

Snack Ideas

- 1/2 cup of grapes or fresh berries (raspberries, blueberries, blackberries, strawberries) with 1 small handful of nuts.
- Small apple with a handful of nuts
- Dip and crackers - use Mary's crackers, rice crackers or rice cakes with:
 - Hummus
 - Black bean dip
 - Guacamole
 - Almond butter, Sunflower butter or Cashew butter
- Veggies (carrots, cucumbers, celery sticks, etc.) & dip (see above suggestions)
- Turkey patty/sausage (click for recipe)
- Chicken-avocado boats (click for recipe)
- Apple crumble with coconut topping (click for recipe)
- Almond Coconut Protein Bars (click for recipe)
- Smoothie (must contain protein - either protein powder, nut butter or nuts/seeds)

