

SNACK IDEAS

COMBINE A PROTEIN OR A FAT WITH A CARB SOURCE TO STAY FULL LONGER!

Protein or Fat Source

Peanut butter
Mixed Nuts
Boiled Eggs
String Cheese
Kind bar
Hummus
Cottage Cheese
Greek Yogurt
Avocado
Edamame

Carbohydrate Source

Apple
Carrots
Bell Peppers
Mixed Berries
Banana
Whole Grain Crackers
Grapes
Dark Chocolate
Tortilla Chips
Popcorn

SIMPLE SNACK RECIPES:

- 1) Smoothie - frozen berries, Greek yogurt, and honey
- 2) Trail Mix - mixed nuts, cheerios, dark chocolate chips
- 3) Raw veggies and 2 tbsp. of ranch dressing
- 4) Guacamole and tortilla chips
- 5) Hummus and sliced bell peppers
- 6) Cottage cheese and mixed berries
- 7) Banana ice cream - blend frozen bananas, add nut butter
- 8) Roasted chickpeas - bake chickpeas with spices and oil