coach

A poem by Betsy, who sees gymnastics coaches all over the country....

Throughout our country,
from land to ocean,
I travel to gymnastics clubs
And see coaches in motion—
Our sport, it isn't easy
And has taken some flack,
But one thing I've noticed
Our coaches give back.
They are all the same
Although very diverse,
The faces and cities change,
The struggles no better or worse.
So, this is my testament
To a coach in a gym.
I hope you will listen.
Enjoy and let's begin.
You get up early
And the job starts.
Coaching is 24 hours,
It has lots of moving parts.
Tidy the gym,
Look at your plan, and create the best.
Will this be the year?
Your kids pass the test.
A toilet is down,
That mat has a rip,
An ambulance at the gym,
That kid with her hip.

Leos to order
Competitions to attend.
The daily grind—
Will it ever end??
You clean up the chalk
And fight over space
To have a young gymnast
Talk back to your face.
You are braiding hair,
Spotting kids on a bar,
Or subbing for 3-year-old class,
When an employee wrecked their car.
For these kids are your life's work
You wear many hats
Your free time, extra cash
Oftentimes with no congrats.
Every minute you coach,
You have to motivate,
Even if you are tired
Or wish that you had ate.
High expectations and pressure
The season is here!
Will they stay healthy?
Or listen...?
Or have fear?
You stay after practice
with parents to talk,
Sacrificing precious hours,
You hold their hands through this walk
The walk of a gymnast
is not easily tread.
Without their coach,
It's a road not easily led.
You do it with intention

With character
And grace
Even when you are tired
Or have chalk on your face.
Teaching Life lessons...
Commitment....
Long hours and no sleep.
You physically give
All your energy it's deep.
And traveling,
No time for you—fatigue and stress.
So, at the end of the year,
Those girls wear that dress
And talk about their wins,
their losses their falls,
But through the highs and lows,
It's your dedication that calls.
You struggle with personal time,
but for your program you push through
You know the effort is worth it,
You love what you do.
Lesson plans and handbooks,
Arranging a travel budget,
Rotation schedules and conditioning—
These things you can't just "fudge it."
A helping hand to the kids,
You'd give your heart and more, if you could,
Which breaks for some
Who you give more than you should,
So that one kid can succeed
Or that one kid would win,
Not just on the spring floor,
But this thing "life" we are in,
For that girl who has less than...

the others in their home.
For the girl who feels insecure
Or not confident alone.
You are more than coaches
You are a role model, a guide.
Moms, Dads, and sisters
To the kids who succeed, struggle, and strive.
It's a hustle
Just being....
a coach in this sport.
You don't make much money
But you're a lifer and will not abort.
Demands all around you
The pressure to be the best
You put yourself last
And give your all from East to West.
Wherever I go—
If I'm in Philly, Long Island, L.A., Cincinnati
Or even tiny Tupelo—
Your efforts are tireless,
Your passion is strong.
You give of yourself
And the list is so long.
The dedication, planning, hard work, and
You are doing your best
And you aim to inspire!
I see the hard work,
The blood sweat and tears,
The programs developed
That have taken you years.
So, for all you gymnastics coaches,
And I see a lot!
Keep pushing and grinding.
Give it all you've got!!

You are giving more to these girls
Than you will ever know—
They will come back and thank you
For their character you have helped grow.
This message is for you,
The gymnastics coach—it's you
I thank you. I appreciate you.
If no one else told you, it's true...
You are doing amazing.
Keep it up!
I admire what you do!

I'm a coach too.

About Betsy

- Mom to Special Needs kids
- Wife
- Personal Trainer To Elite, Collegiate and All Gymnasts
- Nutritionist
- Entrepreneur of Betsy Bootcamp
- Best Selling Author
- Small Business Owner/Clinician, Coach to Clinicians
- Former Gymnastics Coach Rec, to Level 10



The Issues Facing The Gymnastics Coach
(I surveyed over 50 of you and have talked
to thousands over the past 15 years)

