



Snack Guide

Snacks should combine protein, fiber, and healthy fats when possible to keep energy steady between meals.

- Apple slices with almond butter
- Carrot sticks with hummus
- Greek yogurt with berries
- Rice cakes topped with avocado
- Handful of trail mix (nuts + dried fruit)
- Cottage cheese with pineapple
- Protein smoothie with spinach, banana, and protein powder

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