

HEALTHY SNACKS FOR THE BUSY LIFE



Toast



Avocado



Apple



Nut Butter



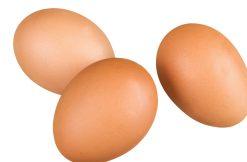
Tortilla chips



Avocado



Apple



Eggs



Bell Pepper



Hummus



Celery



Nut Butter



Oatmeal made with protein water



Protein powder made with 8oz water



Chia Seeds



Berries



Low Fat Cottage Cheese

OR



Greek Yogurt



Berries



Seeds

OR



Nuts



1/2 Banana



Nut Butter



Chia Seeds

HEALTHY HOMEMADE SNACKS

- Roasted chickpeas.
- Chia seed pudding topped with fruit and slivered almonds.
- Lentil crackers with salsa.
- Nuts with string cheese.
- Cucumber boats filled with tuna or chicken salad.
- Veggies with plain Greek yogurt sprinkled with ranch dressing
- Whole wheat toast with nut butter, and seeds or nuts.
- 1/2 Turkey and cheese sandwich with veggies.
- Egg bites with veggies and cheese.
- Fresh or Frozen grapes with cheese or hard-boiled egg.
- Smoothie with fruit and Greek yogurt.

HEALTHY STORE BOUGHT SNACKS

- Unflavored popcorn packets.
- Greek yogurt.
- Small bags of nuts and/or seeds.
- Pre-cooked hard-boiled eggs.
- Pre-portioned cheese, crackers, and fruit packages.

STORE BOUGHT PROTEIN BARS

- IQ (3g Net Carbs, 12g Pro)*
- Atkins (4g Net Carbs, 16g Pro)
- Quest (4g Nat Carb, 20g Pro)
- Nick's (3g Net Carbs, 15g Pro)
- Atlas (4g Net Carbs, 20g Pro)
- think! (9g Net Carb, 20g Pro)
- Aloha (15g Net Carb, 14g Pro)



*IQ bars are Vegan and Kosher Certified