



# HEALTHY SNACKS

## VEGETABLES

- Broccoli and hummus
- Cauliflower and guac
- Sweet Potatoes slices (I like Caulipower brand) with almond butter and hemp/chia seed
- Kale chips homemade or clean store bought like Rhythm or Brads
- Zucchini and yellow squash with Tessemæe dressing
- Cucumbers with hummus or guacamole
- Pumpkin mixed with protein powder and pumpkin pie spice
- Beets cooked or marinated
- Carrot Chips (near the baby carrots) with hummus or guac
- Celery with almond butter and hemp/chia seeds
- Frozen Peas with Himalayan salt

## FRUITS

- Pear with almond butter and hemp/chia seeds
- Avocado with salt, pepper and hemp seeds
- Apple with almond butter and hemp/chia seeds
- Grapefruit
- Pomegranate

## NUTS & SEEDS

- Sunflower Seeds, raw
- Pumpkin Seeds

## BEVERAGES

- Vegetable Broth
- Bone Broth, flavored or unflavored
- Protein shake- Pirq brand, KOS protein or Truvani protein

## PROTEIN

- Pasture raised hard boiled organic eggs/egg whites
- Chickpeas, 15-oz BPA-free can with buffalo sauce
- Black Beans, 15-oz BPA-free can with salsa
- Plant Based Protein Powder – KOS or Love & Peas by Nature's Sunshine mixed with plant based yogurt

## PACKAGED SNACKS

- Simple Mills Crackers
- Hippeas
- Siete Chips or tortillas. Not potato chips
- 365 Whole Foods brand almond crackers
- Biena chick pea snacks
- Nut Thins- watch the ingredients for milk
- Bada Bean Bada Boom