

# Need A Boost?

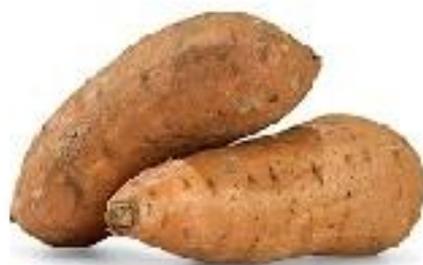
Pack a couple of these foods for a natural pick-me-up!



*Bananas*



*Eggs*



*Sweet  
Potatoes*



*Honey*



*Apples*



*Spinach*



*Beans*



*Almonds*



*Yogurt*



*Salmon*