Main Issues

Parents and Admin or other coaches

- Can't "turn off the job be available to parents (overcommitting)
- Putting parents needs before my own children's needs (losing sleep over their kids and not my own)
- Trying to please parents is impossible, too hard too soft, what's the balance? Type A personalities and perfectionist
- "Parents suck the "JOY" out of our job
- Can't Say NO to parents needs (Boundaries)-guilt when you do say "NO"
- Competition and ego with other coaches/space territorial, not meeting expectations of owners needs



Parents/Other coaches

Continued

- Lack of staffing puts a lot of pressure on ONE coach
- Burnout not from athletes but from gym culture and parents
- Trying to please other coaches and sacrificing your own ideas/morals
- Watching abusive culture
- Feeling stressed about SafeSport guidelines/egg shells
- General Pressure to have athletes perform at a top level

Time

Schedule, Travel, Hours

- Long hours for little pay
- Split shifts make it difficult to get on a good schedule (burning at both ends)
- In-Season Traveling makes it difficult to get on a good nutrition, fitness or wellness regime
- Out-of-season means my kids are home so I have no time for me or the reverse
- No time to do anything, especially with floater schedules
- Working two jobs to pay the bills leaves little time for self-care in a physically demanding job.



Physical and Mental Needs

These affect nutrition, exercise, general mental and physical wellness

- Being an ex-gymnast I am already dealing with nagging injuries
- Standing and coaching, especially long competition weakness
- Spotting, more injuries here than I ever had in my career
- Not sleeping enough due to scheduled, caffeine cycle burning at both ends or stress of the job or having two jobs
- Fast food adds to inflammation and fatigue creating a vicious cycle of late to bed, early to rise, fast food choices and feeling out of shape with no time to exercise



Physical and Mental Needs

Continued- More thoughts from YOU!

- Overworked and tired, I “COULD” workout, but I don’t because too tired and stressed
- Feeling resentful toward gym owners because there are no benefits (health, medical et) or perks
- Losing ourselves in kids goals and dreams...we want it so bad for them that we feel hurt
- Perimenopause and Menopause
- Overwhelmed with tasks, on-the-floor rotation schedule management, dealing with egos, parents, lesson plans, motivating the kids when feeling tired and overworked myself.
- Extreme changes from Summer Schedule to School time schedule makes it hard to get in a routine
- Guilt for not spending time with your own kid

