



Healthy Snack Guide

RESTORE ENERGY WITH MINDFUL NUTRITION





Let me tell you a story...

Mia collapsed onto the couch, utterly exhausted. The day had been a whirlwind of chaos, managing work deadlines, trying to get the kids where they needed to go, and trying to keep the house from descending into complete chaos. Breakfast had been a mere afterthought, a skipped meal in the rush of the morning. By the time lunch rolled around, she threw together a salad (lots of veggies, good for her right?!), forgetting the crucial protein that would keep her fueled.

By mid-afternoon, her stomach growled in protest, the stress of the day settling heavily on her shoulders. It was too early for dinner, but her hunger was insistent. She stopped at Starbucks on her way home, opting for a sugar-laden concoction that promised a temporary respite from her fatigue.

Home again, she found herself standing in front of the pantry, the tantalizing bags of chips and rows of cookies calling her name. One wouldn't hurt, she reasoned, as she tore into a bag of chips. But one turned into half the bag, and a row of cookies had vanished. Frustration bubbled up within her; she had wanted to make healthier choices, to create better habits. But here she was, tired, stressed, and surrounded by the remnants of her indulgence.

With a defeated sigh, she reached for another cookie. What was the point now? She had already ruined her day, hadn't she? The weight of her exhaustion and disappointment was heavy on her shoulders as she wondered if she could ever be trusted to make good, healthy choices (and if she'd ever have the energy to do so).

Does this sound familiar?

CASSIE GROESCHL, MS, RDN

All About

Hi! I'm Cassie, a Registered Dietitian, and I absolutely love to meal plan and transform my grocery cart items into delicious, nutritious meals and snacks! I've spent years of my life studying the science behind nutrition and am passionate about translating that science into practical strategies you can apply to your busy life. What you eat affects everything. From your energy, to your mood, to your immune system: your nutrition has a profound effect on your life and what you can accomplish.

Nutrition can fuel your goals!

I empower busy moms to restore their energy with nutrition and time management strategies in order to build a life that reflects their values.

You have enough to juggle in your life. Let me help you with your nutrition. My job is to make it easy for you to figure out which foods will make you feel your best and nourish your family. Then I guide you on your journey to gain confidence in your food choices.

Why are you looking for healthy snacks?

Is it because of the constant cravings you have?

Let's break that down. Common reasons for frequent snacking might be that you're not consuming enough:



PROTEIN



HEALTHY FATS



FIBER



WATER



So what can be done?

Let's focus on what you can do to make small changes in your eating habits. First, it's good to know why protein, fat, fiber, and water are important.

PROTEIN'S ROLE

Protein helps to satiate and provides a sense of fullness. Unlike fats and carbohydrates, our bodies don't store protein, so it's crucial to get an adequate amount daily.

FAT'S ROLE

Fat supports cell function, helps your body absorb certain nutrients, and is used to make important hormones. Healthy fats like those from nuts, seeds, avocados, oily fish like salmon, and plant oils like olive oil, have been shown to improve heart health, decrease inflammation, increase satiety, and support gut health.

FIBER'S IMPORTANCE

Fiber nourishes the good bacteria in our gut, crucial for various bodily functions, including improved mood and overall mental health. It also contributes to that satisfying feeling of fullness, reducing the urge to snack excessively later.

HYDRATION'S IMPACT

Ensuring proper hydration is equally vital. At times, our bodies misinterpret thirst as hunger, leading us to snack unnecessarily. Try drinking a glass of water first to see if you really were hungry for that snack.

Combat Emotional Eating

It is also very common for people to eat though they are not hungry when they are stressed, upset, lonely, angry, or sad. Emotions can be powerful triggers to snack. Here are some healthy ways to manage emotional eating:

1. IDENTIFY TRIGGERS

Become aware of the emotions or situations that trigger your urge to eat. Keep a journal to track what you were feeling before reaching for food.

2. EMOTIONAL AWARENESS

Learn to recognize and acknowledge your emotions without judgment. Practice self-compassion and find healthier ways to address these feelings, such as talking to a friend, journaling, or seeking professional support.

3. CREATE A SUPPORT SYSTEM

Surround yourself with friends and family who understand your goals and can offer encouragement. If emotional eating is significantly impacting your life, consider speaking with a registered dietitian, therapist, or counselor specializing in eating disorders.

List 1-3 people who are there for you for support/accountability.

