

## **SNACK IDEAS**

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### **WHOLE FOOD SNACK IDEAS**

- 1.) ¼ cup black beans, ¼ cup salsa, ½ cup avocado
  - 2.) ½ cup high-fiber crackers, 2T almond butter
  - 3.) 1 tomato cut into slices, ½ cup mashed avocado spread on top, 1oz high-quality shredded cheese sprinkled on top – broil on a baking sheet for a couple of minutes
  - 4.) 1 cup cooked whole grain pasta of choice, 2T basil pesto, 2oz fresh mozzarella cheese – mix together
  - 5.) Homemade trail mix – ½ cup each of almonds, cashews, sunflower seeds, raisins, and some dark chocolate chips (at least 70% cacao)
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### **VEGETARIAN SNACK IDEAS**

- 1.) ½ cup raspberries, ½ cup cottage cheese
  - 2.) ½ cup sweet potato, ¼ cup full-fat plain yogurt or sour cream
  - 3.) 1 hard-boiled egg sliced on crackers or high-fiber bread, 1T mayo
  - 4.) ½ cup plain yogurt, ½ cup berries of choice, add ground flax seeds and mix
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### **VEGAN SNACK IDEAS**

- 1.) 2T almond butter, ½ cup celery, sprinkle with chia seeds
  - 2.) ½ cup roasted chickpeas with cinnamon
  - 3.) 2T cashew butter, ½ banana, ¼ cup dry oatmeal – mix together
  - 4.) ½ cup hummus, ½ cup celery or carrots, a small handful of high-fiber crackers
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### **GLUTEN FREE SNACK IDEAS**

- 1.) ½ cup almond milk, 2T seed mix (chia, hemp, flax), ½ cup berries of choice – mix in a bowl
  - 2.) 2T shredded coconut, ¼ cup dry oats, ½ banana – mix and eat
  - 3.) 1 pear, 12 almonds
  - 4.) 1 slice GF toast, ¼-½ cup squash on top of toast, sprinkle 1oz of feta or goat cheese, top with your favorite herb – eat open-faced
  - 5.) ½ cup sweet potato, ½ cup full-fat plain yogurt or sour cream
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## DAIRY FREE SNACK IDEAS

- 1.) ½ cup sardines mashed with a fork, 1T mayo, ½ cup celery diced – mix and eat
  - 2.) ½ cup cooked lentils (beans) of choice, ½ a lemon juiced, tahini, salt, pepper, onion, and garlic powder to taste
  - 3.) ½ cup almond milk, 2T seed mix (chia, hemp, flax), ½ cup berries of choice – mix in a bowl
  - 4.) ½ cup roasted green peas with 2T olive oil
  - 5.) Homemade trail mix with ½ cup each of almonds, cashews, sunflower seeds, raisins, and dairy-free dark chocolate chips (at least 70% cacao)
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