

12 Quick Snacks Suggestions

1. Almond butter with sliced apple or celery sticks
2. Chocolate protein shake with shredded coconut, banana and spinach
3. Leftover chicken dipped in hummus with baby carrots
4. Hard-cooked eggs with guacamole and cherry tomatoes
5. Ham with sliced cheese and green apple
6. Beef/buffalo jerky with walnuts and a banana (Try US Wellness Meats for grass-fed beef jerky and Tanka for buffalo jerky.)
7. Organic cottage cheese with raspberries and sliced peaches
8. Leftover meatballs with avocado and orange slices
9. Organic yogurt with cinnamon, berries and slivered almonds
10. Sprouted cinnamon raisin bread with organic peanut butter and banana slices
11. Sliced turkey rolled with alfalfa sprouts and avocado
12. Mary's Gone Crackers with sliced cheese and olives

5 Snack Shack Selections

1. Sausage with a couple slices of cheese and an apple
2. Jerky with a mini bag of nuts and a banana
3. Tuna with tomato and avocado on a slice of sourdough bread
4. Lettuce-wrapped beef/turkey with tomato and mustard
5. Chicken salad 1/2 sandwich on sourdough bread

Smart Snacker Checklist My snacks are...

- Whole foods or contain minimal ingredients that I can

- pronounce.
- Balanced with carbohydrates, protein and fat.
Colorful and delicious.

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