4. REGULAR MEAL TIMES

Stick to a consistent meal schedule to avoid extreme hunger, which can lead to impulsive eating decisions. Plan balanced meals that include protein, fiber, healthy fats, and carbohydrates.

Combat Emotional Eating

5. MINDFUL EATING PRACTICES

Pay attention to your eating habits and the sensations of hunger and fullness. Eat slowly, savoring each bite, and stop when you feel satisfied, not overly full. Consider adopting mindful eating habits:

- Avoid eating while distracted, such as in front of the TV or phone. Eating with loved ones is encouraged.
- Reflect on the origins of your food.
- Set down utensils between bites to fully engage with eating

6. FIND ALTERNATIVE COPING MECHANISMS

Discover activities that help you manage stress and emotions without turning to food. This could include deep breathing exercises, meditation, yoga, going for a walk, engaging in a hobby, calling a friend, listening to music, going for a walk outside, or reading a book.

Write down your own ideas for alternative coping mechanisms here and commit to practicing them ____ times per week:

7. GET ADEQUATE SLEEP

Prioritize sleep. Studies show inadequate sleep can create an imbalance in the hormones that regulate appetite and satiation, which can cause you to feel hungrier during the day.

8. STOCK HEALTHY OPTIONS

Keep nourishing snacks readily available, like fresh fruits, veggies, nuts, and whole grains, or the ideas in this guide. This way, when the urge to eat strikes, you have nutritious choices on hand.

Energy balls



Recipe

These bite-sized treats are packed with protein, fiber, and energy-boosting nutrients.

- 1/2 c chia seeds (ground or whole)
- 3/4 c hemp seeds
- 1/2 c sesame seeds (ground or whole)
- 1 1/2 c mini semi sweet chocolate chips
- 1 c quick rolled oats
- 1/2 c honey (use 1/2 cup Monk fruit sweetener for a lower sugar option)
- 1/2 tsp salt
- 1 Tbsp cinnamon
- 2 Tbsp cocoa powder (100% cacao)
- 1 1/4 cup of your favorite nut butter
- ~1/4 c sprinkles (optional - kids love this!)

Mix all ingredients together. Spray palms with pan spray to make rolling into balls easier. Use a 1 inch cookie scoop for the perfect bite-size ball. Keep in sealed airtight container for 1-2 weeks in the fridge. Makes ~48 balls (1 inch diameter).

Cocotini Cookies (no bake)



Recipe

2/3 cup tahini
3/4 cup cocoa powder (special dark or dutched cocoa preferred)
1 cup coconut oil
1/2 cup maple syrup
1 tsp vanilla extract
2 tsp cinnamon
1 tsp sea salt
3 1/2 cup rolled oats
1/4 cup ground flax
2 Tbsp hemp seeds
1/2 cup sesame seeds, ~1 Tbsp more for garnish

Line a baking sheet with wax paper. In a large bowl, place the tahini, cocoa powder, coconut oil, maple syrup, vanilla extract, cinnamon and salt. Microwave 20-30 seconds, then stir until fully combined. Stir in the oats, flax, hemp, and sesame seeds. Use a 3 Tbsp size cookie scoop to portion out the mixture onto the lined baking sheet. Gently flatten each heap to form a patty. Top with sesame seeds. Freeze for 20 minutes. Store refrigerated or frozen. Use wax paper to layer the cookies in an airtight container. Keep refrigerated as close as possible to serving.

Trail mix



Recipe

Combine nuts, seeds, and dried fruits for a satisfying crunch.

12 oz package of pepitas

16 oz package of almonds

12 oz package of dark chocolate chips

20 oz package of reduced sugar raisins (or other dried fruit)

In a large bowl, mix all ingredients well. Portion $\frac{1}{2}$ cup of the mix into snack bags. Store in pantry. Recipe makes approximately 15-20 bags ($\frac{1}{2}$ cup in each).

Batch make this trail mix in less than 5 minutes for weeks worth of satisfying, on-the-go snacks.

Kefir chia pudding



Recipe

A make-ahead option rich in fiber, omega-3 fatty acids, and probiotics for gut health.

3 tbsp of chia seeds
1 cup of kefir

Stir 3 tbsp of chia seeds into 1 cup of kefir in a sealable container or jar. Refrigerate for 2 hours or overnight. Add fruit, granola, cacao nibs, nuts, or other toppings if you desire.

