

Snack Ideas

Key Points:

- Look at foods that you have already eaten that day and see what food groups you are missing – choose a snack to make up for a food group you missed

1) 1 apple

2 Tbsp nutbutter (all natural peanut, almond or cashew)

2) 1/2 cup cottage cheese (1%)

1/2 cup mixed berries

a drizzle of honey or pure maple syrup

3) 2 Ryvita crackers

1 Tbsp hummus

2-3 slices of tomato or avocado

4) Mixed raw veggies (carrots, celery, cauliflower, broccoli, etc.)

1/2 cup plain greek yogurt dip

(lemon juice, green onion, chopped dill & S+P)

5) 1 boiled egg

1 piece of whole wheat toast or 1 Ryvita cracker

sliced cucumber

2 oz cheddar cheese

6) 1 handful of mixed unsalted nuts

1/2 handful dried fruit (figs, prunes, cranberries... etc.)