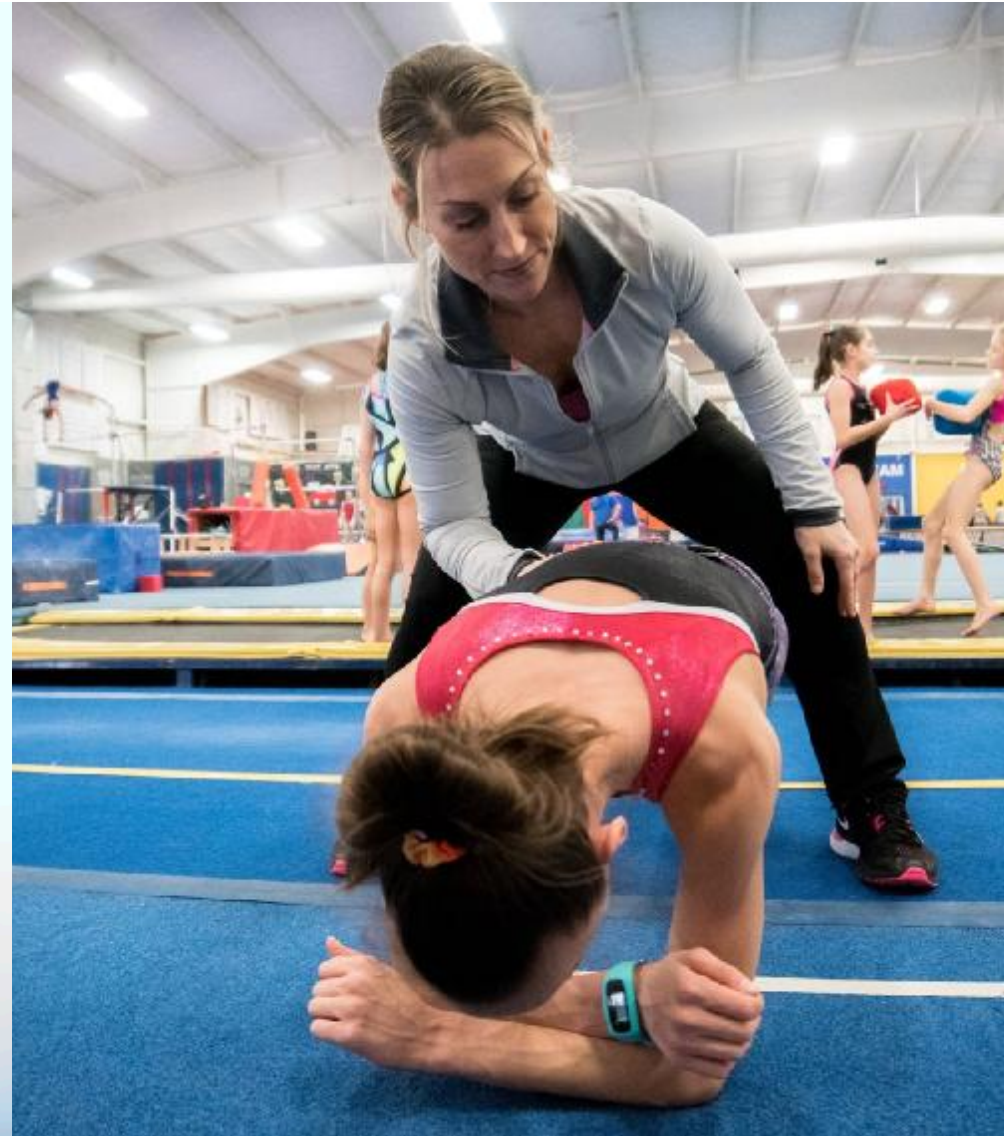
Physical and Mental Wellness

- Not using spare time well- time to relax means vegging out and not taking care of myself physically
- Turning to fast food, convenience food or junk food due to lack of time, energy, meal prepping or desire. In short, at the end of the day, I'm SPENT!
- Stress=Stress eating and less of a desire to exercise. Viscious cycle.
- YOU HAVE A LOT WORKING AGAINST YOU.... So,,,,are these obstacles INSURMOUNTABLE???

Please Know, I understand

I was a level 10 coach

- I was a level 10 gymnast
- I coached all through college, started a high school team, coached all levels from 3-10 and even worked with elites on nutrition and fitness
- I know ALL the cultures I lived it as an athlete and coach and now a specialist



Mindset Hacks: What CAN we do to be the best version of ourselves, because all of you want that,

PS. We are coaches, we need to take our own advice. So don't be upset with some tough love :) Ok, so I'm gonna preach a little.. You CAN do this

Betsy's Tips

All Or Nothing Doesn't work

- Yep We are TYPE A, But it doesn't always work in the areas of wellness
- Do what you can. Be flexible You can't always be perfect but that doesn't mean DO NOTHING or throw in the towel.
- Tomorrow is a new day, what can you do in a 5 minute burst? 3 sets of pushups? 3 secs of squats? Meditation or prayer? TIP: Create THREE 5 minute bursts a day, schedule them in your phone.
- Be intentional about your choices. Even when you don't want to be. Sometimes I don't want to brush my teeth before bed but I don't want cavities and want to keep my teeth!
- Sorry to give you tough love, but sometimes we have to dig deep just like we tell our athletes and take care of ourselves! How bad do you want to be healthy?

Parents and Overcommitting

Stop Being Available

- Set office hours and stay with your boundaries, this includes texts and emails
- Consider Social media contact. This is a personal choice...
- Use automated replies during off hours
- Be clear on your standards with a FAQ guide or introduction to you coaching style with every new athlete.



