

# HEALTHY SNACK IDEAS

Below is a list of a few power-packed, nutrient-rich snacks for inspiration. Feel free to adjust these recommendations to align with your dietary needs and preferences.

- Guacamole and carrot sticks
- A small handful of nuts and a piece of fresh fruit
- Some plain yogurt with a handful of berries and chopped nuts or seeds (spoonful of honey optional)
- A handful of plantain chips (no vegetable oil) with a spoon of almond butter
- Veggie "chips" (dehydrated kale, taro, sweet potato, beet, or zucchini) or sliced veggies (jicama, radish, bell pepper, carrots, cucumber, broccoli, zucchini, cauliflower, etc.) with dip (hummus, bean dip, nut butter, or guacamole)
- Three slices of turkey and a piece of fruit
- 1-2 hard-boiled eggs
- One dried fig and 3 Brazil nuts (great cookie substitute)
- Mashed avocado and garbanzo beans sprinkled with nutritional yeast and chopped dill (serve over toast or mixed greens)
- Blend of fresh or jarred tomato, olive oil, and garlic, spread on toast and topped with chopped sardines
- Overnight oatmeal
- Chia seed pudding
- "Ants on a log" (celery stick with nut butter sprinkled with chia seeds and/or raisins)
- Baby peppers filled with canned or cold leftover salmon and mayo or mustard
- Bone broth simmered with veggies and an egg or collagen or shredded meat
- Lentil soup
- "Crunchy" roasted chickpeas
- Bean and corn salsa on cucumber or jicama rounds
- Salmon, sardine, egg, or chicken salad in a lettuce wrap
- Green apple slices with nut butter
- Low/no-sugar jerky
- Homemade popcorn
- Homemade trail mix (one cup each: pecans, almonds, skinless peanuts, raisins or dried cranberries, unsulphured apricots cut into pieces, plus carob chips if desired)
- Salted edemame
- Salted lupin beans
- Unsweetened acai blended with frozen banana and topped with coconut chips, chia seeds, hemp seeds