



Grocery List of Healthy Snacks

- Cucumber
- Cherry tomatoes
- Snap peas
- Celery
- Bell peppers
- Carrots
- Squash
- Zucchini
- Cauliflower
- Edamame
- Bananas
- Apples
- Grapes
- Oranges
- Mangos
- Pears
- Pineapples
- Pears
- Peaches
- Apricots
- Cherries
- Watermelon
- Cantelope
- Kiwi
- Strawberries
- Blueberries
- Blackberries
- Olives
- Avocado
- Dried fruits
- Mushrooms
- Tortilla
- Pita chips
- Sandwich bread
- Crackers
- Naan pieces of bread
- Roasted chickpeas
- Baked chips
- Whole wheat bagels
- Pretzels
- Cheese
- Hummus
- Deli meat
- Eggs
- Queso Fresco
- Salad dressing (homemade)
- Tuna
- Peanut butter
- Low-fat cream cheese
- Yogurt
- Cooked chicken breast
- Salami bites
- Small pieces of turkey jerky