Balancing Your life

Guilt over prioritizing parents over your own kids and lives

- Carve out specific times for your own family NON-gym time
- Delegate tasks where possible within the gym
- Deep breathing, meditation and
- Journaling, Therapy talk do someone!
- Support Network! Facebook coaches groups, meetup, peer support, bring your kids to the gym if you can, find your tribe
- Remember you are giving to someone else's child and some other person is giving to YOURS



Physical Exhaustion

Injuries, demand of the job, spotting



- Daily mobility and stretching (I'm including a 10 exercise daily active stretch in this presentation) It should be a requirement actually!
- Workout with your athletes! Get sweaty 2x a week, It's fun! Don't let the old lady beat ya! (My saying)
- Invest in your wellness with massage therapy, yoga class, PT we tell our athletes to do it, why don't we?
- Remember, spotting is physical activity, so don't think you aren't doing anything, use it in your mindset and actually PUSH hard and be mindful and technical of spotting, building muscle and burning calories
- If you can't spot, have a spotting clinic. There are plenty of good spotters who would love to help coaches learn
- Pick up mats, instead of having the athletes take things away, you take them away. You are in a gym, move, walk around when coaching, kids LOVE active, energetic passionate coaches! Endorphines are released with even the littlest oxygen output.

Nutrition and Fitness



Overcome erratic schedules and finding motivation outside of the gym

- Dig deep. You will feel worse if you don't exercise, I promise. Exercise is my anti-depressant.
- Exercise for 10 minutes, that's it, if you can keep going, do it!
- Exercise releases endorphins, increases oxygen which will not deprive you of energy but GIVE IT.
- Meal prep once a week, portable high protein snacks, nuts, eggs, smoothies (see my list of fast, on the go snacks)
- Short burst of exercises go a long way! Grab a band! You are in a gym, there is no reason why you can't move your body!
- Be FLEXIBLE we can't always control our schedules. Again the all or nothing gets you mostly NOTHING

On-the-go Snacking

Prep snacks, Betsy Bootcamp Favorites

- I travel the country and stay in shape,,
- Edamame, seeds,
- Dried Oats, dried chick peas,
- Pistachios, pumkin seeds
- Apples, bananas, oranges, grapes, dried fruits
- Rice cakes, hummus, guacamole,
- Packets of nut butters, dried plantains
- Popcorn, pretzels, kale chips
- Salmon Jerky
- HYDRATION!!!! WATER and Coconut Water

What's Else is in Betsy's Competition Snack Bag?

Here are more of my top picks for your competition snack bag.

- Pouches of tuna or salmon
- Packets of almond, peanut, sunflower seed butter or organic hazelnut, for rice cake topping
- Dried oatmeal (mix with hot water, if you need to)
- Dark chocolate chips, covered almonds, or pretzels

Travel Friendly Workout

You Can DO iT

Walk/Run the stairs

Jog outside

Chair Workouts (dips, step ups)

Band Workouts (kick backs, glute bridges)

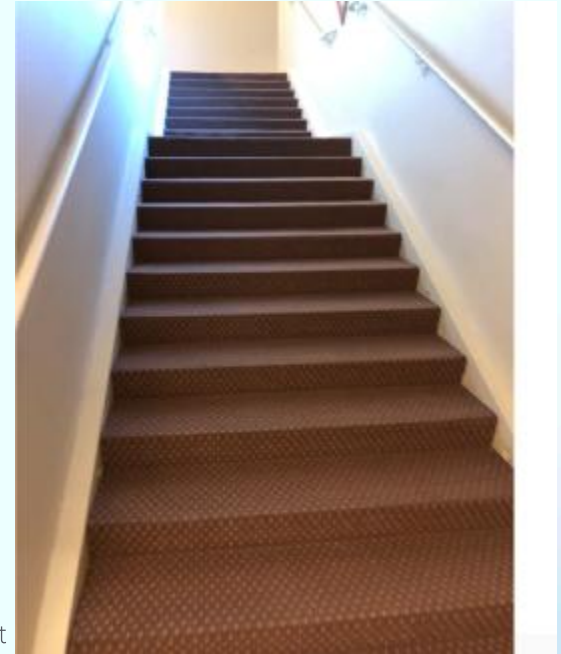
Bring An App/YOUTUBE bursts

How many time did I workout or run the stairs in a hotel room
best workouts I ever did! I Felt amazing and had a great bootcamp:

Schedule in "ME TIME" 20 minutes a day, NON-NEGOTIABLE

Schedule in your WORKOUT. You eat, sleep, go to the bathroom, why isn't exercise a priority?

Pick a time RIGHT NOW, pick up your phone, and schedule in a 20 minute workout!



