

30 Snack Choices in 3 Minutes or Less

Morning Snack Choices

- ☐ Hardboiled Egg white & Banana
- ☐ Non-Fat Plain Yogurt & ½ cup Strawberries
- ☐ Brown Rice Cake with Almond Butter
- ☐ 1 scoop Protein Powder, ½ cup Blueberries & 1 cup Almond milk
- ☐ 1 Banana & 1 Tbsp. Natural Almond Butter
- ☐ ½ cup Carrots & 2 Tbsp. Hummus
- ☐ 7 Almonds & hand full of Cranberries
- ☐ 1 Yogurt and ½ cup Grapes
- ☐ 1 cup Berries
- ☐ ½ cup Berries, 1 Yogurt & 2 Tbsp. Granola
- ☐ ½ Whole Grain Wrap, ½ Banana & 1 Tbsp. Natural Peanut Butter

Afternoon Snack Choices

- ☐ 1 Apple & 7 Almonds
- ☐ 1 cup Celery & 1 Tbsp. Natural Peanut Butter
- ☐ ½ can Tuna & ½ Bell Pepper
- ☐ 1 small bag of Organic Popcorn (once per week)
- ☐ 1 Rice Cake & 1 Tbsp. Natural Peanut Butter
- ☐ 1 scoop Protein Powder, ½ cup Berries, 1 cup Skim Milk
- ☐ 4 squares Dark Chocolate & 7 Walnuts (once per week)
- ☐ 1 cup Red Pepper & ¼ cup Hummus
- ☐ 1 piece of fruit (Orange, Grapefruit, Apple, Banana, Etc.)
- ☐ ½ can Tuna & Cherry Tomatoes
- ☐ 3 ounces Grilled Chicken Breast, Sliced Cucumber & ½ Pear
- ☐ Hardboiled Egg Whites, Sliced Tomatoes & ½ Pear
- ☐ 1 cup Sliced Cucumbers & ¼ cup Hummus
- ☐ ½ cup Non-Fat Cottage Cheese, Chopped Kiwi & ½ Apple
- ☐ Baked Kale Chips
- ☐ 1 cup Roasted Chickpeas
- ☐ ¼ cup Guacamole & 1 cup Veggies
- ☐ 2 Hardboiled Eggs & chopped Veggies
- ☐ 1 cup Edamame