


# SNACK IDEAS & RECIPES



**1** Strategic snacking can help maintain **STABLE BLOOD SUGAR LEVELS** and **PREVENT DIPS IN ENERGY AND MOOD**

**2** Aim for a combination of **PROTEIN, FAT, AND FIBER**



**3** Choose **COMPLEX CARBS OVER REFINED CARBS** (whole grains vs. refined grains and a whole apple vs. apple juice)

**4** **KEEP ADDED SUGAR BELOW 5 GRAMS** per serving to avoid an energy crash. This does NOT include natural sugars from fruits, veggies, whole grains, legumes, and dairy.



**5** Aim for **5–10 GRAMS OF PROTEIN, 3–6 GRAMS OF FIBER, AND 100–250 CALORIES** depending on how long you need the snack to sustain you. See examples below.

- A medium apple with 1 tbsp. of almond butter (195 calories, 9g fat, 3g protein, 6g fiber)
- 1 cup of fresh or frozen raspberries with 1 tbsp. of sunflower seed butter or tahini (170 calories, 8g fat, 5g protein, 10g fiber)
- 1 medium orange and ¼ cup shelled pistachios (255 calories, 15g fat, 8g protein, 6g fiber)
- Two hardboiled eggs with 1 cup cherry tomatoes and cucumbers (or other veggie) (180 calories, 10g fat, 15g protein, 3g fiber)
- 1 cup low-fat plain Greek yogurt with 1 cup berries (250 calories, 5g fat, 23g protein, 4g fiber)

## SWEET SNACKS

- Banana Boats Topped with Peanut Butter and Coconut/Granola
- Overnight Oats
- Shakes/Smoothies with protein powder or Greek yogurt, greens, and fruit
- Roasted Sweet Potato with Cinnamon and Chopped Nuts (topped with Greek yogurt)
- Protein Bars (RX, Lara, Epic)
- Fruit/Freeze-Dried Fruit/Dried Fruit (no added sugar)
- Yogurt (topped with fruit)
- Cottage Cheese (with fruit)

## SAVORY/CRUNCHY SNACKS

- Dried Kale Chips
- Roasted Edamame/Dried Soybeans
- Roasted Chickpeas
- Hummus and Veggies/Whole Grain Crackers/Rice Cakes
- Avocado and Salsa on Ezekiel Bread
- Guacamole and Veggies/Whole Grain Crackers/Tortilla
- Veggies and Salsa
- Cheese Stick
- Beet Chips/Veggie Chips (check ingredients!)
- Olives
- Cucumbers and Carrots with Ranch
- Seaweed Snacks
- Jerky/Meat Sticks (look for low sodium and no/low added sugar)
- Turkey and Cheese Roll-Ups
- Hard-Boiled Eggs
- Sardines and Veggies/Whole Wheat Crackers/Rice Cakes
- Seeds/Sunflower Seeds
- Tuna salad on Cucumber

## SWEET AND SALTY SNACKS

- Trail Mix
- Fruit and Cheese Kabobs
- Nut Butter w/ Fruit or Celery
- Caprese salad (mozzarella, tomato, balsamic)
- Cashews/Nuts (look for low sodium)
- Maple Syrup Roasted Chickpeas
- Homemade Baked Sweet Potato Chips Topped with Cinnamon
- Skinny Pop popcorn
- Dates with Salted Peanut Butter
- Cheese, Apple, Balsamic Drizzle
- Plantain Chips with Hummus