Betsy's Daily Stretch:

Do these everyday or use my workout (will include in the links of the presentation or email me coach@betsymcnally.com)

- Cat Backs
- Hip Circles Forward and Back
- Hamstring Stretches
- Downward Dogs
- Glute Bridge
- Ankle/Wrist/Calf Stretches
- Shoulder Mobility

Coaches 10 Minute Active Stretch: Perfect for those sore backs, hamstrings, hips and ankles! Complete one set of each (reps included)

1. Walkout To Pushup 10
<https://vimeo.com/791347837/128795ab41?share=copy>

2) Cat Backs 20
<https://vimeo.com/891950058/236fba6f4?share=copy>

3. Active Flex Scorpions 5 each side
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4. Active Flex Hip Circles 10 out, 10 in
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5. Squat to calf raise feet close 10 slow and controlled
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7. Active Shoulder Goal Post Rotations 20
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8. Active Flex Childs Pose with Shoulder Rotation 10 each side
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9. Ankle/Calfs Core Rockers 30
<https://vimeo.com/737511289/19aee3b64>

10. Downward to Upward Facing Dog 10 total
<https://vimeo.com/771328700/bbaa2533ce?share=copy>



Betsy's QUICK 10 minute daily Routine

10 minutes a day! Can be done anywhere!

Arm Circles 20 forward and back

Leg Circles 20 forward/back

Jog In Place 60 seconds

30 second plank front, side, side

30 second superman hold

20 air squats

15 chair dips



30 mountain climbers

15 pushups

30 calf raises

30 crunches

20 Arch Ups

Static Hamstring Stretch 30 seconds

Micro Self-Care Habits

Its the little things that add up!

- Mindfulness and breaks (my son takes them!)
- Healthy snacks
- Stretch Break
- Do a “STATE CHECK” get in the right state of mind! Your energy is contagious!! The energy you bring will be important
- Avoid and “ALL OR NOTHING” mindset (hard for gymnastics coaches) but little changes go a long way. Give yourself balance and grace

Do your best to eat FUNCTIONALLY

- Functional Foods are foods that HELP you
- More energy
- Water Dense, WATER as well, of course, :)/
- Fiber rich, Vitamin and Mineral Dense Foods
- Probiotics, Antioxidants, Brain Boosting compounds!
- Eat Like a Cave girl
- If It's Green ITS GOOD



Functional Foods and Lifestyle

The GOALS

- Greens
- Grains
- Fruits/Root Veggies
- Seeds
- Nuts
- Protein Dense Foods
- Omega 3 Fatty acids
- Complex Carbs
- FUN!
- SLEEP



Perimenopause/Menopause

Make good choices

- Anti-inflammatory foods, greens, fatty fish, berries
- Strength training 2-3 times
- Hydration
- Stress management
- Alcohol and caffeine intake
- YOU TIME!

Nutrition Tips for Menopause

Drink adequate fluids.

Menopausal symptoms such as hot flashes, night sweats, vaginal dryness, or bladder infections may be improved by proper hydration. Choose mostly unsweetened beverages and water-rich fruits and veggies for hydration. Hydrate more when necessary such as during physical activity.



Limit or avoid alcohol.

Drinking excessive alcohol over a long period of time may aggravate hot flashes, disturb sleep, and worsen health conditions (including osteoporosis, high blood pressure, stroke, ulcers, memory loss, and mood disorders). It is recommended that men who consume alcohol consume 2 drinks or less per day and women consume 1 drink or less per day.



Limit or avoid spicy foods and caffeine.

Spicy foods and caffeine-containing drinks and foods may aggravate hot flashes in some women. Instead of using heat-containing ingredients, flavor food with herbs, sweet spices, alliums, mild peppers, and citrus juice. To cut back on caffeine, focus on getting proper sleep, taper off caffeine consumption gradually, and choose decaffeinated coffee and herbal tea.



nutrition tips

Nutrition for Menopause

Menopause Continued..

