

Healthy Snack Options

Choose one of your favorite snacks from the list below to have between meals. All snacks can be eaten at any time of the day. If there are a couple snacks you enjoy feel free to rotate between them.

1 scoop protein powder
½-1 cup of berries

1 cup water – combine all ingredients and drink

1/2 avocado – pureed with lemon and cilantro
2 stalks celery
½ cup cucumber

2 tbsp pumpkin seeds
1 cup steamed broccoli

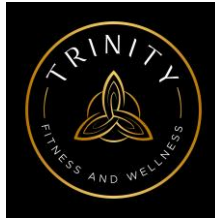
2 tbsp natural peanut, almond, cashew etc. butter
10 baby carrots raw

1 hard boiled egg
1 hand full of spinach with ½ cup red pepper, onions, mushrooms – use apple cider vinegar for dressing

1 tbsp raw almond butter
1 red pepper, sliced

1 tbsp olive oil
1 – 1 ½ cup mixed cherry tomatoes and cucumber, chopped – seasoned with salt and pepper
1 ounce goat cheese, crumbled

6 grilled shrimp
½ cup grilled vegetables – zucchini, mushrooms, onions



5 Strawberries

15 walnuts

½ cup Greek Yogurt

2 tbsp nuts

½ tsp cinnamon

½ cup cottage cheese

4 strawberries, chopped

1 tbsp pumpkin seeds

Grain Free Chocolate Chip Cookie (see recipe)

½ cup Greek Yogurt

1 tbsp chia seeds

¼ cup blueberries

16 pistachios

10 baby carrots

1/2 avocado, pureed with lemon and fresh cilantro

1 red pepper, sliced

2 pieces of bacon, cooked

Small garden salad – use apple cider vinegar as dressing

15 walnuts

15 Blueberries

2 ounces goat's feta cheese, crumbled onto vegetables

1 cup chopped cucumber, tomato, red pepper

1 apple

Kale Chips

2 tbsp pumpkin seeds



2 bacon wrapped scallops
10 cherry tomatoes

2 scoops protein powder
1 cup unsweetened chocolate almond milk
½ tsp cinnamon

15 almonds
1 pear

½ cup cottage cheese
¼ cup blueberries

1/2 avocado, chopped
½ red pepper, chopped
cilantro
lemon juice
3 stalks celery

5 Strawberries
1 tbsp raw nut butter

A Quality Protein Bar I recommend is [RX Bars](#)