You can batch make and portion into jars so it's ready to grab and go for the week (good for about 5 days in the fridge).

Nourishing Snack Ideas



GREEK YOGURT BOWL

Top greek yogurt with chia seeds, berries, cacao nibs, and dried fruit for a balanced snack.



PROTEIN POWDER SMOOTHIES

Blend your favorite protein powder with fruits, greens, and your choice of milk for a quick, nutritious drink.



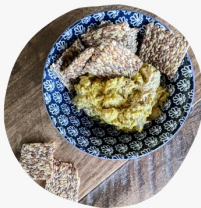
HARD BOILED EGGS

Protein-packed and convenient for on-the-go munching.



VEGGIES WITH GREEK YOGURT DIP

A crunchy and creamy combination for a satisfying snack.



TUNA/SALMON POUCH + MAYO PACKET + CRACKERS

A savory and satisfying option rich in omega-3 fatty acids.



WHITE BEAN SMOOTHIES

Creamy and protein-rich, perfect for a quick pick-me-up. Make your favorite smoothie and add in ¼ cup of drained and rinsed white beans.

Nourishing Snack Ideas

Ready to go snacks:



KEFIR

A probiotic-rich drink available in various flavors. Aim to choose lower sugar varieties.



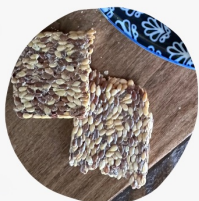
PITA BREAD WITH HUMMUS

A classic combo of whole grains and plant-based protein.



GREEK YOGURT CUP

Opt for plain or flavored varieties for a creamy and protein-packed snack.



FLACKERS WITH NUT BUTTER

Enjoy the crunch of flaxseed crackers paired with your favorite nut butter.

Remember, having these nourishing snacks readily available can help stabilize blood sugar levels, curb cravings, and provide sustained energy throughout the day. Here's to health and well-being for you and your family!

Feel free to tailor these ideas to your preferences and dietary needs, ensuring a delightful and satisfying snacking experience.

Now fit these snacks into your week!

MONDAY

Energy: ☐ energized ☐ tired ☐ depleted
Hunger: ☐ often hungry ☐ mostly satisfied
Emotions:
Sleep Quality: ☐ good ☐ poor

TUESDAY

Energy: ☐ energized ☐ tired ☐ depleted
Hunger: ☐ often hungry ☐ mostly satisfied
Emotions:
Sleep Quality: ☐ good ☐ poor

WEDNESDAY

Energy: ☐ energized ☐ tired ☐ depleted
Hunger: ☐ often hungry ☐ mostly satisfied
Emotions:
Sleep Quality: ☐ good ☐ poor

THURSDAY

Energy: ☐ energized ☐ tired ☐ depleted
Hunger: ☐ often hungry ☐ mostly satisfied
Emotions:
Sleep Quality: ☐ good ☐ poor

FRIDAY

Energy: ☐ energized ☐ tired ☐ depleted
Hunger: ☐ often hungry ☐ mostly satisfied
Emotions:
Sleep Quality: ☐ good ☐ poor

SATURDAY

Energy: ☐ energized ☐ tired ☐ depleted
Hunger: ☐ often hungry ☐ mostly satisfied
Emotions:
Sleep Quality: ☐ good ☐ poor

SUNDAY

Energy: ☐ energized ☐ tired ☐ depleted
Hunger: ☐ often hungry ☐ mostly satisfied
Emotions:
Sleep Quality: ☐ good ☐ poor

NEED SOME INDIVIDUALIZED SUPPORT?
EMAIL ME TO SCHEDULE A CALL!



What's *Next?*

INCORPORATE THESE SNACKS INTO YOUR CURRENT EATING PATTERNS AND THEN REFLECT ON THE BELOW:

HOW DID YOU FEEL THIS WEEK?

- How were your hunger/fullness levels?
- How were your energy levels?
- Did you experience any triggers such as emotions or stress?
- Did you get enough sleep this week? Did you notice your hunger levels change based on your sleep quality?

Ready to take your wellness to the next level?

Great job, friend! You've taken a big step toward better health this week. If you are ready to take the lead on your nutrition and continue to fuel your goals with nutrition and time management strategies, make sure to sign up for my VIP list so you can stay informed when my next coaching program will be available.

[JOIN MY VIP LIST!](#)