Key Nutrients During Menopause

Vitamin D

Vitamin D is important for bone health because it helps the body absorb calcium. Food sources of vitamin D include fortified milk (dairy and some non-dairy products), fortified cereals, egg yolks, and fatty fish. The body can also make vitamin D from sun exposure, though whether this allows the body to reach vitamin D needs depends on many factors. Because foods and sun exposure may not be the most reliable ways to get adequate vitamin D, speak to a practitioner about vitamin D testing and supplements.



Before, during, and after menopause, women should strive to eat food sources of unsaturated fat (instead of saturated fat), calcium, and vitamin D. Women should also speak to their practitioners about nutrient needs.

key nutrients

Nutrition for Menopause

Key Nutrients During Menopause

After menopause, women are at higher risk for heart disease and osteoporosis. Several key nutrients play a role in heart and bone health during menopause.

Unsaturated Fats

Also known as heart-healthy fats, unsaturated fats are found in mostly plant foods such as oils, avocado, nuts, and seeds, as well as fatty fish. A way of eating rich in unsaturated fats, as opposed to saturated fats, is associated with a lower risk of heart disease.



Calcium

Calcium is a mineral that the body uses to build and maintain bone health, in addition to other functions. Calcium is found in dairy products, canned fish with bones, dark green leafy vegetables, tofu made with calcium sulfate, and fortified beverages.



key nutrients

Nutrition for Menopause

Lets talk about alcohol and caffeine

Especially for perimenopausal and menopausal women

- Alcohol is unusable for energy and excess calories
- Makes you foggy, interrupts sleep, tired (already part of perimenopause)
- Inhibits protein synthesis (makes it harder to gain muscle), loss of estrogen with this is a double whammy
- The cycle of caffeine and alcohol is confusing to our hormonal balance, increases stress hormone cortisol (fight or flight) where we are living off adrenaline. This again hurts our ability to recover and also store unwanted fat
- Caffeine/Alcohol cycle disturbs sleep pattern, creates anxiety especially for women already of a certain age in the "sandwich generation) taking care of their kids and parents
- Try non alcohol wines and beers. Limit caffeine if possible

Poor Eating Choices

Support Each other/Community Kitchen/POTLUCK with Coaches and Athletes

- “Taco Tuesdays” Have each coach pick a day and provide a healthy dinner
- Snack Mondays: Have each coach pick a day and bring in a health snack
- Partner Accountability, work with your staff to build a culture
- Pool finances together each month for the “food fund” and once a week have a healthy meal together: OR: Potluck nights 2/3 times a week, everyone bring a healthy food or topping
- Do these TOGETHER with your athletes and parent to show eating good food is important and part of the culture (HERE are some great ideas!)

Baked Potato Bar



TOPPINGS

Large Sweet or Regular Potatoes
Greek Yogurt
Salsa
Guacamole
Shreds of chicken or beef
Coconut oil/cinnamon/coconut sugar
Onions
Shredded cheddar
Broccoli crowns

Protein Dense Salad Bar

Spinach/Kale
Shredded Carrots/Broccoli
Green, Red, Yellow Peppers
Tuna, Salmon, Chicken
Celtic Peas/edamame (vegetarian)
Olive oil/Vinegar
Seeds/Chia/Sunflower
Cooked Quinoa



Functional Taco Buffet (Cold or warm, either option works)

Start with a base of ground turkey, seasoned grilled chicken or for vegetarian options, go with hummus, refried beans or edamame hummus.

The top it off with:

Salsa
Tomatoes
Onions
Cilantro
Shredded cheese
Guacamole
Greek Yogurt

State Sendoff Party Buffet!



YOGURT BAR: (KEEP ALLERGIES IN MIND WHEN CHOOSING TOPPINGS)

Start with containers of soy, Greek, coconut and almond yogurt as a base. I like organic Greek yogurt due to the high protein and probiotic content. Then go with a bar of topping options:

- Dark Chocolate Chips
- Strawberries
- Blueberries
- Seeds (chia, sunflower, pumpkin)
- Raisins
- Coconut
- Bananas
- Honey
- Cinnamon
- Cherries (pitted and sliced)

Building a Buffet of Functional Snacks for your State Sendoff Party

Does your team have a "sendoff" or get together for your team before you go to State meet? If you don't already hold a send-off party, its a great time to build teamwork, foster team bonding and create excitement for your state competition. Of course at the send-off there has to be FOOD! Coaches, having a State send off is also a great time to share ideas on healthy foods.

