

Nutrition Guide & Recipes



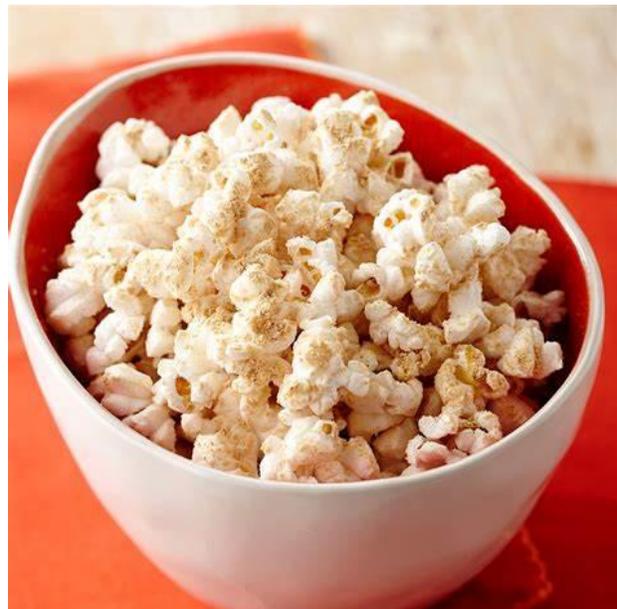
Snack Ideas

- Snacks with Nut Butter
- Trail Mix
- Fresh or Dried Fruits and Veggies
- Popcorn with a kick
- Yogurt Parfait
- Hard Boiled Eggs
- Cottage Cheese with Fruit

Nutrient Dense Snacks – We are looking for foods that are rich in vitamins, minerals, complex carbohydrates, lean protein and healthy fats to get a large amount of nutrients in a small amount of calories.

Snack Tips

This is an opportunity to keep up with your proteins, carbs and healthy fat macronutrient levels throughout the day and in between meals. Try to focus on protein based or nutrient dense snacks to help keep your body fueled.



Recipes



Option 1

Nut Butters with Fruit, Veggie, Toast or Crackers

**1tbsp of your favorite Peanut, Almond, Cashew or Sunflower Butter
Single serving size of fresh cut apple, banana (frozen or fresh), dates, celery, slice of toast, rice cakes or crackers**

Directions

Prepare the fruit, vegetable, toast, or crackers. Add your nut butter on top or dip your fruit and veggies into the nut butter for a healthy quick snack. Additional toppings like raisins, honey, flax seed, and cinnamon can be an added bonus.

Good nut butter brands are the following: Santa Cruz, RX, Justin's, Barney, MaraNatha, Sunbutter and others. Watch for added sugars to the ingredients.





Option 2

Trail Mix

1/4 - 1/2 cup of Trail Mix

Directions

Buy your favorite Trail Mix items individually in bulk and put together your own trail mix or buy pre-packaged versions.

Nuts and Trail Mix Add Ins: Peanuts, Almonds, Walnuts, Pecans, Cashews, shelled Sunflower Seeds, Raisins (regular or golden), Pumpkin Seeds, shelled Pistachios, Dried Cherries, Dried Cranberries, Chocolate Pieces (milk, dark or white), Shredded Coconut, Macadamia Nuts, Dried Mango, Banana Chips

Option 3

Fruit and Veggies

1 cup of Fresh Fruit or Vegetable

Single Serving of dip, yogurt, spread or side of choice

Directions: Clean your fruit or vegetable of choice. Pair your fruit and veggies with some yogurt, cheese, granola, hummus, or nuts for a more filling snack





Option 4

Popcorn with a kick

2 cups Popcorn

Choose your favorite seasoning or toppings to add

Direction: Get popcorn already prepped in bag or microwave popcorn then add toppings as you desire.

Ideas of toppings: Everything Bagel seasoning, Chile Lime seasoning, Lemon Pepper and Parmesan Cheese, Parmesan Cheese and Sprinkle of Cayenne Pepper, Kettle Corn, Chocolate and Peanut Butter (cocoa and peanut butter powder forms)

Good Brands of Popcorn to Buy: Quinn, Boom Chicka Pop, Newman's Own, 365 Organic, Orville Redenbacher Skinnygirl Butter and Sea Salt Microwave Popcorn





Option 5

Yogurt Parfait

1 cup Yogurt of Choice

½ cup granola

½ cup fresh fruit

1 tsp additional flavor topping (honey, cinnamon, dark chocolate..etc.)

Directions

Layer your parfait yogurt, then granola and repeat until you are at the top of your container with granola and fresh fruit. Add additional toppings if desired.

Yogurt Brands to Buy: Redwood Hill Farm Goat Milk Yogurt, Fage Total 0%, Chobani Complete, Siggi's Skyr

Granola Brands to Buy: Purely Elizabeth, Kind, Nature's Path, Bear Naked



Option 6

Hard Boiled Eggs

1-2 Large Hard-Boiled Eggs

Topping of choice (hot sauce, siracha, hummus, avocado, deli sliced turkey meat, pesto, mustard...etc.)

Directions

Hard boil your eggs ahead of time. Peel the shell and prep your egg. Slice up egg in half and add your topping to eat with egg and enjoy.



Option 7

Cottage Cheese with Fruit

1 Cup Cottage Cheese

Fresh Fruit Topping of choice (Peaches, Pineapple, Blueberries, Strawberries, Mango, Kiwi...etc.)

Directions

Gather up your one cup of cottage cheese and add your fruit toppings of choice.

Cottage Cheese Brands To Buy: Nancy's, Good Culture, 365, Daisy

