

## “Magic” Snacks Cheat Sheet

1. ½ cup edamame beans, 2oz (60g) ham slices
2. 2T almond butter, ½ cup celery—optional: sprinkle 1T chia seeds in almond butter
3. 1 slice high fiber toast, ¼-½ cup squash on top of toast, sprinkle 1oz (30g) feta or goat cheese, top with favorite herb—eat open-faced
4. 2oz (60g) pulled chicken, ½ cup avocado—mixed together
5. 2 slices quality deli turkey, 1T mayo, ½ cup cucumber & tomato—roll up and eat
6. ½ cup sardines mashed with a fork, 1T mayo, ½ cup celery diced—mix and enjoy!
7. ¼ cup black beans, ¼ cup salsa, ½ cup avocado
8. ½ cup raspberries, ½ cup cottage cheese
9. ½ cup high-fiber crackers, 2T almond butter
10. 1oz cheddar cheese, ½ pear, 12 almonds
11. ½ cup sweet potato, ¼ cup full-fat plain yogurt or sour cream
12. ½ cup squash, 1T butter, 1T ground flax seed sprinkles on top
13. ½ cup roasted chickpeas, with cinnamon
14. 2T cashew butter, ½ banana, ¼ cup dry oatmeal—mix and enjoy!
15. ½ apple, 2T almond butter, chia seeds sprinkled on top
16. 1 tomato cut into slices, ½ cup mashed avocado layered on top, 1oz (30g) shredded cheese sprinkled as final layer—broil on baking sheet for a couple minutes
17. ½ cup hummus, ½ cup celery or carrots, a small handful of high-fiber crackers
18. 1 hardboiled egg sliced on crackers or high-fiber bread, 1T mayo
19. 2T shredded coconut, ¼ cup dry oats, ½ banana—mix together and enjoy!
20. 1 pear, 12 almonds
21. ½ cup almond milk, 2T seed mix (chia, hemp, flax), ½ cup berries—all mixed in a bowl
22. ½ cup roasted green peas with 2T olive oil
23. quinoa tabbouleh (1/2 cup cooked quinoa, 2T chopped onion, ½ diced tomato, 1- 2T olive oil, 1/2T fresh squeezed lemon, 1T feta cheese and mint, salt and pepper to taste)
24. ½ cup cooked whole grain pasta of choice (like brown rice, red lentil or whole wheat), 2T basil pesto, 2oz fresh mozzarella cheese—mix together and enjoy warm or cold!
25. ½ cup cooked lentils of choice, ¼ cup full-fat sour cream or tahini
26. ½ cup plain yogurt, ½ cup berries of choice, ground flax seeds mixed in
27. ½ cup homemade trail mix with almonds, cashews, sunflower seeds, raisins, and some dark chocolate nibs
28. ½ cup bell peppers sliced, wrapped in 2oz (60g) prosciutto with a side of 5 olives

## Magic Snacks Shopping List

### Produce

*If this sounds like a lot of prep, feel free to buy the pre-sliced packages if available. Not as ideal, but wonderful if trying to save time.*

- ☐ 1 small butternut squash
- ☐ 2 avocados
- ☐ 1 medium cucumber
- ☐ 2 small containers raspberries (or buy frozen berries, often cheaper)
- ☐ 2 medium tomatoes
- ☐ 2 pears
- ☐ 1 banana
- ☐ 1 small apple
- ☐ 1 bunch celery
- ☐ 1 medium carrot (optional)
- ☐ 1 bell pepper
- ☐ 1 small sweet onion
- ☐ 1 lemon
- ☐ 1 medium sweet potato
- ☐ 1 package fresh herb like sage, mint or basil (optional)

### Bulk Bins

- ☐ 24 (about ¼ cup) raw almonds
- ☐ Trail mix—mix of your choice of nuts with small amounts of optional raisins or cranberries and dark chocolate nibs that you can eat in ½ cup servings
- ☐ ½ cup flax seeds (whole or ground)
- ☐ ½ cup hemp seeds (optional)
- ☐ ½ cup chia seeds
- ☐ ½ cup dry oatmeal
- ☐ ¼ cup dry quinoa
- ☐ ¼ cup dry pasta of choice
- ☐ ½ cup dry lentils
- ☐ ¼ cup shredded coconut

### Fresh Meat Section

- ☐ 1 chicken breast, ideally free-range and organic

### **Deli Counter**

*Purchase the highest quality meats as possible:*

- ☐ 2oz (60g) ham slices (2-3 thick slices)
- ☐ 2oz (60g) prosciutto slices (or small package)
- ☐ 2oz (60g) deli roasted turkey slices (2-3 thick slices)

### **Dairy & Refrigerated Section**

- ☐ 1Lb (450g) container organic full-fat yogurt or sour cream
- ☐ 1 small stick butter, from grass-fed cows
- ☐ 1 small container organic cottage cheese
- ☐ 1 egg (*sometimes you can buy individual eggs if your grocer has local eggs to sell*)
- ☐ 1 X 32oz (1 liter) container unsweetened, plain almond milk (*you will find a larger selection of non-dairy milks in the non-refrigerated section in some stores*)
- ☐ 1 small container hummus

*You can purchase these by block, sliced or shredded. Packages are labeled in oz:*

- ☐ 2oz (60g) feta or goat cheese
- ☐ 2oz (60g) cheddar cheese
- ☐ 2oz (60g) mozzarella cheese

### **Frozen Section**

- ☐ 1 small package green peas
- ☐ 1 small package edamame beans
- ☐ 1 small package organic frozen berries (*optional if you can't get fresh*)

### **In the Aisles**

- ☐ small container peanut butter (*preferably with minimal ingredients ie. only peanuts*)
- ☐ small container almond butter (*preferably with minimal ingredients ie. only almonds*)
- ☐ 1 package wild-caught sardines
- ☐ 1 small can black beans (no salt added)
- ☐ 1 small jar salsa of your choice
- ☐ 1 small jar basil pesto (*preferably fresh with minimal ingredients or preservatives*)
- ☐ 1 small jar olive oil-based mayo
- ☐ 1 small loaf of high-fiber bread (*4g+fiber/slice*)
- ☐ 1 small box high-fiber crackers (*4g+fiber/serving*)
- ☐ 1 small bottle of extra virgin olive oil
- ☐ Organic ground cinnamon (Optional)
- ☐ 5 olives of your choice (*many stores will have an olive bar to select from.*)