Here are some FUNCTIONal snacking before your

Fun, Colorful Dipping Bar

Everyone loves dip! This buffet is probably the easiest to throw together and will be the most colorful! Start with something to "dip" (dipsticks) and go to your FUNCTIONal toppings:



Dip Sticks:	Dips:
Pita chips	Hummus
Carrot Sticks	Edamame Hummus
Celery Sticks	Guacamole
Apple Slices	Greek Yogurt
Zucchini Slices	Salsa
Red and Green Peppers	Organic Hazelnut Butter
Cherry Tomatoes	Nut Butters (Sunflower seed, peanut, almond, etc)
Asparagus tips	Honey



SWEET FUNCTIONAL “CREPE” BUFFET

My Favorite! Who doesn't love crepes? Obviously unless you have a French chef around, you may not be able to bring real, fresh crepes to your party, but you can substitute with whole grain wraps. Fill your wraps by using a yogurt topping, spread evenly then top with:

Organic hazelnut spread
Nut butters (keep allergies in mind- Peanut butter, almond butter, sunflower seed butter)
Strawberries
Blueberries
Honey
Bananas
Whipped Cream (Yes, let's have some fun!)

FUNCTIONAL PIZZA BUFFET (YOU WILL NEED A MICROWAVE OR OVEN FOR THIS ONE!)

Start with a base of whole grain wraps, spread on your tomato sauce and start topping

with:

Pineapple Chunks
Peppers, green, red, yellow
Onions
Spinach
Sun-dried tomatoes
Ground turkey

Experiment with different cheeses! Mozzarella, cheddar, goat and parmesan



General Overwhelm

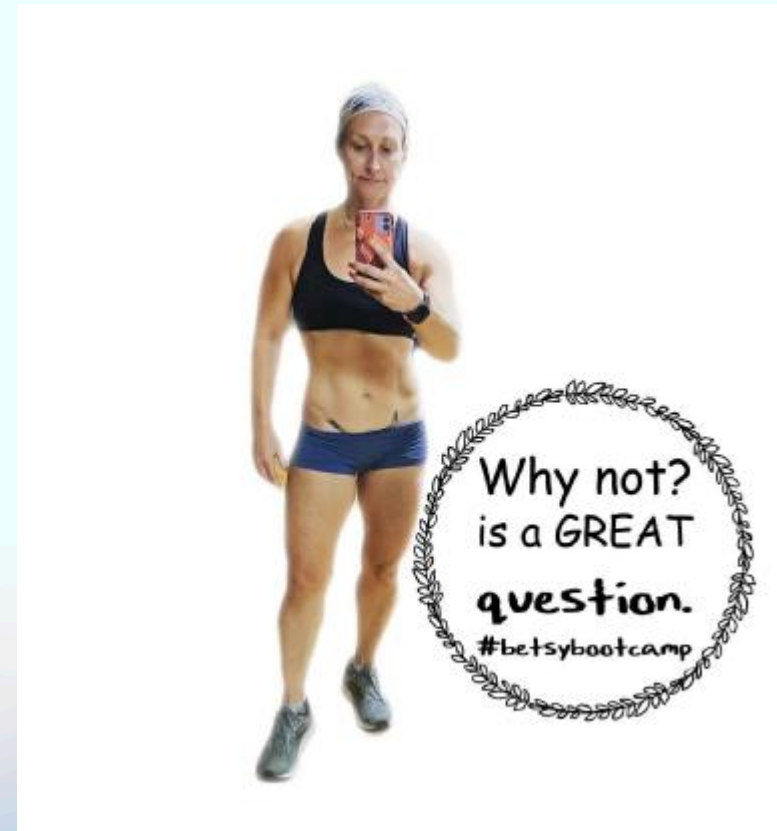
Managing the day to day, lesson plans, schedules, business details

- Prioritize and delegate: AI is amazing, hire someone to create your conditioning (me:) or lesson plans Will save you time and alleviate stress.
- Implement WELLNESS power hours where everyone in the gym participates in a group workout or wellness break together
- Build a culture of wellness in your gym, if everyone is stressed including the kids, that's not good! Accountability for wellness is critical especially in todays culture. Have wellness themes, messages, canvas photos or words of inspiration around your gym!

