

CRAVING SWEETS?? TRY THESE INSTEAD!

#1

Fresh fruit (e.g. strawberries) dipped in chocolate hummus or chocolate nut butter

#2

Greek yogurt with fresh fruit, nuts, and cereal (slivered almonds or chopped walnuts, eg - whole grain flakes)

#3

Rice cake with nut butter

#4

Cotton candy grapes paired with cheese and/or nuts

IDEAS TO ADD SOME PROTEIN TO YOUR SNACK: STRING CHEESE, HARD BOILED EGGS, STARKIST TUNA PACKET, COTTAGE CHEESE, GREEK YOGURT, HEMP SEEDS, GROUND FLAX SEED, CHIA SEEDS

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#5

Dried chick peas. (Yes, chick peas!) Check out Biena...cinnamon crunch, dark chocolate, honey roasted dried chick peas

#6

Cottage Cheese with fruit and cereal

#7

Luna Bars

#8

Skinny pop popcorn “naturally sweet” flavor or Boom Chicka Popcorn – salted caramel flavor (pair with protein of choice)

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FLAX SEED, CHIA SEEDS
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CRAVING SALTY?? TRY THESE INSTEAD!

#1

Avocado stuffed with cottage cheese with Everything But the Bagel Seasoning

#2

Nuts/Almonds
(Blue Diamond – Salt n' Vinegar)

#3

Sliced cucumbers, celery or carrot with hummus and Everything But the Bagel Seasoning

#4

Flax-seed or or whole grain crackers + dip (guacamole, hummus)

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CRAVING SALTY?? TRY THESE INSTEAD!

#5

Boom Chicka Pop or Skinny Pop

#6

Olives

#7

Turkey slices rolled cheese stick + wrap using Nori

#8

Mini brie, goat cheese, or cheddar with crackers

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