

THE ULTIMATE SNACK LIST



Ideally, snacks should include a protein + carb for balance. I encourage you to also add a fruit or a vegetable!

Simple Combos

- Nut Butter + Apple
- Greek Yogurt + Berries
- Avocado + Bell Peppers
- Cottage Cheese + Peaches
- Hummus + Carrots
- Nut Butter + Celery
- Canned Tuna + Avocado
- Hard Boiled Egg + Cherries
- String Cheese + Grapes
- Trail Mix + Tangerine
- Roasted Chickpeas + Cucumbers
- Almonds + Apricots
- Cheese + Tomato Skewer
- Dates + nut butter or goat cheese.
- Edamame

Prepped Snacks

- Baked Sweet Potato + Greek Yogurt + Cinnamon
- Baked Pears + Toasted Walnuts
- Whole Wheat Bread + Scrambled Eggs + Veggies
- Guacamole + Chips or Veggies
- Whole Wheat Tortilla + PB +Banana
- Oatmeal + Berries + Flaxseed
- Zucchini Slices + Melted Mozzarella Cheese + Tomatoes
- Sliced Apple + Greek Yogurt + Granola
- Popcorn + Nutritional Yeast
- Whole Wheat Toast + Ricotta + Sliced Peaches



Non Perishable Snacks



GoMacro Bar | RX Bar | Lara Bar | Roasted Chickpeas | Bare Baked Crunchy Apple Chips | Dry Roasted Edamame | Trail Mix - Back to Harvest Nature Blend | Baggies of Nuts | Justin's Nut Butter | Orgain Nutrition Drink | Kodiak Cake Oatmeal That's it Bar | Seaweed Snacks | Sprouted Seeds | Popcorn | Thin Stackers- Red Rice and Quinoa | Mary's Gone Crackers |

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