Conclusion

You Can DO IT? Why NOT???

- Yes, the demands of being a gymnastics coach are heavy, but that doesn't mean your health and well being can't be managed. The ALL OR NOTHING mentality can truly hold us ALL BACK, do what you can, but do SOMETHING. Setting boundaries, building a community of support, prepping for snacks, making use of small bursts of time and being flexible with our time are all critical for success. FLEXIBILITY! At the end of the day, YOU will be a better coach if YOU are a BETTER YOU! If you don't have a wellness group in your gym, START ONE!



Need Help?

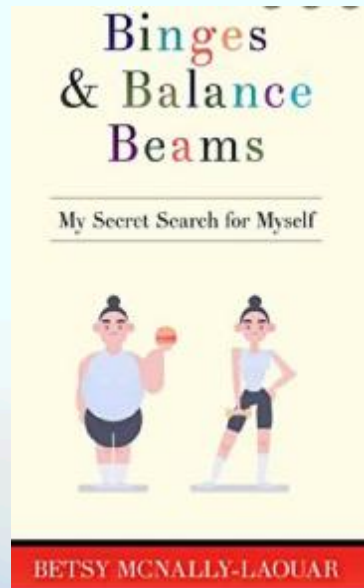
Contact me and check out my deals!

- I can create a nutrition or exercise/meal plan for you!
- I am offering 1/2 off my 12 week accountability and nutrition program (Email me for details)
- Also offering a FREE CAREER COACHING Session to anyone interested in becoming a clinician and learning how to do it. Ask me about it coach@betsymcnally.com
- I am also offering 1/2 off my BETSY BOOTCAMP (regular cost is \$5,000) to ONE gym for this fall/winter. Only one gym will receive this opportunity this year, so you need to respond ASAP, rules and restrictions apply and this doesn't include travel/hotel cost, a HUGE discount as my rate is going up even more in 2025!
- Email me for either programs: coach@betsymcnally.com

Don't Forget About GYMNACHEF!

My Two Best Selling Books, and Binges and Balance Beams!

- Available on Amazon



AND, My Monthly Membership

I can save you TIME

- Watch out for my BLACK FRIDAY SALE
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Thank You
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coach@betsymcnally.com



Coaches 10 Minute Active Stretch: Perfect for those sore backs, hamstrings, hips and ankles! Complete one set of each (reps included)

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3.Active Flex Scorpions 5 each side

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6.Figure 4 hamstring bridge stretch (combo) 10 each side

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7,Active Shoulder Goal Post Rotations 20

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8. Active Flex Childs Pose with Shoulder Rotation 10 each side

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9. Ankles/Calves Core Rockers 30

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10. Downward to Upward Facing Dog 10 total <https://vimeo.com/771328700/bbaa2533ca?share=copy>



Betsy's Quick Total Body 10 Minutes- A- Day Workout For Busy Coaches

20 Arm circles forward and back
20 Leg circles forward and back
60 seconds jog in place
30 seconds front plank, side, side planks
30 seconds superman hold
20 air squats
15 chair dips
30 mountain climbers
15 pushups
30 calf raises
20 arch ups
30 seconds static hamstring stretch

Betsy's Quick Daily Stretch

Cat Backs 20
Hip Circles F/B 10 each direction
Downward Dogs 10
Glute Bridge Stretches Up and down, 20 times
Wrist and Ankles circles 20 all directions
Hamstrings Static Stretch holds 1 minute each side
Calf Raises: 20

Betsy's GO-TO Functional Snacks For Protein, Energy and Mental Clarity

Edamame

Pumpkin seeds

Dried oats

Dried chickpeas

Pistachios

Sunflower seeds

Apples

Bananas

Oranges

Grapes

All Berries

Dried fruits

Dried plantains

Rice cakes and toppings

Hummus

Guacamole

Salsa

Packets of nut butters

Popcorn, pretzels

Kale chips

Salmon jerky or smoked salmon

Greek yogurt

Pouches of tuna

Dark chocolate

All nuts



