



10 healthy foods that kill hunger

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Working out will make you hungry. And with time and money increasingly rare, value-to-go is on everyone's lips; those healthy and those not-so-much-but-sure-why-not? Here are my 10 top picks for healthy super foods that will curb your appetite without breaking the bank.

Naked Green Machine Super Food - SRP \$2.49 - Now, this is a fruit juice; more than 2 apples, 1/2 a banana, kiwi, mango and pineapple, plus broccoli and spinach! It's definitely green, but it tastes amazing. Don't let the sugar content scare you; fruit contains sugar, even in its natural state. Enjoy!
Why it is healthy: Provides daily vitamins and nutrients, won't make you fat.

Vega Whole Food Optimizer - SRP \$42.50 - You could quite possibly live on this supplement. The contents are staggering and it tastes delicious. 26g of protein, 15g of fiber, full serving of Maca (for [testosterone](#)), quality carbs including hemp and flax seeds, dairy free and 100% recommended daily intake of vitamins. Vega Whole Food Optimizer is a smoothie on its own, just mix with water or try mixing some in with yogurt as an afternoon snack. It's worth every, single penny.
Why it is healthy: Suitable meal replacement, provides daily vitamins and nutrients, won't make you fat, perfect for post-workouts.

Garden of Life Organic Perfect Food bars - SRP \$2.49 - These bars will satisfy. Each one includes sprouted grain, soluble fiber, vegetables, nuts and fruits. They also taste delicious. Try the Chocolate Raspberry Greens bar, hands down, the best. [Garden of Life Organic Perfect Food bars](#) are sweetened with raw honey. The Whole Food Greens bar contains 21 organic vegetables.
Why it is healthy: Suitable meal replacement, won't make you fat.

Voskos No Fat Plain Greek Yogurt - SRP \$1.49 - [Simply the best yogurt](#), Voskos No Fat Plain variety has 24g of protein, an incredibly high amount, the highest I have ever seen in any yogurt. Pure Greek yogurt, Voskos comes in a practical, guy portion 8oz container. Mix in some peanut butter and raisins, and you have a healthy, protein rich, no nonsense snack. The price is also unbelievable.
Why it is healthy: Won't make you fat, ideal as a pre-workout snack.

Trader Joe's Thompson Seedless Raisins - SRP \$2.99 - Raisins are a high-energy snack that contain practically zero fat. They're also ideal for storage, and taking on long trips. You can mix raisins into yogurt, on oatmeal, in cereal and even on salads. The Trader Joe's variety come in a transparent, portable package making storage and packing super simple. Raisins are perfect for when you need an energy boost. Have some with a cup of black coffee.
Why it is healthy: Won't make you fat, high in fiber.

Old Fashioned Quaker Oats - SRP \$4.99 - 100% natural, high in fiber and low in sugar, oatmeal is an ideal way to kick-start your day. Oatmeal is also [a healthy, "poor man's" super food](#). Mix in some raisins, cinnamon or peanut butter for a satisfying morning meal.
Why it is healthy: Suitable meal replacement, won't make you fat.

Navitas Naturals Organic Sprouted Flaxseed Powder - SRP \$10.00 - Flaxseeds for soluble fiber



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Navitas Naturals Organic Sprouted Flaxseed Powder - SRP \$19.99 - Flaxseeds for soluble fiber, essential fatty acids and protein. Flaxseeds are also rich in lignans, which help to balance hormone levels. The nutrient composition of Navitas Naturals Organic Sprouted Flaxseed Powder facilitates digestion and absorption of this super foods' nutritional benefits.

Why it is healthy: High in fiber, won't make you fat.

Pastor Chuck's Organic Applesauce (unsweetened) - SRP \$7.99 - Cornell studies have found that apples could protect from Alzheimer's and Parkinsons and now, additional research has shown that apples may even reduce risk of developing breast cancer (did you know men can get breast cancer, too?). Pastor Chuck's Organic Applesauce comes in a no-sugar variety and is made with organic apples, meaning there were no pesticides and chemicals that were absorbed in the skin, the most beneficial part of the apple.

Why it is healthy: Suitable meal replacement, won't make you fat, high in fiber.

Pacific Natural Foods Organic Almond Milk - SRP \$2.99 - Almonds are actually seeds and although high in fat, consuming almonds will reduce your risk of heart disease. One serving of Pacific Natural Foods Organic Almond Milk contains roughly a third of riboflavin, which has been shown to stimulate metabolism and ward of certain diseases. Have a glass with an apple. FYI: the fat content, is actually the good fats our bodies need to fight bad cholesterol (LDL).

Why it is healthy: high in vitamins and fiber.

Low Sodium V8 100% Vegetable Juice - SRP \$2.49 - Regular V8 has too much sodium; 420mg per serving. Opt for the lower sodium version which contains only 140mg of sodium. Each eight-ounce glass contains two servings of vegetables and provides practically all the daily requirements of Vitamin C required. V8 also contains no fat. Sure, there are other vegetable drinks available, but V8 is available practically everywhere and is a suitable back-up food.

Why it is healthy: Provides daily vitamins and nutrients, won't make you fat.

For more info: [Stefan Pinto](#) is a freelance writer and actor. He lives in Los Angeles and eats every, single thing on this list.

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